

SHAPING YOUNG CITIZENS

Tiger-Rock believes the highest purpose of Martial Art related experiences is to prepare students for the responsibilities of citizenship. The Tiger Rising Star Program is a unique opportunity for schools to host Tiger-Rock Martial Arts to provide two different types of inspirational and empowering presentations that help increase social competence and problem resolution:

GUEST SPEAKER PRESENTATION

A 30-minute interactive presentation focused on safety awareness, bullying, and the importance of personal discipline and developing life skills.

P.E. FITNESS SESSION

A 30-minute Martial Arts inspired Strength & Conditioning fitness plus Safety Awareness anti bullying session. Tiger-Rock partners with area schools to build resilient young leaders in the classroom and in our communities. Our sessions, adaptable for individual classes or entire schools, build empowerment and an instinctive way of thinking through our belt life changing stories and safety anti bullying system.

LIFELONG LESSONS

A study by Dr. William Martin at the University of West Florida Department of Education documented that our experience increases social competency (EQ) or the ability to solve problems and navigate life in a productive way. Social and emotional intelligence is the capacity of recognizing and managing our own feelings and those of others; the capacity to understand and respond in a personally and socially effective manner. Our study was inspired by what we observed in our members, a Harvard study and a book "Emotional Intelligence by Daniel Goleman.

TIGER-ROCK MARTIAL ARTS



#1 GUEST SPEAKER PRESENTATION

The classroom presentation uses our belt color system to have conversations about developing attributes in youth that mentor all to respect teachers, others and themselves while fostering an educational atmosphere where all can learn to their advantage.

OUR BELT COLOR SYSTEM

WHITE

Like most things in life, we must first *CHOOSE* the path that we are willing to take.

YELLOW

Once we choose, we must *COMMIT* to see the journey through until the end.

GREEN

We must maintain the desire to *GROW* both personally and professionally.

BLUE

We must mark the progress of our journey as we *ACHIEVE* different milestones.

BROWN

We must not blindly follow the crowd but instead *DISTINGUISH* ourselves and our mission.

RED

Along this journey, we must not only look to improve our lives but *INFLUENCE* others to do the same.

BLACK

While our journey is long and has many obstacles, our training provides us with opportunities, abilities, and responsibilities to *TRANSFORM* the world around us. It is what we do with this training through action that will ultimately determine just how high our *R15E* can be.

*New wrist belt every time you rank up






#2 P.E. FITNESS SESSION

Our sessions include Strength & Conditioning fitness, Safety Awareness, and Anti-Bullying experiences. Participation includes role-playing, and staged scenario-based non-contact safety training. When approved, an action-based competitive course race is used to empower participants.

Bullying and being left out is a very real and present risk in today's society. Bullying can cause emotional, mental, and physical harm.

Built around Key to Safety is The Instinctual Personal Awareness Process:

-  Everything seems fine (comfortable but aware)
-  Something seems wrong (certain cues, feelings, or signals warn of a possible threat, trust your tiger sense instincts before you are in greater danger)
-  Something is wrong (active danger recognized, think escape now and react with trained instinct)

*Today's safety risks occur in various settings like communities, schools, and neighborhoods. These situations demand heightened awareness and the development of reliable, adaptable skills through training. Rehearsing core ways of thinking and responses will provide the foundation for instinctive reactions that can be relied on for safety.

DEAR EDUCATOR

Please complete this form for your student allowing us to present a Rising Star award to your academic student during our next Academy Champions Ceremony.

Student Name:

Rate Student's School Leadership and Educational Effort

- Gold Medal - Leadership and Effort
- Silver Medal - Leadership and Effort
- Bronze Medal - Leadership and Effort

Would you like us to do one of our presentations at your school?

Program:

- Guest Speaker
- P.E. Fitness Session

School Name:

Contact Name:

Phone No/Email:

We look forward to supporting you through the development of universal attributes applicable in your classroom.



*Rising Star Medal Available in gold, silver and bronze.