**Technika 10-1 Kup**

| Technika / KUP-as | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Stovėsenos** | | | | | | | | | | |
| Baro | X | X | X | X | X | X | X | X | X | X |
| Charyot Seogi | X | X | X | X | X | X | X | X | X | X |
| Ap Seogi | X | X | X | X | X | X | X | X | X | X |
| Juchum Seogi | X | X | X | X | X | X | X | X | X | X |
| Apkubi Seogi | X | X | X | X | X | X | X | X | X | X |
| Dwikubi Seogi | | | X | X | X | X | X | X | X | X |
| Dwikkoa Seogi | | | | | | | X | X | X | X |
| Beom Seogi | | | | | | | | | X | X |
| **Smūgiai rankomis** | | | | | | | | | | |
| Momtong Jireugi | X | X | X | X | X | X | X | X | X | X |
| Dubeon Jireugi | X | X | X | X | X | X | X | X | X | X |
| Sabeon Jireugi | X | X | X | X | X | X | X | X | X | X |
| Bandae Jireugi | X | X | X | X | X | X | X | X | X | X |
| Baro Jireugi | | X | X | X | X | X | X | X | X | X |
| Sonnal Olgul An Chigi | | | | X | X | X | X | X | X | X |
| Deungjumeok Olgul Apchigi | | | | | | X | X | X | X | X |
| Palkup Dollyo Chigi | | | | | | | X | X | X | X |
| Yop Jireugi | | | | | | | | X | X | X |
| Olgul Yop Chigi | | | | | | | | | X | X |
| Palkup Ollyo (Ap) Chigi | | | | | | | | | | X |
| Batangson Teok Chigi | | | | | | | | | | X |
| **Blokai rankomis** | | | | | | | | | | |
| Arae Makki | X | X | X | X | X | X | X | X | X | X |
| Olgul Makki | | X | X | X | X | X | X | X | X | X |
| An Makki | | | X | X | X | X | X | X | X | X |
| Bakkat Makki | | | X | X | X | X | X | X | X | X |
| Momtong Sonal Bakkat Makki | | | | X | X | X | X | X | X | X |
| Arae Hecho Makki | | | | | X | X | X | X | X | X |
| Anpalmok Bakkat Makki | | | | | | X | X | X | X | X |
| Momtong Hecho Makki | | | | | | X | X | X | X | X |
| Arae Sonal Makki | | | | | | | X | X | X | X |
| Momtong Batangson Makki | | | | | | | X | X | X | X |
| Arae Otgoero Makki | | | | | | | | X | X | X |
| Olgul Hecho Makki | | | | | | | | X | X | X |
| Kawi Makki | | | | | | | | | X | X |
| Momtong Sonal Hecho Makki | | | | | | | | | X | X |
| **Blokai – Spyriai Kojomis** | | | | | | | | | | |
| Olgul Anchonae Makki (An Chagi) | | | | | | | | | | X |
| Olgul Bakkatchonae Makki (Bakkat Chagi) | | | | | | | | | | X |
| **Spyriai** | | | | | | | | | | |
| Ap Chagi | X | X | X | X | X | X | X | X | X | X |
| Dollyo Chagi | X | X | X | X | X | X | X | X | X | X |
| Olgul Doelyo Chagi | | X | X | X | X | X | X | X | X | X |
| Dwi Chagi | | | | X | X | X | X | X | X | X |
| Yop Chagi | | | | | X | X | X | X | X | X |
| Naeryo Chagi, Naeryo An Chagi, Naeryo Bakkat Chagi | | | | | | X | X | X | X | X |
| Huryo Chagi | | | | | | | X | X | X | X |
| Mireo Chagi | | | | | | | | X | X | X |
| Momdollyo Huryo Chagi | | | | | | | | | X | X |
| Twio Ap Chagi | | | | | | | | | | X |
| **Poomsae** | | | | | | | | | | |
| Taegeuk Il Jang (1) | | X | X | X | X | X | X | X | X | X |
| Taegeuk I Jang (2) | | | | X | X | X | X | X | X | X |
| Taegeuk Sam Jang (3) | | | | | X | X | X | X | X | X |
| Taegeuk Sa Jang (4) | | | | | | X | X | X | X | X |
| Taegeuk O Jang (5) | | | | | | | X | X | X | X |
| Taegeuk Yuk Jang (6) | | | | | | | | X | X | X |
| Taegeuk Cil Jang (7) | | | | | | | | | X | X |
| Taegeuk Pal Jang (8) | | | | | | | | | | X |