

COMPETE. DEFEND. ADVANCE.

THE TIGER-ROCK STYLE AND SYSTEMS STANDARDS GUIDE



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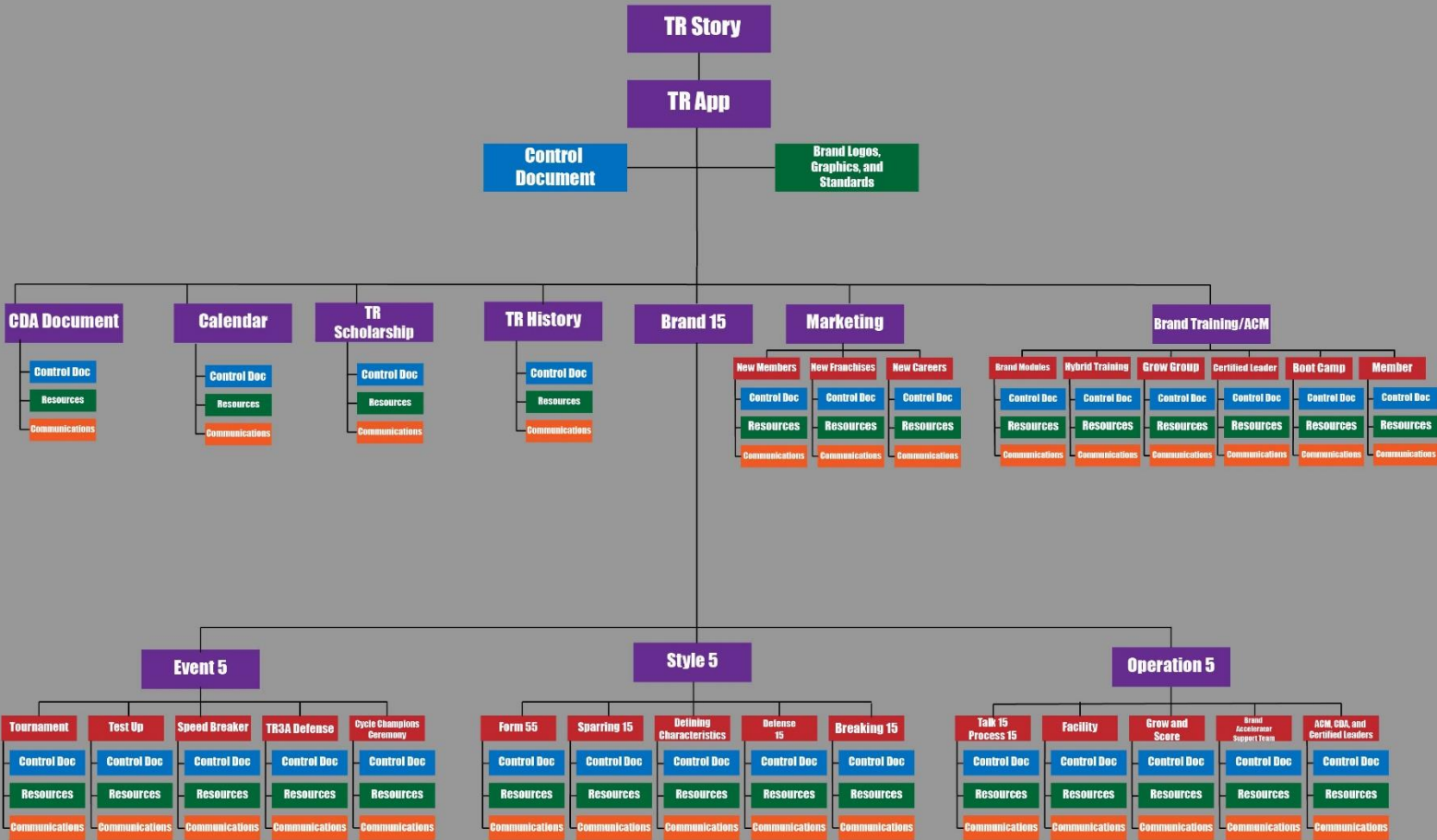
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Tiger-Rock Brand System

Turn Key



Purple = Overview Folder, Red = File Folder, Blue = Control Doc, Green = Resources, Orange = Communications

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Standardization and Documentation

Tiger-Rock Martial Arts is one of the first martial arts organizations to standardize and document its teaching and training methods. The “Tiger-Rock Martial Arts Method” was first documented and copyrighted in 1983, and this copyrighted documentation has grown and evolved with copyrighted international standards and methods that allow for true uniformity, accountability, standardization, and certification.

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Warning

It is dangerous and illegal to engage in any armed and/or unarmed assault. This manual is for informational purposes only and is not intended to encourage any dangerous or illegal activities. Reading this manual does not take the place of individualized training or practice. Tiger-Rock Martial Arts, the board, the shareholders, the writers, Instructors, trainers, nor distributors assume any liability for the use or misuse of information contained in this manual.

Manual Purpose

The purpose of the Tiger-Rock Program Manual is to provide a guide for Instructors and members to reference when delivering trainings or participating in training/events. Following the guidelines contained in this manual will ensure the high standards of Tiger-Rock Martial Arts. This manual includes “Best Practices” and “Required Practices”. Delivery of events are “Required” to be delivered both in content, standards and procedure as published.

