Here is a Python program that demonstrates all the built-in functions of a list without using a user-defined function (UDF):

```
# Create a list
my_list = [1, 2, 3, 4, 5]

# Append an element
my_list.append(6)
print(my_list)

# Extend the list with another list
my_list.extend([7, 8, 9])
print(my_list)

# Insert an element at a specific position
my_list.insert(0, 0)
print(my_list)

# Remove the first occurrence of an element
my_list.remove(5)
print(my_list)

# Pop an element from the list (default last element)
popped_element = my_list.pop()
print(my_list)
print(popped_element)

# Pop an element from a specific position
popped_element = my_list.pop(0)
print(my_list)
print(popped_element)

# Index of the first occurrence of an element
index = my_list.index(4)
print(index)

# Count the occurrences of an element
count = my_list.count(4)
print(count)

# Sort the list in ascending order
my_list.sort()
print(my_list)
```

```
# Sort the list in descending order
my_list.sort(reverse=True)
print(my_list)

# Reverse the list
my_list.reverse()
print(my_list)

# Clear the list
my_list.clear()
print(my_list)
```

This program demonstrates the following built-in list functions:

- `append()`
- `extend()`
- `insert()`
- `remove()`
- `pop()`
- `index()`
- `count()`
- `sort()`
- `reverse()`
- `clear()`