

TIGER-ROCK MARTIAL ARTS

EA DEFENSE SYSTEM

EMOTIONAL BALANCE EMPOWERMENT

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



WELCOME TO THE **EMOTIONAL BALANCE EMPOWERMENT** 3A DEFENSE SYSTEM

You will be learning about what challenges exist in the world and those that lie within.

Prepare your mental and physical armor to compete in a timed course that will put your awareness to the test.



Wear your medals with pride



IN FOCUS: EMOTIONAL BALANCE EMPOWERMENT

You will learn techniques to help you strengthen your internal **TIGER SENSE** to keep you staying strong and flexible regardless of what obstacles you face.

Remember, developing your Tiger Sense helps you to know when something feels right and when something feels 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.



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.**”

Begin your journey to develop your **TIGER SENSE**.
Be ready to use your training wherever and whenever you are called to action.

A **L**WAYS **W**ATCHFUL **A** **L**ERT **R** **E**SPONSIVE **E** **V**ASIVE

When you are **AWARE**, you can use your **TIGER SENSE** to help keep yourself safe.

YOUR TIGER SENSE TELLS YOU WHEN SOMETHING IS WRONG.

PROTECTING YOURSELF

is a top priority as a Tiger Rock Martial Arts student. One key way to developing your Tiger Sense is becoming aware of the obstacles that face 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.



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.

EMPOWERING THOUGHTS ARE POWERFUL THOUGHTS

Defend Against Post Pandemic Mental Health Issues With Mindfulness/Awareness Training

WHY IS MY EMOTIONAL BALANCE IMPORTANT?

When you learn to control your emotional balance, you gain control of your most important ally-- yourself. You become aware of when you need to pause to take care of yourself, and you discover when you need to ask for help. By developing emotional balance, Tiger Rock students can see improvements in the ability to concentrate, to solve problems, to combat stress. Empowered emotional balance is the key to focus, regulation, and control.

HOW DO I TRAIN MYSELF TO BE BALANCED?

By using the Tiger Rock I/X Awareness Techniques and other aspects of this training, you'll learn how to harness the power that's inside of you to protect yourself and others from harmful circumstances.

DID YOU KNOW:

Shoalin monks have been practicing movement mindfulness for centuries.

I/X Awareness Practice

Training the body requires training of the mind.



Supine or Seated:

Control breathing and thought. Practice one series of nine breaths.



Standing Static Posture:

Various stances and arm positions can be utilized including one leg balance similar to yoga tree. Practice nine breaths.



Standing Dynamic:

With movement to include walking, figure 8, slow motion kicking, striking, punching and blocking. Practice nine breaths.

YOU ARE NOT ALONE



POST-COVID ANXIETY



POST-COVID DEPRESSION

DIFFICULTY SLEEPING



EVERYONE GETS OUT OF BALANCE

DID YOU KNOW:

1 in 6 youth aged
6-17 experience
a mental health
condition each
year?



FEELING SAD WITH LACK OF INTEREST IN LIFE



DIFFICULTY WITH CONCENTRATION

HOW DO YOU KNOW IF YOU OR A FRIEND IS OUT OF BALANCE?

Common things to look for:

- Feeling very sad or withdrawn for more than two weeks
- Seriously trying to harm oneself
- Severe out-of-control, risk-taking behaviors
- Sudden overwhelming fear for no reason
- Not eating; significant weight loss or weight gain

- Seeing, hearing or believing things that are not real
- Repeatedly using drugs or alcohol
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty in concentrating or staying still
- Intense worries or fears that get in the way of daily activities

**To get more facts, help, or find a local
support group in your area visit:**

www.nami.org



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WHAT CAN I DO If I'm Feeling Down or Out of Balance?

Pause. Take a minute to check in with yourself. Use your Tiger Rock mindfulness techniques to gain awareness.

Practice. Balancing your emotions takes practice. Try to use your I/X Awareness techniques daily. Practice martial arts in class and at home to help overcome challenges.

Get exercise. Come to class at Tiger Rock! Your mood will improve when you increase the flow of oxygen to your body and brain. Releasing endorphins and letting out stress in a healthy way feels great. Walks, hikes, and runs are good ways to refresh the body and mind as well.

Connect in the right way. Make sure you're taking healthy breaks from social media and doing things that make you feel empowered—like building your martial arts practice, or volunteering in the community to help other people.

Ask for help. *Your community is there for you.* There are counselors, coaches, teachers, trusted adults, and your Tiger Rock community to help support you. If your friends are feeling down, reach out to them, let them know you are on their side.

WHAT ELSE CAN I DO to Build Emotional Balance and Empowerment?

Make sure you're eating well and sleeping enough.

Laugh! Watch or Read a funny story!

Go outside! Visit a park with lots of sun and trees.

Do something you love to do.

Make goals and work towards them.

Spend time with family and friends doing something fun!

Verbal & tactical, integrated into role playing of likely situations

Challenge: Isolation

Natalie feels really cut off from the rest of the world. She's just not able to get happy or excited about stuff. She feels like she doesn't know who her friends are anymore, and her work colleagues are just talking heads on a screen.