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[3] Public Health



[4] Training Stations

The academy training station is incorporated into two floor layouts:

1. Side By Side
2. Front & Back

Within each layout are designated areas that connect

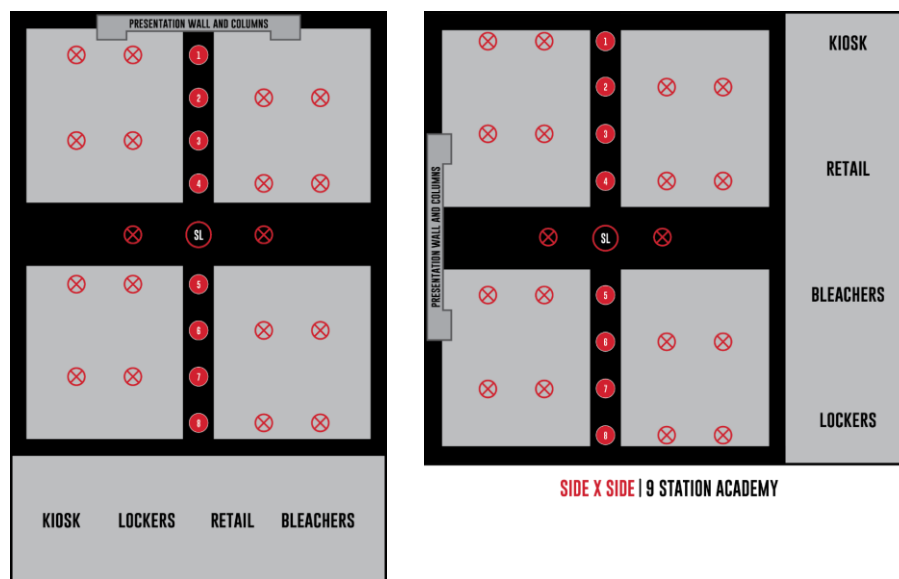
1. Onsite
2. Spotlight
3. Offsite

Each onsite training station has 2 matched students assigned (see diagram) within a quadrant system as partners by approximate age, rank and gender throughout the entire training experience. From a beginning of class straight line, the certified leader matches partners to each other and to their quadrants. 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. Combined with partner training this system easily allows for multiple green through black belt grouped junior classes daily. It is in this straight line that students bow to the instructor and then to their partner before taking their position at their station.

Within the system members are encouraged and guided by the center spotlight area, lead students, and instructor team. Students are called to gather around the spotlight area in a designated circle each time instructions are given then run back to their station to practice assignment.

Members express greater confidence and less anxiety (improved retention) when training with one matched partner, knowing their gear is located within their quadrant, and knowing where to be.

Countless training minutes are gained with our efficient use of space logistics system that does not require changing partners, hunting for gear bags, and the use of a more efficient line up system. Player 2 training bags always stay in their designated space. Advance registration for each training is required allowing instructors to better manage the training experience.



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FRONT AND BACK | 9 STATION ACADEMY

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[5] The Tiger-Rock Belief

At Tiger-Rock we believe the purpose of our training is to compete, defend, and advance. It is through active event participation that we accelerate our martial art athletic skills, distinguish ourselves, and achieve transformation.

Tiger-Rock training prepares us to compete in signature events with overlapping experiences that when combined, define us as “All Around” martial art athletes.

Together through our event experiences we achieve our goals and are recognized for achievement, effort and contribution by our friends and society.

Belief

Our action-based style begins with our belief to “train what works and what can be used to compete, defend and advance” in the martial arts arena and in life.

Our style allows us to achieve our goals, develop skills and to distinguish ourselves.

The Tiger-Rock experience prepares us to:

1. Compete

- a. In Martial Art Event Challenges
- b. In life with courage and perseverance

2. Defend

- a. Our safety and the safety of others
- b. Our values and our beliefs

3. Advance

- a. Our MA belt level and achievements
- b. Our communities together through our actions and by example

[6] Tiger-Rock Oath

At Tiger-Rock we believe in training for our journey both as a martial artist and a citizen. The 15 levels of our belt system symbolize the steps we take to develop the skills that allow us to R15E to every occasion, transforming the world for good.

1. **White**
 - a. Like most things in life, we must first **CHOOSE** the path that we are willing to take.
2. **Yellow**
 - a. Once we choose, we must **COMMIT** to see the journey through until the end.
3. **Green**
 - a. We must maintain the desire to **GROW** both personally and professionally.
4. **Blue**
 - a. We must mark the progress of our journey as we **ACHIEVE** different milestones.
5. **Brown**
 - a. We must not blindly follow the crowd but instead **DISTINGUISH** ourselves and our mission.
6. **Red**
 - a. Along this journey we must not only look to improve our lives but **INFLUENCE** others to do the same.
7. **Black**
 - a. While our journey is long and has many obstacles, our training provides us with opportunities, abilities, and responsibilities to **TRANSFORM** the world around us. It is what we do with this training through action that will ultimately determine just how high our R15E can be.

[7] Tiger-Rock Journeys

Journeys, Story & Certificate Designation

1. Tiger Cub Journey

- a. Graduate Certificate Designation; Tiger Cub Black Belt 7/7
- b. Story; about exploring their world
- a. Motto: **Explore My World**
- b. Age: 4 & 5

2. R15E Journey 15/15

- a. Graduate Certificate Designation; Induction as Black Belt
- b. Story: transformative development of athletic and personal attributes through training and performance.
- c. Motto: **Be Transformed**
- d. Age: 6+

3. Black Belt Journey 15/15

- a. Graduate Certificate; Induction as Master
- b. Story: Inspire & lead others. Using the attributes developed during the R15E journey we lead others by active example to advance, compete and defend as we continue our transformation together. Black Belts participate in cycle seminars, lead event participation and academy initiatives.
- c. Motto: **Lead and Inspire Others**
- d. Age: 8+

4. Master Journey 9/9

- a. Graduate Certificate Designation; Induction as Grandmaster
- b. An ambassador for TR using the title to bring prestige to the whole and elevate TR
- c. Motto: **United States Tiger-Rock Ambassador**
- d. Age: 25+

R15E Journey Leadership Opportunities

Students enrolled in the R15E Journey can early enter the Black Belt Academy Team as candidates. We encourage you to ask your instructor for details.

[8] Tiger-Rock Journey Detail

Tiger Cub Journey 7/7

Explore My World

Qualifications: white belt age 4

Theme/Purpose: Explore their World

Graduation: Certificate, Wrist Band and Tiger Cub Black Belt. In the same ceremony induction into the R15E Journey.

Successful Seven Life Skills:

1. **LISTEN:** 3 rules of Focus- Focus my eye's, mind and body sir (hand gestures)
2. **OBEY:** Mom's way, dad's way, teachers' way, the right way (hand gestures)
3. **LEARN:** Eyes on who? When I look at you, I learn twice as much (hand gestures)
4. **SHARE:** My Turn, Your Turn, Take Turns
5. **PATIENCE:** Patience is waiting, listening, understanding
6. **ATTITUDE:** I think I can, I know I can, I will do it!
7. **COURAGE:** I am strong, I am brave, I have courage!

