

# TOPKICK CURRICULUM - WINTER SEMESTER 2021 - 2022

## 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. Note: Tiger through Beginner Belts levels will not be Tip Testing for Form(Black Tip) Winter 2021 Semester. For those levels you are required to earn the three other tips(White,Blue, Red) to qualify for Graduation.

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

| <b>BLOCKS/STRIKES<br/>(WHITE TIP)</b> | <b>KICKS/STRIKES<br/>(BLUE TIP)</b> | <b>SELF-DEFENSE<br/>(RED TIP)</b>  |
|---------------------------------------|-------------------------------------|------------------------------------|
| Sparring Stance                       | Axe Kick                            | Step Back Defense High Block Skill |
| Double Punch                          | Push Kick                           |                                    |
| Middle Block                          | Double Punch                        |                                    |

## BEGINNER (WHITE BELT THROUGH GOLD STRIPE)

| <b>BLOCKS/STRIKES<br/>(WHITE TIP)</b> | <b>KICKS/STRIKES<br/>(BLUE TIP)</b> | <b>SELF-DEFENSE<br/>(RED TIP)</b>     |
|---------------------------------------|-------------------------------------|---------------------------------------|
| Sparring Stance, Back Stance          | Roundhouse Kick                     | Two Hand Grab to Single Wrist Defense |
| Double Punch                          | Push Kick                           |                                       |
| Out to in Middle Block                | Double Punch                        |                                       |
| Double Knife Hand Block               |                                     |                                       |

## 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)  |
|-------------------------------|-----------------------------|----------------------------------|----------------------------|
| Sparring Stance, Back Stance  | Roundhouse Kick             | Taeguk Sam Jang (gr&gr st)       | Two Hand Push Self Defense |
| Single Mountain Block         | Pop Front Snap Kick         | Taeguk Oh Jang (bl&bl st)        |                            |
| Knife Hand High Block         | Turn Roundhouse Kick        |                                  |                            |
| Low Block with Punch          | Double Punch                |                                  |                            |
| Hammer Fist                   |                             |                                  |                            |
| Palm Strike                   |                             |                                  |                            |

## 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)  |
|--|-----------------------------|----------------------------------|----------------------------|
| Sparring Stance, Back Stance                               | Roundhouse Kick             | Taeguk Pahl Jang (br&br st)      | Two Hand Push Self Defense |
| 2 Strike Combos of any Intermediate Hand Strike Techniques | Pop Front Snap Kick         | Koryo (red&red st)               |                            |
| 2 Block Combos of any Intermediate Blocking Techniques     | Spin Jump Roundhouse Kick   |                                  |                            |
|  | Double Punch                |                                  |                            |

## 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) |
|--|-----------------------------|---|---------------------------|
| Sparring Stance, Front Stance  | Fake Front Round House Kick | Taeguk Chil Jang  | Head Lock Self Defense    |
| Back Kick & 2 Hand Strike Creative Combos using any level techniques | Pop Front Snap Kick         | Degree Level Candidates reference Black belt Journey Packet |                           |
| Axe Kick & 2 Block Creative Combos using any level techniques        | Jump Back Hook Kick         |   |                           |
|  | Double Punch                |   |                           |