Suggestions: Get to martial arts practice. Do volunteer work. Go for a walk with a friend.

Challenge: Hitting a Wall

Daniel goes to all of his online classes, but spending more time on the computer to get homework finished is wearing him out. He's not motivated to get stuff done. He's not sure if he knows what the point is.

Suggestions: I/X Awareness techniques. Make goals and work towards them. Get to martial arts practice.

Challenge: Alone

Madison is at a new school this year, but her new school is only meeting in person twice a week. Her old friends are hard to connect with, and she feels like she should be making new friends. But how can she do that when she can't even see what someone looks like behind a mask?

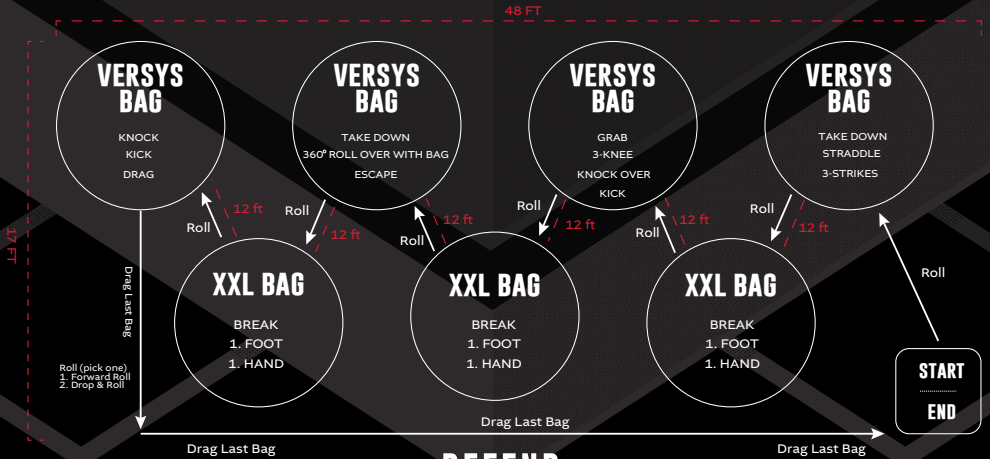
Suggestions: Get to martial arts class. Spend time outside with a friend. Do something you love.

Challenge: Frustrated

Jayden's school is still online. It's so hard to sit still. He misses recess and lunch with his friends—the online lunches are okay, but it's just not the same as being with his class in person. When will it end? He's feeling frustrated and hopeless.

Suggestions: Go outside. Do something you love. Go to martial arts class regularly.

3A SYSTEM DIAGRAM



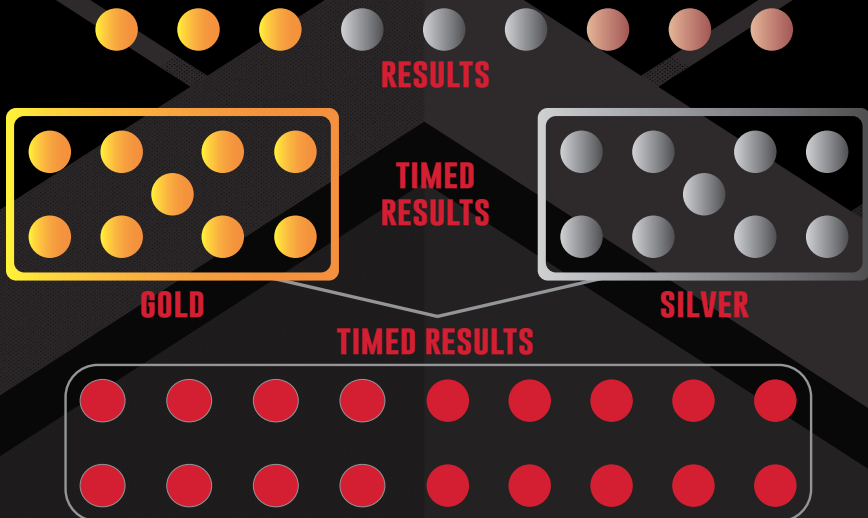
COMPETE. DEFEND. ADVANCE.

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TIGER-ROCK MARTIAL ARTS



BRACKET SYSTEMS



YOU ARE NOT ALONE

May is Mental Health Month

We're teaming up with **Nami, the National Alliance on Mental Illness**, to help raise awareness of the mental issues affecting today's youth. Tiger-Rock Martial Arts has always practiced training awareness of ones physical and mental self through mindfulness.

With post pandemic issues on the rise we encourage all to check in with yourself, family, and friends.

If you need help visit **www.nami.org** for additional resources or to find a local support group in your area.

Call the NAMI Helpline at 800-950-6264 M-F, 10 a.m. – 8 p.m., ET

*Or in a crisis, text "NAMI" to 741741
for 24/7, confidential, free crisis counseling*

#MHM #notalone

