

# TOPKICK CURRICULUM – SUMMER 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 up to 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); Forms (Black Tip); and Self-Defense (Red Tip). Once a student has earned all required tips they are ready to schedule a graduation day and time. Our Black Belt students testing for a new Degree (and those getting ready to test for the 1st degree Black Belt) also Test on the same quarterly semesters as their fellow students. However, these students must receive their promotion invitation from an instructor.

**NOTE:** Tigers through Intermediate Belts levels will not be Tip Testing for Form (Black Tip) Summer 2020 Semester. For those levels you are required to earn the three other tips to qualify for Graduation.

## TIGERS (ALL BELTS / AGES 4 TO EARLY 6)

<b>BLOCKS/STRIKES (WHITE TIP)</b>	<b>KICKS/STRIKES (BLUE TIP)</b>	<b>SELF-DEFENSE (RED TIP)</b>
Back Stance	Roundhouse Kick	Two Hand Neck Choke Defense (Counter Front Snap Kick)
Single Knife Block	Ax Kick	
Middle Block	Palm Strike	

## BEGINNER (WHITE BELT THROUGH GOLD STRIPE)

<b>BLOCKS/STRIKES (WHITE TIP)</b>	<b>KICKS/STRIKES (BLUE TIP)</b>	<b>SELF-DEFENSE (RED TIP)</b>
Back Stance	Roundhouse Kick	Two Hand Neck Choke Defense (Counter Push Kick)
In to Out Middle Block	Ax Kick	
Knife Hand Block	Palm Strike	
Back Fist		

## INTERMEDIATE (GREEN BELT THROUGH BLUE STRIPE)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	SELF-DEFENSE (RED TIP)
Sparring Stance, Back Stance	Roundhouse Kick	Two Hand Neck Choke Defense (Counter Back Kick)
Low Block	Skip Roundhouse Kick	
High Block	Skip Ax Kick	
High Block with Punch	Palm Strike	
Palm Strike		
Hammer Fist		

## ADVANCED (BROWN BELT THROUGH RED STRIPE)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Sparring Stance, Back Stance	Roundhouse Kick	Taeguek Pahl Jang (br&br st)	Two Hand Neck Choke Defense (Counter Back Hook Kick)
2 Combo Strikes	Skip Jump Roundhouse Kick	Koryo (red&red st)	
2 Combo Blocks / Strikes	Jump Ax Kick		
	Palm Strike		

## BLACK BELT (ALL BLACK BELTS)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FOUNDATIONS/FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Back Stance, Front Stance	Roundhouse Kick	Palgwe Ee Jang	Two Hand Neck Choke Defense (Counter Jump Back Kick or Jump Back Hook Kick)
Front Snap Kick & 2 Combo Strikes	Skip Jump Roundhouse Kick	Degree Level Candidates reference Black Belt Journey Packet	
Roundhouse Kick & Combo Blocks / Strikes	Tornado Kick		
	Palm Strike		