R15E Color Belt Journey 15/15

Be Transformed

Qualifications: White belt or Tiger Cub graduate aged 6

Experience: The Tiger-Rock R15E Journey develops personal attributes and athletic skills to prepare members for martial art event experiences and the event of life.

Uniform: White Uniform, Shoes with journey patch. (Training shirt during 3-week prep & event jersey during event week)

Graduation; Certificate, Wrist Band and Black Belt. In the same cycle ceremony members are inducted into the Black Belt Journey where they are presented with a red jacket and new journey patch.

R15E Journey Requirements:

1. Hybrid Train weekly: two academy and one offsite
2. Participate in cycle events **(Required)**

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R15E Journey Steps:

1. White
2. Yellow
3. Green-L1
4. Green-L2
5. Green-L3
6. Blue-L1
7. Blue-L2
8. Blue-L3
9. Brown-L1
10. Brown-L2
11. Brown-L3
12. Red-L1
13. Red-L2
14. Red-L3
15. 1-Black-L1

*No rank skips

R15E Journey Leadership Opportunities

Students enrolled in the R15E Journey can early enter the Black Belt Academy Team as candidates.

R15E journey academy team jackets, shirts & patches: (Training shirt during 3-week prep & event jersey during game week)

- Instructor invitation only
- Age 8+ & green+ belt.
- Instructing Uniform:
 - Certified: Red uniform, shoes, journey patch with black instructor belt 16+
 - Non-certified: Red uniform, shoes, season shirt, journey patch with current rank belt.
- Training & Event Uniform:
 - White uniform, shoes, season shirt, journey patch with current rank belt

Black Belt Journey

Lead and Inspire Others

Qualifications: Tiger-Rock Black Belt Journey members are graduates of the R15E Journey. **Black Belt-**Black Belt Journey members are inducted into the journey during the Cycle Champions Ceremony only.

Experience: The Tiger-Rock Black Belt Journey is inclusive of all black belts. By using the attributes developed during the R15E journey, our Black Belts lead and inspire others by active example as they compete, defend and advance together.

Tiger-Rock Black Belts consider each other leaders; they are members with a singular mission—to inspire others to grow as “all around” martial art athletes through participation in Tiger-Rock action events and community initiatives.

Our Black Belts are also members of an internal leadership team that believes black belts lead others. As dedicated athletes they perceive their participation in martial arts as an adventure.

Graduation: Graduates of the Tiger-Rock Belt Journey receive their certificate, master belt and master journey patch at the Tiger-Rock National Cycle Champions Ceremony annually. Black Belt Journey members must earn their certified leader designation prior to testing for 5th degree. In the same National Champions Ceremony, the graduate is inducted into the master’s journey.

Black Belt Journey Jackets, Shirts & Patches: Instructing & Training Both.

(Training shirt during 3-week prep & event shirt during game week)

- **Non-Certified Black Belts:** Red Uniform, Rank Belt, Shoes & Black Belt Journey Patch
- **Certified:** Black Uniform, Rank Belt, Shoes, Black Belt Journey Patch & Certified Leader Patch: 16+ black belts who earn and maintain their leader certification can wear the black jacket.

Black Belt Journey Steps (15):

1. 1-Black-L1
2. 1-Black-L2
3. 1-Black-L3
4. 2-Black-L1
5. 2-Black-L2
6. 2-Black-L3
7. 3-Black-L1
8. 3-Black-L2
9. 3-Black-L3
10. 4-Black-L1 (National Test)
11. 4-Black-L2
12. 4-Black-L3
13. 5-Black-L1
14. 5-Black-L2
15. 6-Black

Age Requirements

- Test for 4-Black-L1: Age 12
- Test for 5-Black-L1: Age 16+ & certified leader
- Test for 6-Black: Age 25

Black Belt Journey Requirements:**a. Primary:**

- Participate in the cycle leadership seminar **(Required)**
- Participate in mode & cycle events **(Required)**
- Assist academy with cycle event planning & delivery as assigned by academy **(Required)**

b. Secondary:

- Assist with class (per academy policy)
- Participate in Tiger-Rock National the Big Brothers Big Sisters Project and Brand Initiatives **(4th and up required)**

Master Journey 9/9

United States Tiger-Rock Ambassador

Qualifications; Graduate from the Black Belt Journey & age 25

Experience: The Tiger-Rock Master Journey: An ambassador for TR using the title to bring prestige to the whole and to elevate TR

Graduation; Certificate & Grandmaster Black Belts at National Champions Ceremony.

Master Journey Requirements:

- National Big Brothers Big Sisters program as a mentor **(Required)**
- Participate in events **(Required)**

Master Journey Steps (9):

1. Sixth Black Master
 - a. Pre-test
 - b. Document
 - c. National Test
2. Seventh Black Senior Master
 - a. Pre-test
 - b. Document
 - c. National Test
3. Eighth Black Grandmaster
 - a. Interview
 - b. Pass Document & Orals
 - c. Promotion
4. Ninth Black Senior Grandmaster
 - a. Interview
 - b. Pass Document & Orals
 - c. Promotion

Master Journey Age Requirements

- Testing for 6-Black: Age 25
- Testing for 7-Black: Age 31 & 6 years TIG
- Testing for 8-Black: 38 & 7 years TIG
- Testing for 9-Black: 46 & 8 years TIG

[9] Tiger-Rock Style Detail

The Tiger-Rock Style reflects our mind, body, and heart. Our action-based style begins with our belief to “train what works and what can be used to compete, defend and advance” in the martial arts arena and in life. It is built on our “defining characteristics”.

Our style resonates our desire to accomplish our goals of accelerated skill development and opportunities to distinguish ourselves. Our proprietary signature Tiger-Rock Form 55, Breaking 15, Sparring 15 and Defense 15 play a fundamental part in “all around” martial art athletic performance. Our style believes in what works and can be used to achieve our event and life goals.

