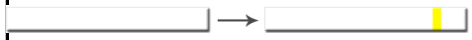
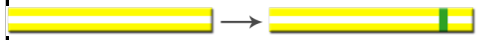
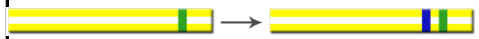
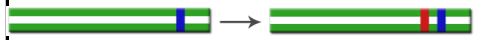
Pensum Barn t.o.m 11 år	Mønster		Firevendinger				Sparring/selvforsvar			Target	Teori
 10. gup - 10. gup-1			Punch	Ap cha olligi	Ap cha busigi						Teori
10. gup-1 - 9. gup			Punch	Blokk	Ap cha olligi	Ap cha busigi					Teori
9. gup - 9. gup-1	Chon-Ji		Ap cha olligi	Ap cha busigi	Yop chagi		Steg - Serie 1 - Alene				Teori
9. gup-1 - 8. gup	Chon-Ji		Ap cha olligi	Ap cha busigi	Yop chagi		Steg - Serie 1 - Alene				Teori
 8. gup - 8. gup-1	Chon-Ji	Dan-Gun	Ap cha olligi	Ap cha busigi	Yop chagi		Steg - Serie 1 - Gunnun				Teori
 8. gup-1 - 7. gup	Chon-Ji	Dan-Gun	Ap cha olligi	Ap cha busigi	Yop chagi	Dollyo chagi	Steg - Serie 2 - Gunnun		forflytn. frem/bak		Teori
7. gup - 7. gup-1	Dan-Gun	Do-San	Ap cha olligi	Ap cha busigi	Yop chagi	Dollyo chagi	Steg - Serie 3 - Gunnun		forflytn. frem/bak		Teori
7. gup-1 - 6. gup	Dan-Gun	Do-San	Ap cha olligi	Ap cha busigi	Yop chagi	Dollyo chagi	Steg - Serie 1 - Ninja		forflytn. frem/bak/side		Teori
6. gup - 6. gup-1	Do-San	Won-Hyo	Ap cha olligi	Ap cha busigi	Yop chagi	Dollyo chagi	Steg - Serie 2 - Ninja		forflytn. frem/bak/side		Teori
 6. gup-1 - 5. gup	Do-San	Won-Hyo	Ap cha olligi	Ap cha busigi	Yop chagi	Dollyo chagi	Steg - Serie 3 - Ninja	Ho sin sul	forflytn. frem/bak/side		Teori