

TOPKICK CURRICULUM - SPRING SEMESTER 2020

GRADUATIONS AND RANK ADVANCEMENT AT TOPKICK

If you are new to TopKick and currently have no belt (no rank) we will reach out to you and schedule an in class graduation to your first rank—the White Belt. All other students (White Belt through Red Belt) can qualify to graduate on a quarterly basis in the Winter, Spring, Summer, and Fall (we refer to these seasons as our semesters). In order to qualify for graduation each student must demonstrate proficiency in four areas, and be awarded a visual representation of that proficiency by an instructor. We call these visual symbols "Tips." These tips are awarded (by an instructor) once a student demonstrates proficiency in the following areas: Blocks/Strikes (White Tip); Kicks/Strikes (Blue Tip); Foundations/Forms (Black Tip); and Self-Defense (Red Tip). Once a student has earned all four tips they are ready to schedule a graduation day and time. Our Black Belt students (and those getting ready to test for Black Belt) also graduate on the same quarterly semesters as their fellow students. However, these students must receive their promotion invitation from an instructor.

TIGERS (ALL BELTS / AGES 4 TO EARLY 6)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FOUNDATIONS/FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance	Front Snap Kick	Round Kick	Single Hand Wrist Grab Defense
Low Block	Side Kick	Back Fist	
Triple Punch	Punch	Fit Challenge Elements	

BEGINNER (WHITE BELT THROUGH YELLOW STRIPE)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FOUNDATIONS/FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance	Front Snap Kick	Round Kick	Two Hand Shoulder Grab Defense
Neck Chop	Round Kick	Leadership Triangle	
Low Block	Punch	Fit Challenge Elements	
High Block		Kibon Hyung 1	

INTERMEDIATE (GREEN BELT THROUGH BLUE STRIPE)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FOUNDATIONS/FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance, Front Stance	Skip Round Kick	Back Wheel Kick	Round Kick Defense
Middle Block	Skip Side Kick	Back Hook Kick	
Knife Hand Block	Back Kick	Leadership Triangle	
Neck Chop	Punch	Taeguek Sam Jang (gr&gr st)	
Elbow Strike		Taeguek Oh Jang (bl&bl st)	
Back Fist			

ADVANCED (BROWN BELT THROUGH RED STRIPE)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FOUNDATIONS/FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance, Front Stance	Skip Round Kick	Back Wheel Kick	Round Kick Defense
2 Combo Strikes	Skip Side Kick	Back Hook Kick	
2 Combo Blocks / Strikes	Jump Back Kick	Leadership Triangle	
	Punch	Taeguek Pahl Jang (br&br st)	
		Koryo (red&red st)	

BLACK BELT (ALL BLACK BELTS)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FOUNDATIONS/FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance, Front Stance	Front Snap Kick	Back Wheel Kick	Punch to Face Defense
Out to In Kick & 2 Combo Strikes	Skip Hook Kick	Back Hook Kick	
Side Kick & Combo Blocks / Strikes	Flying Back Hook Kick	Leadership Triangle	
	Punch	Palgwe Yuk Jang	