











Technical difficulty in orienteering

Courses	Level	Techniques
	1	Folding the map Thumbing position Following handrails
	2	Check points Catching features Distance judgement
	3	Route choice Attackpoints Distance judgement Compass directions Aiming off
	4	Contours Pacing Bearings Collecting features
	5	Long legs Simplification

Courses	Level	Techniques
	5	Long legs Simplification
	4	Contours Pacing Bearings Collecting features
	3	Route choice Attackpoints Distance judgement Compass directions Aiming off
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	1	Folding the map Thumbing position Following handrails

Technical difficulty in orienteering