Defining Characteristics

1. Quick Feet
2. Tempo and Rhythm
3. No Wasted Motion
4. Dynamic Targeting
5. Applied Angles: 0, 45, 90, 135, 180
6. 50/50 Hands and Feet
7. Performance Science (essence elements)
8. Train “What Works and What We Can Use” in events including the event of life
9. Mind-Body-Heart

Stances, Blocks, Strikes, Kicks

Variations occur naturally by athletes that include open hand, closed hand, spin, up, down, and shape of foot.

Action and Classic Stances

1. Base (action/classic) currently ready/sitting
2. Power (action/classic) currently walking/front
3. Sparring (action/classic) currently sparring/back stance

Blocking (open hand or closed)

1. Low
2. Middle
3. High

Striking Technique

1. Fist
2. Knife
3. Palm
4. Elbow

Kicking

1. Front
2. Side
3. Round
4. Twist
5. Hook
6. Crescent

Tiger-Rock Form 55

Our Tiger-Rock 55 form was designed to be a progressive daily training format that ingrains our style, resolve and performance science into every student to their advantage in a way that they can rely on to become an accomplished martial artist. By design it tells a story of our Ho-Am history connecting past to present as it challenges each student on their journey to develop simultaneously mind, body and heart.

Functionally our form serves as a level platform for skill evaluations at rank testing and tournament competitions.

Note: punches middle, knife hands high, and classic stances unless otherwise noted

1.	Left high block—left power stance
2.	Right high block—right power stance
3.	Left low block—left power stance
4.	Twin low block—base stance (action)
5.	#1 right side kick
6.	Right knife hand strike—base stance
7.	#3 right knife hand strike (cat steps)
8.	Left middle block
9.	Double punch (cat)
10.	Left #2 front kick
11.	Right/left reverse punch—left/right power stance (cat steps)
12.	#1 right round kick
13.	Right knife hand strike—right sparring stance
14.	Left palm strike—left sparring stance
15.	#3 left round kick
16.	Left low knife hand block—left sparring stance (#16/17 cat)
17.	Left high knife hand block
18.	Left knife hand strike
19.	#2 right round kick
20.	Right low knife hand block—right sparring stance (20/21 cat)

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21.	Right high knife hand block
22.	Right knife hand strike
23.	#2 left front kick
24.	Spin right crescent kick—left sparring stance
25.	#3 left jump front kick
26.	Twin fists—left power stance (high fists)
27.	Right knife hand strike
28.	#2 right side kick
29.	Left twin knife hand X middle block—left sparring stance
30.	Left reverse punch right knife hand high block—right power stance
31.	Twin fists on hips—(closed base stance)
32.	Step #3 left X stance right side kick
33.	Twin elbow—left X stance
34.	Right double horizontal punch—right sparring stance
35.	Left front kick/side kick (cat)
36.	Left knife hand strike—base stance
37.	Right front kick/side kick (cat)
38.	Right knife hand strike—base stance
39.	Right low knife hand block—right sparring stance
40.	Left #2 twist kick—left sparring stance
41.	Left low block—left sparring stance
42.	Left middle block—left sparring stance
43.	Right low knife hand block—right sparring stance
44.	Left middle block—left sparring stance
45.	Right spin side kick
46.	Twin fists—right power stance (high fists)
47.	Right knife hand middle block (soft)
48.	Right knife hand strike left hand under right elbow (soft)
49.	Right low X fist block—right power stance
50.	Right high X knife hand block
51.	Left reverse punch (right knife hand on top of elbow)—right sparring stance
52.	Left back fist (right palm on side of left fist)—left x stance
53.	Left open palm down block—left closed sparring stance
54.	Right hook kick
55.	Right reverse punch left knife hand high block—base stance

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The Tiger-Rock Form 55 Rank Stops

- White (First 4 Lines)
- Yellow (First 9 Lines)
- Green (First 13 Lines)
- Blue (First 22 Lines)
- Brown (First 30 Lines)
- Red (First 38 Lines)
- Black Belt Juniors (First 46 Lines)
- Black Belt Teen and Adult (All 55 Lines)

The Tiger-Rock Form 55 Begin & End Sequence

1. **Form Beginning**
 - a. Stand with feet together (closed base stance) with hands by side on spot indicated. When instructed bow
 - b. When instructed move the left foot to an action base stance with fists at waist in front of belt knot
 - c. When instructed begin form
2. **Form Ending**
 - a. Stay in last position at the end of the segment until instructed to return to an action base stance.
 - b. When instructed return to an action base stance by moving the left foot with fists at waist in front of belt knot
 - c. When instructed bring feet together by moving the left foot to a closed base stance. When instructed bow

The Tiger-Rock Sparring 15

Action Stances

The Tiger-Rock Sparring 15 represent our unique concentrated set of flowing combinations that instructors and students can both rely on to accelerate our skills. By introducing the Tiger-Rock Sparring 15 as flows early on is a defining characteristic of The Tiger-Rock Style beginning with day one of student training. Students learn the combination then work backwards to single technique proficiency but always the primary focus is on the combination flow. Individual, partner, floor, and target drills can incorporate this concept while additional emphasis can be placed on closing or increasing distancing to score or escape. Speed, deception, and countering skills are important strategy outcomes of the Sparring 15.

1. Speed (explosion score + defend)
2. Deception (fake then score + defend)
3. Counter (counter-attack score + defend)

Classic and Action Options

1. **Classic**
 - a. Begin and end with classic stances and both hands up
 - b. Blocks/Punches/Strikes: Chamber both arms, retract one fist to hip when possible
 - c. Kicks: If #2 front kick step into classic power stance
2. **Action**
 - a. Begin and end with action sparring stance and both hands up
 - b. Blocks/Punches/Strikes: Single arm, do not chamber arms or retract one fist
 - c. Kicks: Always power or sparring action stances

The Tiger-Rock Sparring 15

1.	#1 side kick, cross
2.	Jab, cross, #2 front
3.	Low block, cross, #1 round
4.	Double round, cross, jab, cross
5.	#2 front kick, spin crescent, cross, #2 front kick
6.	Middle block, cross, #2 round kick
7.	#1 front, cross, #1 side
8.	#1 front/round, cross, #1 round
9.	#1 double round, cross, #2 round
10.	Spin hook, #1 side kick, cross
11.	#1 front, low block, cross, #2 round kick
12.	Middle block, spin crescent, #1 round kick, cross
13.	#1 side/hook, cross, #1 round
14.	#2 front, spin side, cross, #2 round
15.	#1 side/round, low block, twist, cross

Note: as skill levels advance sequenced and blended options integrating sliding, jumping and other variations naturally occur within each athlete to create evolving dynamic training and performance experiences.

