

2024 HIGH-RANK TESTING & CHAMPIONS CEREMONY THURSDAY JULY 25, 2024



High Rank Testing Schedule

Group A: 8:00

- 3rd Degree Black - L3 (*Current Rank*)

Group B: 9:30 AM

- 4th Degree Black - L1 (*Current Rank*)
- 4th Degree Black - L2 (*Current Rank*)

Group C: 11:00 AM

- 4th Degree Black - L3 (*Current Rank*)
- 5th Degree Black - L1 (*Current Rank*)
- 5th Degree Black - L2 (*Current Rank*)
- 6th, 7th, 8th, 9th (*Current Rank*)

Champions Ceremony Schedule

Group A: 2:00 PM

- 3rd Degree Black - L3 (*Current Rank; By Alpha Last Name A - M*)

Group B: 3:00 PM

- 4th Degree Black - L2 (*Current Rank*)

- 3rd Degree Black - L3 (Current Rank; *By Alpha Last Name N - Z*)

Group C: 4:00 PM

- 4th Degree Black - L1 (*Current Rank*)

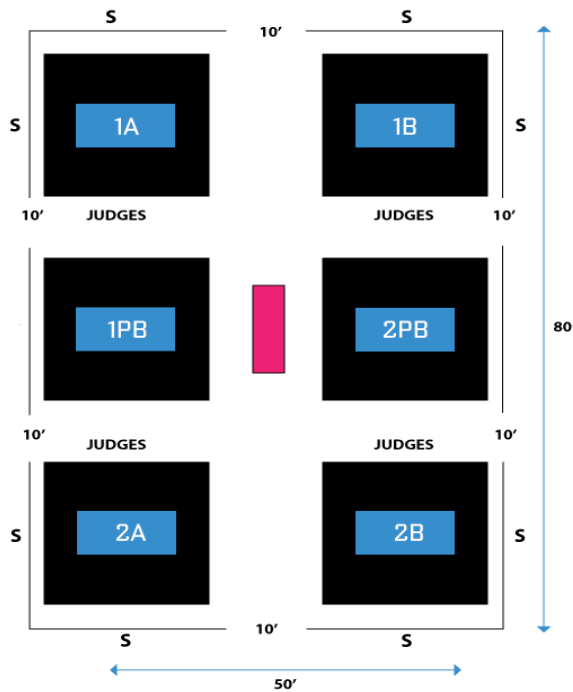
Group D: 5:00 PM

- 4th Degree Black - L3 (*Current Rank*)
- 5th Degree Black - L1 (*Current Rank*)
- 5th Degree Black - L2 (*Current Rank*)
- 6th, 7th, 8th, 9th (*Current Rank*)

HIGH RANK TESTING EVENT

Set Up

16 Numbered Testing Stations within 8 Testing Pods



1. IA & 1B are sparring, form, defense 15, sparring 15, orals (3 judges)
2. 1PB (player 2/breaking) 2 judges

Details

- 8 testing pods = 16 testing stations

- 2 testing stations in each testing pods
- 3 Judges per main table
 - Form
 - Sparring
 - Defense 15
 - Sparring 15
 - Orals (simultaneously 1 judge grades 2 students)
- 2 Judges per breaking area (report results back to main table)
- Matched Partner System: The Tiger-Rock National Black Belt test uses the matched partner system to encourage a high-level performance opportunity for each student.

Logistics

- Upon entry to the high rank testing judges and students are given an assignment sheet by flight identifying their testing station
- Authority gives instructions to all tables to begin at the same time.

High Rank Testing Sequence

High Rank Test Performance Categories administered by the judging panel in the following sequence.

