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