The Tiger-Rock Defense 15

Action Stances

The Tiger-Rock Defense 15 through repetition challenges us to condition our minds and bodies to react, adapt and instinctively apply survival skills and tactics when called upon.

The Tiger-Rock Defense 15 when trained can mentally and physically ingrain into the subconscious reliable concentrated responses that can be used to avoid and survive assault in our neighborhoods and urban environments. Each has the goal to escape and survive for ourselves and others.

Our signature Defense 15 when trained with conviction creates automatic responses and the ability to improvise when called upon by focusing on what works and what can be used.

The Defense 15

1.	Counter Punch or Kick Aggression	Block, strike, escape
2.	Counter Punch or Kick Aggression	Front kick, strike, escape
3.	Counter Punch or Kick Aggression	Side kick, strike, escape
4.	Counter Punch or Kick Aggression	Round kick, strike, escape
5.	Counter Punch or Kick Aggression	Spin side kick, strike, escape
6.	Counter Punch or Kick Aggression	Block/grab arm, strike, grab shoulder, knee (optional add sweep or throw)
7.	Counter Grab Aggression	Front choke release: windmill as you rotate body away
8.	Counter Grab Aggression	Rear neck or side neck choke grab attacker arm with your both arms, escape under
9.	Counter Grab Aggression	Palm up or down escape, escort or throw
10.	Counter Grab Aggression	Step under or across, escape, escort or throw
11.	Counter Grab Aggression	Bend elbow, bend wrist escort
12.	Counter Grab Aggression	Head up, grab behind knees, take down
13.	Counter Knock Down Aggression	Side head lock escape
14.	Counter Knock Down Aggression	Back escape
15.	Counter Knock Down Aggression	Stomach escape

Additional Considerations

The Tiger-Rock Defense 15 are designed to be used instinctively from any position. Delivery can be in place or by choosing a direction to avoid step: forward, 45%, 90, 180 degrees or round stepping. They often will require blocking during realistic assaults. Front or rear kick or punch are applied as required. Performed repetitively they are designed to facilitate real instinctive reactions of escape, throw, knock down and striking for survival.

Counters to grabs or knockdowns may not initially be effective in which case alternate striking or tactics may be required.

Key to neighborhood and urban safety is our continuous assessment: Aware of surroundings, something seems wrong, something is wrong

Survival relies on: Information, stature, verbal, and physical strategies (all interactive)

Training Sequence

- Both students stand or move dynamically facing each other in an action base stance with hands at their sides.
- Student being attacked says “ready”.
- Attacker steps back into an action sparring stance with hands up and open then attacks at will without any notice creating uncertainty and unpredictability with one of the following:
 - Punch Aggression (cross or straight)
 - Grab Aggression (cloth, body or choke)
 - Knock Down Aggression (1 or 2 hand shove for side, forward or back fall)
- Student Being Attacked: Brings open hands up facing out instinctively and reacts using training to respond to one of the following attacks in order to escape.
 - Counter Punch or Kick Aggression
 - Counter Grab Aggression (cloth, body or choke)
 - Counter Knock Down Aggression
- Both students return to base position.

The Defensive 15 training set challenges the student to condition their minds and bodies to learn reactive, adaptive, and instinctively applied effective combative skills. The Defensive 15 are techniques that teach a set of principles and methods. They work because the system never dictates how to reach a specific goal. Instead, they teach students to figure out how to find solutions themselves through their training.

Today’s civilian dangers take place in neighborhood and urban environments resulting in the need for training experiences that result in reliable and adaptable skill sets from the training.

Our signature Defense 15 creates students who are decisive reactors resulting in a more reliable skill response for the individual student relative to their age, body type and athletic potential.

The Tiger-Rock Defense 15 are defined as dynamic defense tactics using familiar techniques. **Primarily:**

- Releases
- Escapes
- Punches
- Palm Heels
- Ridge Hands
- Kicks
- Shins
- Elbows
- Knees
- Blocks
- Misdirection

The Tiger-Rock Defense has three connected components. Every student must learn to integrate and combine quickly all three in split second responses to unpredictable and varied attack options:

1. Recognize/Direction
2. Avoid and/or Block
3. Counter/Escape

Some Dynamic Training Ideas

- Students take turns
- Instructor counts 1 or 2 as type of attack is suggested. The student assigned to the number attacks
- Student attacks designated times in succession before switching roles with their partner. The action should be a deliberate continuous exchange with only a quick pause for the students to regroup to their position before the next attack for the student being attacked to say ready. Not repeating ready to create continuous flow is another option.
- Additional exercise, pace, uncertainty, and competitive reaction can be added by having students perform from the following positions:
 - Standing in place
 - Jogging in place
 - Hit the deck then up and attack
 - Shuffling in a circle
 - Shuffling left to right
 - Start sitting legs crossed
 - Start from the floor head-to-head (on back or stomach)
 - High stepping in place
 - Jumping in place
 - Drop and roll