1. **Tiger-Rock Form 55 (left & right continuous)** 1 attempt however small mistakes do not result in an unsatisfactory performance.
2. **Tiger-Rock Sparring 15 & Defense 15**
 - a. Sparring 15: numbers 4-8-11
 - Performed without a partner
 - b. Defense 15: numbers 3-6-14
 - Performed with assigned matched partner against straight punch
3. **Sparring** only against assigned matched partner. (Do not change partners)
 - a. Testing for 4th & 5th Degree Ranks
 - Three 60 second rounds
 - b. Testing for 6th & 7th Degree Ranks
 - Four 60 second rounds

4. **Breaking**

- a. 2 attempts on misses
- b. Must break 3 of 4

5. **Orals** (simultaneously 1 judge grades 2 students)

- a. Testing for 4th & 5th Degree Ranks
 - Summarize Tiger-Rock Performance Science limit to 90 seconds.
- b. Testing for 6th & 7th Degree Ranks
 - Summarize The 9 Defining Style Characteristics limit to 90 seconds.
- c. All rank students should be prepared to read from their journey document on any topic during the orals if requested.
- d. Orals are performed as a partner experience with matched students explaining their topic to their partner as the judge listens.

6. **Strength & Conditioning:** overall category

Form Note: to pass 4 of 6 of the above must be performed to standards. Minor mistakes on form are acceptable but a poor display of Style Performance Science elements will be graded as unsatisfactory.

National Black Belt Test

In consideration of Tiger-Rock brand standards, do not increase or decrease the testing requirements.

| Current Rank | S & C (S or U) | Form 55 | Sparring 15 Defense 15 | Sparring | Dynamic Breaking System | Orals | Journey Document | Pre- Test | 9 Mile Walk | Interview | BBBS Mentor Member | Ambassador Document |
|----------------------------|-------------------|--------------|---------------------------------|---------------------------|-------------------------------|---------------------------------------------------|---------------------|--------------|----------------|-----------|--------------------------|------------------------|
| 3-Black L3 | S U | Left & Right | 15 | 3- 60 Second Rounds | 3 of 4 | The 5 Performance Science | ✓ | ✓ | ✓ | | | |
| 4-Black L1, 2, 3 | S U | Left & Right | 15 | 3- 60 Second Rounds | 3 of 4 | The 5 Performance Science | ✓ | ✓ | ✓ | | | |
| 5-Black L1, 2 | S U | Left & Right | 15 | 4- 60 Second Rounds | 3 of 4 | The 9 Defining Style Characteristics | ✓ | ✓ | ✓ | | | |
| 6-Black | S U | Left & Right | 15 | 4- 60 Second Rounds | 3 of 4 | The 9 Defining Style Characteristics | ✓ | ✓ | ✓ | | ✓ | ✓ |
| 7-Black | | | | | | Scholarship BBBS fundraising Mentor BBBS | ✓ | | ✓ | ✓ | ✓ | ✓ |
| 8-Black | | | | | | Scholarship BBBS fundraising Mentor BBBS | ✓ | | ✓ | ✓ | ✓ | ✓ |

