

TOPKICK CURRICULUM - SPRING SEMESTER 2021

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.

TIGERS (ALL BELTS / AGES 4 TO EARLY 6)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance	Front Snap Kick	Tiger Form Number One	Single Hand Wrist Grab Defense
Low Block	Side Kick		
Triple Punch	Punch		

BEGINNER (WHITE BELT THROUGH GOLD STRIPE)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance	Front Snap Kick	Taeguek IL Jang	Two Hand Shoulder Grab Defense
Neck Chop	Round Kick		
Low Block	Punch		
High Block			

INTERMEDIATE (GREEN BELT THROUGH BLUE STRIPE)

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

ADVANCED (BROWN BELT THROUGH RED STRIPE)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance, Front Stance	Side Kick	Taeguek Pal Jang (br&br st)	Roundhouse Kick Defense
2 Combo Strikes (above)	Skip Side Kick	Koryo (red&red st)	
2 Combo Blocks / Strikes (above)	Jump Back Kick		
	Punch		

BLACK BELT (ALL BLACK BELT DEGREES AND LEVELS)

BLOCKS/STRIKES (WHITE TIP)	KICKS/STRIKES (BLUE TIP)	FOUNDATIONS/FORMS (BLACK TIP)	SELF-DEFENSE (RED TIP)
Horse Stance, Front Stance	Front Snap Kick	Keumgang	Roundhouse Kick Defense
Front snap Kick & Combo Strikes (above)	Skip Hook Kick	Degree Level Candidates reference Black Belt Journey Packet	
Round Kick & Combo Blocks / Strikes (above)	Flying Back Hook Kick		
	Punch		