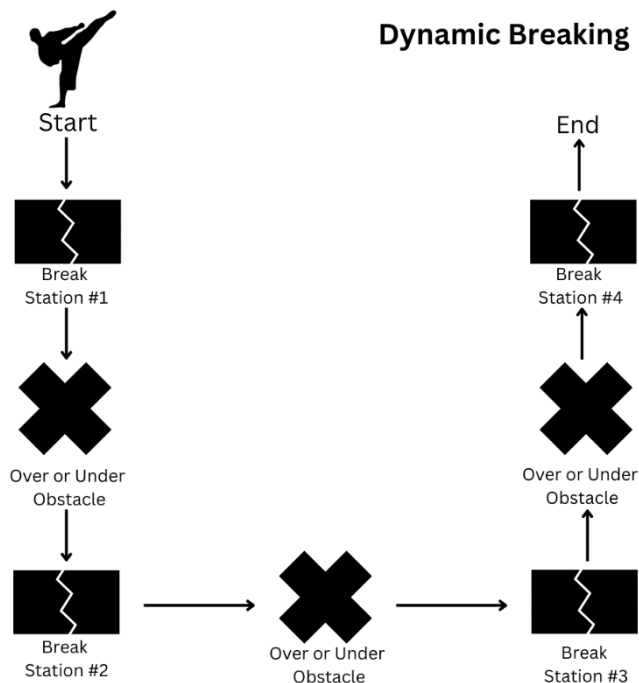
*All Students practice the same numbers in class. Keep in mind techniques selected can be used in response in part or total to any grab or attack from either side of body.

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One Breaking System

The Signature Tiger-Rock Dynamic Breaking Course uses obstacles and sequencing of board break stations to simulate the ability to adapt and apply technique from a non-fixed position. To the observer the dynamic breaking course mimics real life applied accuracy, speed and power.



Level, Gender, Age	Color Belt Breaks	Black Belt
Level 1 White: Male Female ages 6/7		
Level 2 Green: Male/Female ages 8/9		
Level 3 Green/Blue: Male/Female ages 10/11		
Level 4 Blue: Female age 12/13 & 46 up & Male ages 12/13		
Level 5 Blue/Gray: Female ages 14/15 & Female 16+ (White to 3-Black) & Male ages 14/15	#3 Side Kick (Bag) #2 Front Kick (Bag) Palm Heel or Hammer Fist (Ground) Downward Elbow (Ground)	Jump #3 Front Kick (Bag) Spin Side Kick (Bag) Palm Heel or Punch (Ground) Downward Elbow (Ground)
Level 6 Gray: Female 16 up (4-Black and Up) & Male (age 46+)		
Level 7 Gray + green/blue: Male 16 + (white to 3-black)	Color Belt Time Limit	Black Belt Time Limit
Level 8 Gray + blue: Male 16 up 4-black/5-black		
Level 9 Gray + green/gray: Male 6-black	Continuous nonstop	Continuous nonstop

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The Tiger-Rock Breaking 15

The Tiger-Rock breaking 15 brings our five performance science elements center stage to simultaneously demonstrate the power of our martial art but only when our kinetic energy is transferred with accuracy. Accuracy is key and without it our force potential is meaningless.

- a. Balanced Posture Alignment
- b. Extended Plane Dynamic Force
- c. Controlled Acceleration and Timing
- d. Staged-Flow Transition
- e. Mindfulness

Our progressive breaking 15 system challenges every age, gender, and rank on every journey to test and demonstrate a focused applied release of kinetic energy influenced by Tiger-Rock performance science.

Mind, body, and heart are always required to achieve breaking success within our dynamic action-packed events or when breaking down life's barriers.

Tiger-Rock Breaking 15 Levels

Level 1--White: Male/Female ages 6/7

Level 2--Green: Male/Female ages 8/9

Level 3-- Green/Blue: Male/Female ages 10/11

Level 4--Blue: Female age 12/13 & 46 up & Male ages 12/13

Level 5--Blue/Gray: Female ages 14/15 & Female 16+ (White to 3-Black) & Male ages 14/15

Level 6--Gray: Female 16 up (4-Black and Up) & Male (age 46+)

Level 7--Gray + green/blue: Male 16 + (white to 3-black)

Level 8--Gray + blue: Male 16 up 4-black/5-black

Level 9--Gray + green/gray: Male 6-black

Level 10--Gray + Blue/Gray: Power Breaking Challenge

Level 11--Gray + Gray: Power Breaking Challenge

Level 12--Gray + Gray + Gray: Power Breaking Challenge

Level 13—Board Choice: Personal Best Jumping Challenge

Level 14—Board Choice: Personal Best Spinning Challenge

Level 15—Board Choice: Personal Best Obstacle Challenge

Breaking 15 Banner on Next Page

TIGER-ROCK MARTIAL ARTS BREAKING 15

Level	Age	Rank	Gender	Board
LEVEL ONE	6-7	ALL	ALL	WHITE
LEVEL TWO	8-9	ALL	ALL	GREEN
LEVEL THREE	10-11	ALL	ALL	GREEN/BLUE
LEVEL FOUR	12-13 & FEMALES 46+	ALL	ALL	BLUE
LEVEL FIVE	14/15 [M/F] & 16+ [F]	ALL & 16+ [F] WHITE - 3-BLACK	ALL	BLUE/GRAY
LEVEL SIX	16+(F) & 46+(M)	4-BLACK-(F) RANK	ALL	GRAY
LEVEL SEVEN	16+	WHITE TO 3-BLACK	MALE	GRAY + GREEN/BLUE
LEVEL EIGHT	16+	4/5-BLACK RANK	MALE	GRAY + BLUE
LEVEL NINE	6-BLACK	MALE		GRAY + GREEN/GRAY
LEVEL TEN	POWER BREAK: CHALLENGE			GRAY + BLUE/GRAY
LEVEL ELEVEN	CHALLENGE: POWER BREAK			GRAY X 2
LEVEL TWELVE	POWER BREAK: CHALLENGE			GRAY X 3
LEVEL THIRTEEN	CHALLENGE: JUMP BREAK			PERSONAL BEST
LEVEL FOURTEEN	SPIN BREAK: CHALLENGE			PERSONAL BEST
LEVEL FIFTEEN	CHALLENGE: OBSTACLE			PERSONAL BEST