***S is for Satisfactory / U for Unsatisfactory.
Student must receive a S on 4 of 6 to promote.***

Black Belt/Master Journey Age/TIG

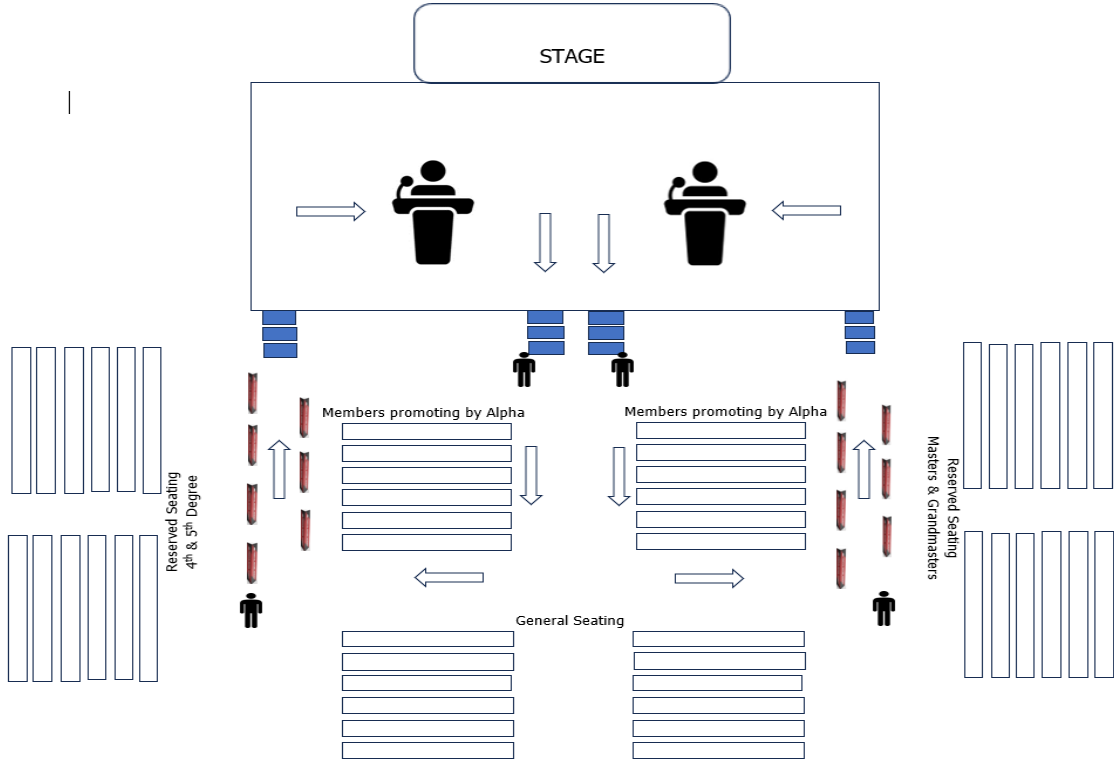
Test for 4-Black-L1: Age 12
 Test for 5-Black-L1: Age 16 & certified instructor
 Testing for 6-Black: Age 25
 Testing for 7-Black: Age 31 & 6 years TIG
 Testing for 8-Black: Age 38 & 7 years TIG
 Testing for 9-Black: Age 46 & 8 years TIG



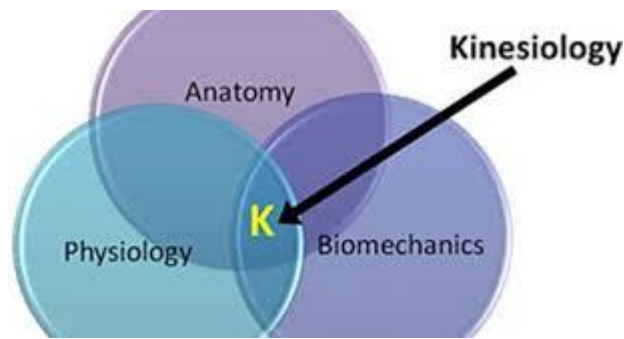
Champions Ceremony Event

Process

1. Students receive an information sheet upon arrival for their flight
2. Students should follow the directions on the sheet of how to find their ceremony seat.
3. On their assigned sheet is their presentation box.
 - a. Students must not open the box
4. As directed by facilitators students are directed to the stage and carry their presentation box with them
5. Once on stage the student walks toward the name reader, stops to their side, bows to the Master and hands them their presentation box
6. The name reader Master faces the audience and reads the name, rank, city and instructor and congratulates the student
7. The name reader Master turns back to the student bows and hands the box back to the student
8. Student exits behind the podium



TIGER-ROCK PERFORMANCE SCIENCE



At the foundation of our great Tiger-Rock Style is our performance science. Using these principles, we accelerate our skill development and opportunity to distinguish ourselves:

- Principle 1: Balanced Posture Alignment defines the relationship, at a specific period of time, between all the parts of the human frame. The anatomical alignment of the joints, spine, and long bones facilitates delivery of Tiger-Rock techniques in a safe and effective manner. Proper stance and posture allows efficient weight transfer while preventing unnecessary movement.
- Principle 2: Extended Plane Dynamic Force defines the line of movement characteristic of our style. This force creates the signature nature of Tiger-Rock Taekwondo kicking and striking techniques, which have well-defined biomechanical components that have evolved through research. The Extended Plane concept naturally accommodates human limb movement to generate power in a safe, effective manner.
- Principle 3: CAT, Controlled Acceleration and Timing, defines the flow of movement unique to Tiger-Rock Taekwondo. CAT involves creative tempo change at critical rhythm moments to enhance safety, effectiveness, and artistic beauty.
- Principle 4: Staged-Flow Transition allows for smooth mass transfer through each action during all Taekwondo movement.

