

TIGER-ROCK MARTIAL ARTS

3A DEFENSE SYSTEM

JUNIORS

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



TIGER ROCK MARTIAL ARTS WELCOMES YOU TO THE 3A DEFENSE SYSTEM

You are beginning a journey that will help you develop your Tiger Sense and become ready to use your training wherever and whenever you are called to use it.

You will be learning about what challenges exist in the world, you will be taking part in a timed course to use your skills in a set environment, and you will be competing for medals in the Defense Combine Event.

Our oath directs our mission.



TIGER SENSE OATH

*When a threat is near that blocks my sight,
I'll turn to my Tiger Sense to find the light.
I'll use my skills, my courage, and might,
To speak, to stand, and to defend what's right.*

Protecting yourself is a top priority as Tiger Rock Martial Arts student. One key to developing your Tiger Sense is figuring out what threatens you or your friends. If you know when your guard needs to be up, you can activate your Tiger Sense and put your Tiger Rock training to work.

BE AWARE!

When you are **AWARE**, you can use your Tiger Sense to help keep yourself safe.

Always **W**atchful **A**lert **R**esponsive **E**vasive

In this DEFENSE SYSTEM, we're confronting bullying.

Bullying is when someone treats you or others in a way that makes a person feel small, unhappy, or afraid. No one deserves to be bullied. Everyone deserves to be safe. The first step in defeating bullying is to develop your Tiger Sense to know when something feels right and when something feels wrong.

Your Tiger Sense tells you when something is wrong.

GREEN

Everything feels fine. My body is comfortable and relaxed, my heart's not beating faster than normal, I'm at ease, and I feel safe. I feel like smiling or doing something that interests me.

YELLOW

Something isn't quite right. I might feel a little alarmed, or my heart starts beating faster, I'm breathing a little more quickly than normal, and my body tenses up. My thoughts start to race, maybe I'm a little confused and want to ask for help, or get to a safe place. I can't concentrate very well.

RED

Something is definitely wrong. I feel frightened, unsafe, or very confused. My heart is beating quickly, my breathing comes fast, and my stomach feels strange. Maybe my throat gets dry, my fists clench, or I feel like yelling. I feel the need to get to safety right away or get help. Sometimes I might need to fight to escape.



ABOUT BULLYING

Where does bullying happen? Bullying affects many kids. According to the Center for Disease Control (CDC), an agency of the United States Government which identifies and researches threats to peoples' safety, **bullying is common**. Bullying is among the most commonly reported discipline problems in public schools. Nearly 14% of public schools report that bullying happens at least once a week. Reports of bullying are highest for middle schools (28%) followed by high schools (16%), combined schools (12%), and primary schools (9%).

And that's what's reported! Imagine all the bullying that is not reported.

Bullying can happen online. Reports of cyberbullying among public school attending students are highest for middle school (33%), followed by high school (30%), combined schools (20%) and primary schools (5%). –CDC

WHAT CAN I DO IF I'M BULLIED OR IF I SEE SOMEONE BEING BULLIED?

Get to a safe place. If you're on the bus, sit at the front near the driver. If you're in the hallway or at lunch, stay with a group, or be near a teacher. Don't let yourself be a target.

Ask for help. It's not okay to be bullied. You're not a wimp if you ask for help. Getting help can be heroic. Make a list of trusted adults and go to those people when you need help. Trusted adults can get you the help you need, by talking with a teacher or principle, group leader or coach, because all kids deserve to be safe at all times.

WHAT CAN I DO if I'm bullied or if I see someone being bullied?

Keep track. Keep a list of things that have happened, with dates and places so that your concerns will be taken seriously. Adults want to know when and where and with whom bullying happens so they can help prevent it or put a stop to it.

Don't put up with it. Bullies thrive on getting under your skin. They want interaction. Ignore them. Tell them they can bug off—either in your head or out loud. Keep your head high, shoulders back, and use a loud voice to say, "Back off!" If you are online, immediately block the bully, and tell an adult and your friends if someone is doing something inappropriate. Don't wait for it to get worse.



“BULLYING CAN HAPPEN IN PERSON AND ELECTRONICALLY (KNOWN AS CYBERBULLYING”) AT SCHOOL OR IN OTHER SETTINGS.” – CDC

FIND OUT MORE AT :

<https://www.cdc.gov/injury/features/stop-bullying/index.html>



VERBAL & TACTICAL (DEFENSE 15), INTEGRATED INTO ROLE PLAYING OF 6 MOST LIKELY LOCATION THREATS

LUNCHROOM:

Kyle is standing in line at the lunchroom. Steven bumps into him, getting kids to laugh at Kyle, calling him Chunky Monkey.

ON THE BUS:

Kids always throw gum wrappers and wads of paper in Kristy's hair.

ONLINE:

Marcus found out that kids have been taking pictures of him in the hallway at his locker and tagging him in pictures with the word "Loser" on social media.

ON THE PLAYGROUND:

Vivek is teased by kids in his class because he's not good at kickball and is a slow runner.

IN THE NEIGHBORHOOD:

Haley hates walking by the kids on her block because they call her names when she walks home from school, saying her clothes are ugly.

AT THE MALL:

Devon sees Lucas and his gang of friends at the entrance to the movie theatre. They won't let him pass by them to go to the movie.

3A SYSTEM DIAGRAM

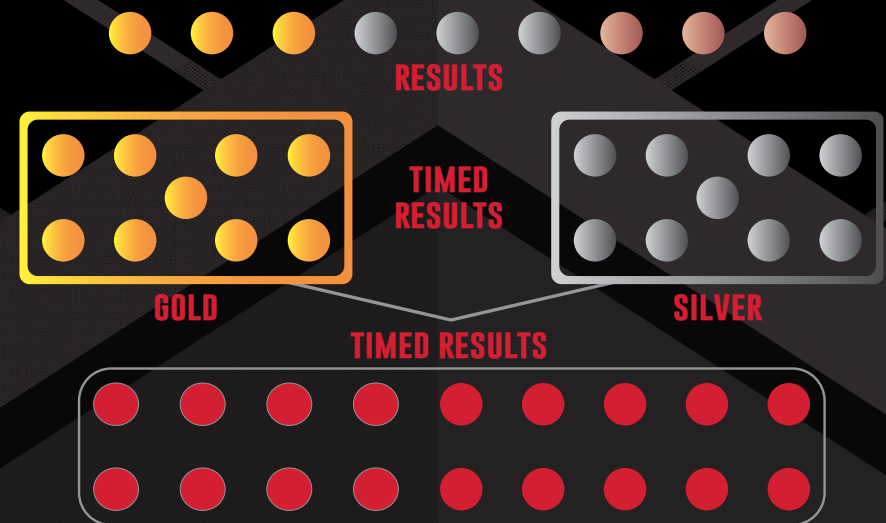


COMPETE. DEFEND. ADVANCE.

TIGER-ROCK MARTIAL ARTS



BRACKET SYSTEMS





TIGER-ROCK