Pensum Junior og Senior	Mønster					Firevendinger						Sparring/selvforsvar				Target			Knusing				Teori
10. gup - 9. gup						Punch	Blokk	Apcha olligi	Ap					Ho sin sul									Teori
9. gup - 8. gup	Chon-Ji					Apcha olligi	AP	Yop				3-steg Alene		Ho sin sul									Teori
8. gup - 7. gup	Chon-Ji	Dan-Gun				Apcha olligi	Ap	Yop	Dollyo			3-steg serie 1		Ho sin sul	forflytn. frem/bak								Teori
7. gup - 6. gup	Dan-Gun	Do-San				Apcha olligi	Ap	Yop	Dollyo			3-steg serie 2		Ho sin sul	forflytn. frem/bak/side								Teori
6. gup - 5. gup	Do-San	Won-Hyo				Apcha olligi	Ap	Yop	Dollyo	Dwit		3-steg serie 3		Ho sin sul	Fri sparr serie 1	Naeryo Chagi							Teori
Pensum Senior 5. gup - 4. gup	Won-Hyo	Yul-Gok				Ap	Yop	Dollyo	Dwit	Ap / Dollyo		3-steg serie 4		Ho sin sul	Fri sparr serie 2	Naeryo Chagi							Teori
4. gup - 3. gup	Yul-Gok	Joong-Gun				Yop	Dollyo	Dwit	Ap / Dollyo	Dollyo / Yop		2-steg serie 1	1-steg serie 1	Ho sin sul	2x2 min fri sparr	Bandae Dollyo Chagi			Ap Chagi	Yop Chagi			Teori
3. gup - 2. gup	Joong-Gun	Toi-Gye				Yop	Dollyo	Dwit	Ap / Dollyo	Dollyo / Yop	Ap Dollyo Yop	2-steg serie 2	1-steg serie 2	Ho sin sul	2x2 min fri sparr	Bandae Dollyo Chagi	Twimyo Yop Chagi		Ap Chagi	Yop Chagi			Teori
2. gup - 1. gup	Toi-Gye	Hwa-Rang				Dollyo	Dwit	Ap / Dollyo	Dollyo / Yop	Ap / Dollyo / Yop	Yop Yop	2-steg serie 3	1-steg serie 3	Ho sin sul	3x2 min fri sparr	Bandae Dollyo Chagi	Twimyo Ap	Twimyo Yop Chagi	Sonkal Yop	Yop Chagi	Dollyo Chagi		Teori
1. gup - 1. gup-1	Hwa-Rang	Choong-Moo	Valgt			Dwit	Ap / Dollyo	Dollyo / Yop	Ap / Dollyo / Yop	Yop Yop	Dollyo Dollyo	3-steg serie 5	1-steg serie 4	Ho sin sul	3x2 min fri sparr	Bandae Dollyo Chagi	Twimyo Ap Chagi	Twimyo Dollyo Chagi	Sonkal Yop	Yop Chagi		Twimyo Yop Chagi	Teori
1. gup-1 - 1. gup-2	Hwa-Rang	Choong-Moo	Valgt	Valgt		Dwit	Dollyo / Yop	Ap / Dollyo / Yop	2x Yop	2 x Dollyo	Ap Dwit	2-steg serie 4	1-steg	Ho sin sul	4x2 min fri sparr	Bandae Dollyo Chagi	Twimyo Ap Chagi	Twimyo Dollyo Chagi	Ap Palkup	Naeryo Chagi	Dwit Chagi	Twimyo Yop Chagi	Teori
1. gup-2 - 1. Dan	Hwa-Rang	Choong-Moo	Valgt	Valgt	Valgt	Ap / Dollyo / Yop	2x Yop	2 x Dollyo	Ap / Dwit	Ap / Dwit / Dollyo / Yop			1-steg	Ho sin sul	5x2 min fri sparr	Bandae Dollyo Chagi	Twimyo Ap Chagi	Twimyo Dollyo Chagi	Ap Joomuk	Dwit Chagi	Bandae Dollyo Chagi	Twimyo Yop Chagi	Teori