The components of Staged-Flow Transition are:

- Stage One – occurs during the first half of transition, beginning to midpoint
 - Active Positioning/Energy Loading/Chambering/Relaxation
 - Breathe in
 - Setting directional angle with front foot
 - Primary weight shift
 - Mindfulness/Awareness
- Midpoint
 - Completely chambered with weight shifted to opposite foot ready to execute (no pause)
 - Balance point transition and overlapping of movements

- Stage Two – occurs during second half of transition, from midpoint to end
 - Kinetic release
 - Secondary weight shift
 - Hand-Foot timing execution/Contraction/Breathe out
 - Relaxation
- Guidelines for movement:
 - There is no pause between Stage One and Stage Two. This is a continuous movement dynamic resulting in a smooth, flowing appearance. Think of water flowing over rocks.
 - All transition flows have the following overlapping components:
 1. Beginning
 2. Midpoint
 3. End

Principle 5: MINDFULNESS; Awareness Living and Training defines conscious attention to the balance of mind and body. Awareness or mindfulness definition; paying attention on purpose in the present moment as if your life depended on it because it does non-judgmentally.

THE TIGER-ROCK DEFENSE 15

| | | |
|-----|----------------------------------|----------------------------------------------------------------------------------|
| 1. | Counter Punch or Kick Aggression | Block, strike, escape |
| 2. | Counter Punch or Kick Aggression | Front kick, strike, escape |
| 3. | Counter Punch or Kick Aggression | Side kick, strike, escape |
| 4. | Counter Punch or Kick Aggression | Round kick, strike, escape |
| 5. | Counter Punch or Kick Aggression | Spin side kick, strike, escape |
| 6. | Counter Punch or Kick Aggression | Block/grab arm, strike, grab shoulder, knee (optional add sweep or throw) |
| 7. | Counter Grab Aggression | Front choke release: windmill as you rotate body away |
| 8. | Counter Grab Aggression | Rear neck or side neck choke grab attacker arm with your both arms, escape under |
| 9. | Counter Grab Aggression | Palm up or down escape, escort or throw |
| 10. | Counter Grab Aggression | Step under or across, escape, escort or throw |
| 11. | Counter Grab Aggression | Bend elbow, bend wrist escort |

| | | |
|-----|-------------------------------|---------------------------------------|
| 12. | Counter Grab Aggression | Head up, grab behind knees, take down |
| 13. | Counter Knock Down Aggression | Side head lock escape |
| 14. | Counter Knock Down Aggression | Back escape |
| 15. | Counter Knock Down Aggression | Stomach escape |

THE TIGER-ROCK SPARRING 15

| | |
|-----|----------------------------------------------------|
| 1. | #1 side kick, cross |
| 2. | Jab, cross, #2 front |
| 3. | Low block, cross, #1 round |
| 4. | Double round, cross, jab, cross |
| 5. | #2 front kick, spin crescent, cross, #2 front kick |
| 6. | Middle block, cross, #2 round kick |
| 7. | #1 front, cross, #1 side |
| 8. | #1 front/round, cross, #1 round |
| 9. | #1 double round, cross, #2 round |
| 10. | Spin hook, #1 side kick, cross |
| 11. | #1 front, low block, cross, #2 round kick |
| 12. | Middle block, spin crescent, #1 round kick, cross |
| 13. | #1 side/hook, cross, #1 round |
| 14. | #2 front, spin side, cross, #2 round |
| 15. | #1 side/round, low block, twist, cross |

