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