POWER S PRECISION
DO IT DON'T BREAK IT

MADE IN CHINA
PATENT PENDING

MAGLOCK
MAGNETIZED STOPPING SYSTEM
MARTIAL ARTS MATS

SHOCKSORB
TARGET PADS WITH SHOCK ABSORBING CORE

BITEGUARD
BRACE YOUR FEET AGAINST BITES

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Breaking Overview

- **Tiger-Cubs:** punch out foam boards
- **Breaking Junior/Teen/Adult:** The TR breaking 15 system
- **White Board:** the white board identified in the Breaking 15 is the UMB white board
- **Challenges:** Levels 10 thru 15 are considered challenge breaking levels that require the approval of the student's guardian if a minor.
- **Definitions:** Green/Blue means half green board and half blue board. Gray + Blue means two boards one gray and one blue

TIG & Age

- Test for 4-Black-L1: Age 12
- Test for 5-Black-L1: Age 16 & certified leader
- Testing for 6-Black: Age 25
- Testing for 7-Black: Age 31 & 6 years TIG
- Testing for 8-Black: Age 38 & 7 years TIG
- Testing for 9-Black: Age 46 & 8 years TIG

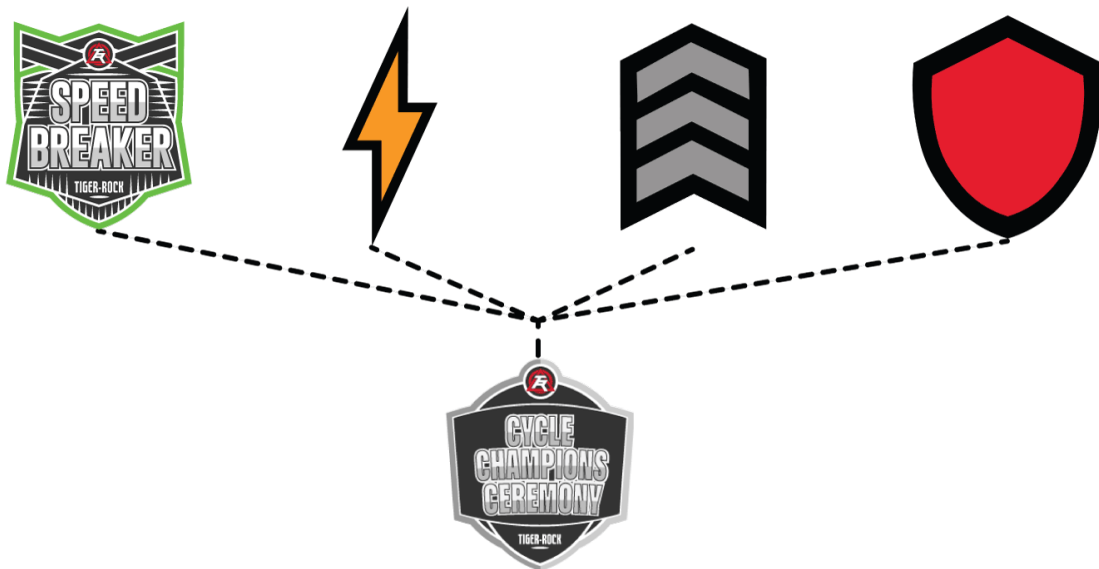
[10] Tiger-Rock Events

Tiger-Rock training prepares us to participate in “signature” events with overlapping experiences that define who we are as “all around” martial art athletes.

It is through our commitment to participation in interdependent events that members accelerate their skills and distinguish themselves as “all around” martial artists recognized during the Cycle Champions Ceremony.

1. Test Up
2. Tournament
3. TR3A-Defense (3 levels of awareness)
4. Speed Breaker
5. Cycle Champions Ceremony

With an expectation of every event having equal attendance and value it is important that required published standards are followed to achieve our goals.



Test

Show and display artistic and martial art performance skills as defined by our standards (earn belt). Each belt, the results of the test, is celebrated along with other event achievements at the Cycle Champions Ceremony. By mode and annually aggregated participation achievements tell a story about each student as they are recognized during the Champions Ceremony.



***See the separate standards guide for detail**

Tournament

Against others (earn medal) the results of the competition, is celebrated along with other event achievements at each Cycle Champions Ceremony. By cycle and annually the top 10 cubs, junior, teen and adult tell a story about each student as they are recognized during the Champions Ceremony.



***See the separate Tournament, Districts, and Nationals Standards Guides for Details**

TR3A-Defense (3 levels of awareness)

Held twice annually, May/September, the Tiger-Rock TR3A-Defense event challenges a student in live time to react, adapt, and instinctively apply trained decision making using verbal and physical actions. Each defense event dedicates itself to one threat theme of empowerment or bullying.



The TR3A-Defense event is designed to be scaled in different small group experiences for Cubs, Junior, Teen, and Adult.

Tiger Sense Oath

*When a threat is near that block 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.*

GREEN (level 1 awareness)

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. I am alert and aware

YELLOW (level 2 awareness)

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. I need to trust my Tiger Sense instincts

RED (level 3 awareness)

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.

Worry, Anxiety & Stress Defense

Often prior to participation, students or visitors have trained at some level using the proprietary Tiger-Rock Defensive 15 Training System. However, it is not required. This training set develops an instinctive way of thinking that instills reactions below the conscious level. TR3A-Defense Themed events target threats identified by the CDC and uses their research as well as information integrated from multiple university studies and many other sources. Role playing staged scenario-based threat training and an action-based survival competitive course are used to empower its participants.

Today's threats take place in community and neighborhood environments that requires awareness, training experiences that are reliable and adaptable skill sets. It is our expectation that rehearsing core ways of thinking and responses will provide the foundation for instinctive reaction that can be relied on for safety.

The Tiger-Rock Defense 15 interactive with our TR3A-Defense is fundamental as it trains instinctive reactions because it never dictates how to reach a specific goal. Instead, it trains students to figure out how to find solutions themselves based on training and information. Today's threats take place in neighborhood and urban environments requiring training experiences that mimic high probability associated risks.

***See the standards guide for detail**

Speed Breaker

Both the speed breaker challenge course and the TR3A-Defense course are races that ask the competitor to use speed, power and accuracy along with balance, mental toughness, reaction, timing, spatial awareness, acceleration, focus and technique in live time to win.

The high-performance sustained accelerated nature of the course races augment the development of martial art performance skills needed for performance in our testing, tournaments and combative defense experiences.

