



At Tiger-Rock Martial Arts when we talk about legacy, we mean the way in which we live our lives and cultivate our passion into purpose that has a lasting impact on our families and communities.

Our unique community is ignited by our passions and grows in harmony together to create a truly, one of a kind culture. Our values are centered around "Action Inspires Action" with a focus on leaving the world better place than we found it.

Centering our values around leaving the world a better place than we found it; our unique community grows together and together we ignite our passions.

CELEBRATING 40 YEARS OF MARTIAL ARTS IN LOCAL COMMUNITIES ACROSS AMERICA.



COMPETE. DEFEND. ADVANCE.
TO
RISE



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LEARN LIFE SKILLS THROUGH MARITAL ARTS



America's leading Martial Arts Community. With over 100 locations in 20 states and 17,000 members the Tiger-Rock Nation has been inspiring and training members for over 40 years.

Since our founding in 1983 our members across America have told us three things.

1. **VALUE:** the opportunity to train to protect themselves & others
2. **KNOW:** the Martial Arts skills & confidence they receive will last a lifetime.
3. **USE:** the jump-kick-punch experiences of Tiger-Rock martial arts to stand up for themselves, stand out among others and to have fun.



Our action-based style uses the vehicle of martial arts to develop skills and attributes that can be used to "compete, defend and advance" in the martial arts arena and in life.

PROGRAMS

TIGER CUBS AGES 4-5

For students between the ages of 4 to 5 years old, our Tiger-Cubs journey is a 7 step training program that turns learning how to listen, obey, and share into a fun, game based, martial arts experience.

JUNIORS AGES 6-11

For students between the ages of 6-11, our Juniors program is a game-changing 15 step training regimen that turns learning how to grow, achieve and overcome challenges into an empowering and exciting martial arts experience.

YOUTH AGES 12-15

For students between the ages of 12 to 15, our Youth program is a game-changing 15 step training regimen that turns learning how to grow, achieve and overcome challenges into an empowering and exciting martial arts experience.

ADULTS AGES 16+

For students ages 16 and up, our Adult program is a game-changing 15 step training regimen that turns learning how to grow, achieve and overcome challenges into an empowering and exciting martial arts experience.



PARTNER UP

Members are matched with a partner by age, skill level and gender upon arrival at the academy. By design this encourages partners to trust each other, to rely on each other and to be accountable to each other as team members to improve and know challenge.

Take a VR tour of our state of the art facility!



CONNECT HERE

TO TRAIN ANYWHERE

LIVE STREAMING

TRAINING SYSTEMS

- On the mat partner training
- Hybrid training (connect from anywhere)

OUR JOURNEYS

TIGER CUB

Motto: Explore My World.

Qualifications for the Tiger-Cub Journey are a white belt and age 4. Children will graduate with a certificate, wrist band and Tiger Cub Black Belt. In the same ceremony induction into the R15E Journey.

R15E COLOR BELT

Motto: Be Transformed.

Qualifications for the R15E Color Belt are to be a white belt or Tiger Cub graduate, aged 6. Graduates will receive a certificate, wrist band and black belt. In the same ceremony members are inducted into the Black Belt Journey where they are presented with a red jacket and new journey patch.

BLACK BELT

Motto: Action Inspires Action.

Qualifications for the Tiger-Rock Black Belt Journey members are graduates of the R15E Journey. Black Belt Journey members are inducted into the journey during the Cycle Achievement Awards only. Graduates of the Tiger-Rock Belt Journey receive their certificate, master belt and master journey patch.