

TIGER-ROCK MARTIAL ARTS

# 3A DEFENSE SYSTEM



It's **COMPETITIVE**  
in Nature As is the  
Survival to Protect  
Yourself & Others



Partner based scaled experience  
by age and gender for safety



Color coded three levels of Threat  
Awareness Training



Specialized Defense System divided  
into three Sections:

- Information & psychology
- Role playing scenarios
- Competitive Survival Course

*\*This system is based on National Research Data  
from the FBI, CDC and 5 Major University Studies*

