

TIGER-ROCK MARTIAL ARTS

# 3A DEFENSE SYSTEM

## YOUTH & ADULTS

*\*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 become ready to use your training wherever and whenever you are called to use it. We call this readiness **Tiger Sense** and we will use it to help you develop the ability to keep yourself safe, regardless of the challenges you face in the world.

In the Defense Combine, 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 participant. A key to developing your readiness, or Tiger Sense, is to be aware of what constitutes a threat. If you know when your guard needs to be up, you can activate your readiness and react in a way that will keep you safe.

# BE AWARE!

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

**A**lways **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, insecure, or afraid. Everyone deserves to be safe, whether on campus, at work, or in the world. The first step in defeating bullying is to develop your readiness-- **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

**What Is Bullying?** Bullying affects many people. It can happen on campus, at work, in the neighborhood, or online. According to the Center for Disease Control (CDC), an agency of the United States Government which identifies and researches threats to peoples' safety:

"...Bullying involves an observed or perceived power imbalance and is often repeated multiple times or is highly likely to be repeated. Victims may experience harm or distress from physical (hitting, tripping), verbal (name calling, teasing), or relational/social (spreading rumors, leaving out of group) bullying. Bullying can happen in person and electronically (known as cyberbullying") at school or in other settings." --CDC

**"Bullying negatively impacts all youth involved—those who are bullied, those who bully others, and those who witness the bullying (bystanders)."** --CDC

**What Is Cyberbullying?** According to Stopbullying.gov, an official website of the U.S. government: "Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior."

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### THE MOST COMMON PLACES WHERE CYBERBULLYING OCCURS ARE:

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities (<https://www.stopbullying.gov/cyberbullying/what-is-it>)


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

**Stick to safe places.** Don't let yourself be a target. Stay in public places with lots of people around. Bullying happens when authorities are not around.

**Ask for help.** It is your right to ask for help. Getting help can be heroic. Make a list of trusted people and go to those people when you need help. Trusted people can get you the help you need. Talk with a teacher, counselor, resident advisor, principal or dean, a boss or work colleague you trust, a group leader or coach, because all people deserve to be safe at all times.

**Keep track.** If you are bullied, harassed, cyberbullied, or hazed, keep a list of things as they occur, with dates and places so that your concerns will be taken seriously. People in authority want to know when and where and with whom bullying happens so they can help prevent 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 a trusted person 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 4 MOST LIKELY LOCATION THREATS

### AT WORK:

Andrea is refilling the salt shakers at work in the prep room of the kitchen. Her shift manager, Pete, sees her and stands behind her, watching her do her work, trying to make small talk. Andrea walks into another area of the prep room. Pete follows her.

### ON CAMPUS OR AT THE GYM:

Someone has vandalized Simon's locker in the gym, writing a derogatory name on it. He doesn't want to go into the locker room alone.

### IN THE NEIGHBORHOOD:

Charyse sees her old boyfriend David standing outside of the Starbucks in the morning. He's constantly calling and texting her. He keeps insisting that they get back together, but she doesn't want to.

### ONLINE:

Dario notices that Christian, a former bandmate of his, keeps posting comments that make him feel weird. The comments aren't outright mean, but they have an undermining vibe to them. Dario wonders if he should confront Christian about it.

## 3A SYSTEM DIAGRAM

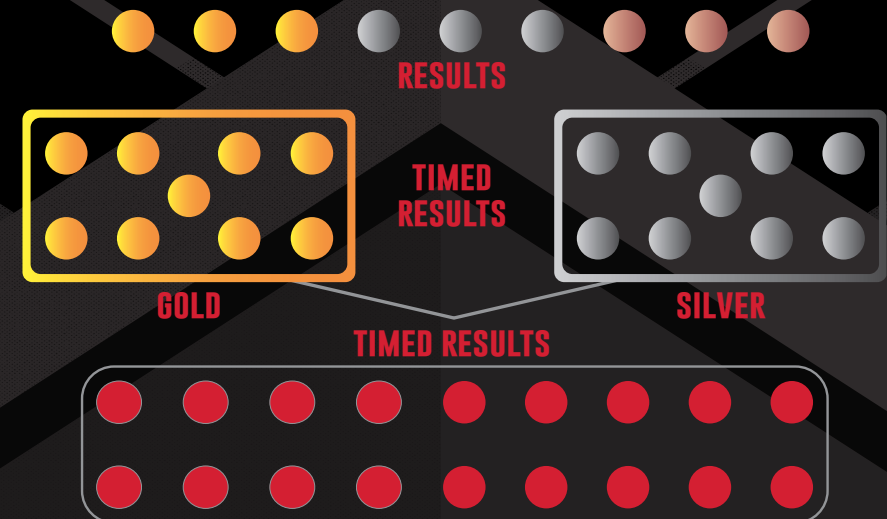


COMPETE. DEFEND. ADVANCE.

TIGER-ROCK MARTIAL ARTS



## BRACKET SYSTEMS





**TIGER-ROCK**