

# TOPKICK CURRICULUM – FALL SEMESTER 2019

## 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)

| <b>BLOCKS/STRIKES<br/>(WHITE TIP)</b> | <b>KICKS/STRIKES<br/>(BLUE TIP)</b> | <b>FOUNDATIONS/FORMS<br/>(BLACK TIP)</b> | <b>SELF-DEFENSE<br/>(RED TIP)</b> |
|---------------------------------------|-------------------------------------|--|-----------------------------------|
| Front Stance                          | Front Snap Kick                     | Push Kick                                | Two Shoulder Grab Defense         |
| Low Block                             | Rear Leg Side Kick                  | Palm Strike                              |                                   |
| High Block                            | Back Fist                           | Fit Challenge Elements                   |                                   |

## BEGINNER (WHITE BELT THROUGH YELLOW STRIPE)

| <b>BLOCKS/STRIKES<br/>(WHITE TIP)</b> | <b>KICKS/STRIKES<br/>(BLUE TIP)</b> | <b>FOUNDATIONS/FORMS<br/>(BLACK TIP)</b> | <b>SELF-DEFENSE<br/>(RED TIP)</b> |
|---------------------------------------|-------------------------------------|--|-----------------------------------|
| Front Stance                          | Front Leg Side Kick                 | Push Kick                                | Single Punch Defense              |
| Palm Strike                           | Rear Leg Side Kick                  | Leadership Triangle                      |                                   |
| Outer Wrist Block                     | Back Fist                           | Fit Challenge Elements                   |                                   |
| Low Block                             |                                     | Kibon Hyung Variation 2                  |                                   |

## INTERMEDIATE (GREEN BELT THROUGH BLUE STRIPE)

| BLOCKS/STRIKES<br>(WHITE TIP) | KICKS/STRIKES<br>(BLUE TIP) | FOUNDATIONS/FORMS<br>(BLACK TIP) | SELF-DEFENSE<br>(RED TIP)             |
|-------------------------------|-----------------------------|----------------------------------|---------------------------------------|
| Horse Stance, Front Stance    | Front Leg Side Kick         | Fake Front Round Kick            | Single Punch Defense<br>With Takedown |
| Palm Block                    | Skip/Jump Front Snap Kick   | Skip Side Kick                   |                                       |
| Double Knife Hand Block       | Back Hook Kick              | Leadership Triangle              |                                       |
| Single Knife Hand Low Block   | Back Fist                   | Taeguek Sam Jang (gr&gr st)      |                                       |
| Reverse Neck Chop             |                             | Taeguek Oh Jang (bl&bl st)       |                                       |
| Double Punch                  |                             |                                  |                                       |

## ADVANCED (BROWN BELT THROUGH RED STRIPE)

| BLOCKS/STRIKES<br>(WHITE TIP) | KICKS/STRIKES<br>(BLUE TIP) | FOUNDATIONS/FORMS<br>(BLACK TIP) | SELF-DEFENSE<br>(RED TIP)             |
|-------------------------------|-----------------------------|----------------------------------|---------------------------------------|
| Horse Stance, Front Stance    | Front Leg Side Kick         | Fake Front Round Kick            | Single Punch Defense<br>With Takedown |
| 2 Combo Strikes               | Skip/Jump Front Snap Kick   | Skip Jump Side Kick              |                                       |
| 2 Combo Blocks / Strikes      | Jump Back Hook Kick         | Leadership Triangle              |                                       |
|                               | Back Fist                   | Taeguek Pahl Jang (br&br st)     |                                       |
|                               |                             | Koryo (red&red st)               |                                       |

## BLACK BELT (ALL BLACK BELTS)

| BLOCKS/STRIKES<br>(WHITE TIP)       | KICKS/STRIKES<br>(BLUE TIP) | FOUNDATIONS/FORMS<br>(BLACK TIP) | SELF-DEFENSE<br>(RED TIP) |
|-------------------------------------|-----------------------------|----------------------------------|---------------------------|
| Horse Stance, Tiger Stance          | Front Hook Kick             | Skip Front Hook Kick             | Rear Choke Defense        |
| Back Kick & 2 Combo Strikes         | Jump Back Hook Kick         | Walking Back Hook Kick           |                           |
| Front Kick & Combo Blocks / Strikes | Fake Front Round Kick       | Leadership Triangle              |                           |
|                                     | Ridge Hand Strike           | Palgwae Pal Jang                 |                           |