In a similar way to other races like American Ninja Warrior, Spartan, Crossfit Games, Terrain Race and Tough Mudder our Speed Breaker and TR3A-Defense course races challenge each competitor's spirit and bolster abilities to react to the unknown and prepare the mind and body to win the race, survive and compete with passion in today's world.



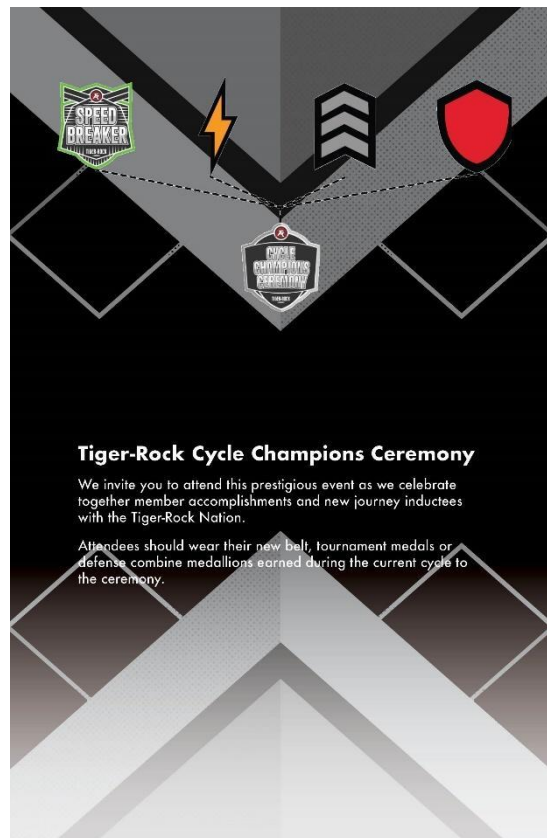
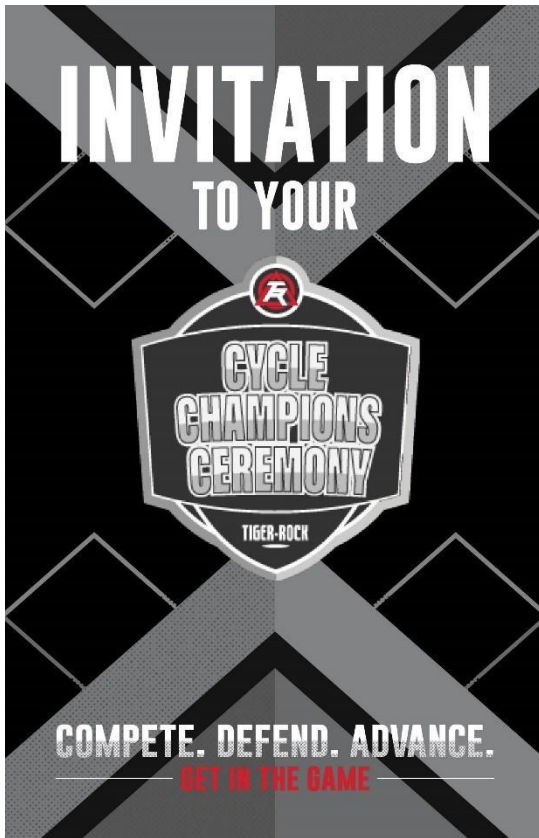
Cycle Champions Ceremony

All training and event participation lead to the Cycle Achievement Awards. It is where students are recognized for their accomplishments as an "all around" martial arts athlete.

The ceremony can be held in small group during the week or in small group Friday night for black belts and Saturday anytime for color belts of the testing event week. Testing is conducted Monday-Tuesday-Wednesday-Thursday of the event week. This means that the test event and ceremony are in the same week.

***See the Cycle Champions Ceremony standards guide for detail**






[11] All Star Designation and Cycle Scorecard

Two Ways to Become an All Star

1. One requires winning a gold sparring or gold form medal at either Fall or Spring Districts.
2. The other is winning a gold medal in an "A" bracket in sparring or form competition during the Nationals Friday Traditional Open Competition.





**CONGRATULATIONS ON BECOMING
A TIGER-ROCK ALL-STAR!**

Your medal winning performance at District Competition makes you automatically eligible for "All-Star" Saturday at the National Championships in.

Don't miss your chance to showcase your skills in forms and sparring as part of this invite only competition.

TWO WAYS TO GET INTIVED:

1. One requires winning a gold medal in sparring or form medal in an "A" bracket competition at either Fall or Spring Districts
2. The other is winning a gold in an "A" bracket in sparring or form competition during the Nationals Friday Open Competition.

COMPETITOR

JUDGE

CITY & DATE

TOURNAMENT: SPRING DISTRICT FALL DISTRICT NATIONALS

GOLD MEDAL: FORM SPARRING

*ALL SECTIONS **MUST** BE FILLED OUT TO BE VALID



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TIGER-ROCK
MARTIAL ARTS

-insert Photo-



MY CYCLE SCORECARD

Name: _____

Current Belt Rank: _____

Cycle #: _____ **Year:** _____

August #1, October #2, December #3, February #4, April #5, June #6

Events	Sign Up Points	Event Points
Speed Breaker		
Tournament		
TR3A-Defense		
Test		
Cycle Total		

Point Tracking Groups

1. Academy: Tiger-Cub
2. Academy: White through 3rd Degree Level 3 Black Belts (double points for black belt testing)
3. National: 4th Degree Level 1 through 9th degree black belt

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Point Categories and Values

1. Test Points:
 - A. Sign up (5)
 - B. One promotion (3)
(Tournament rank ups not allowed)
 - C. Double Points for academy black belt promotions

2. District tournament points
 - A. Sign up (5)
 - B. Sparring and/or forms only
 - I. Gold(3)/Silver (2)/Bronze (1)
(add up all medal values)
 - C. Double Points for Nationals

1. TR3A-Defense
 - A. Sign up (5)
 - B. 1st place green (3)
 - C. Tier one yellow (2)
 - D. Tier two red (1)

2. Speed Breaker points
 - A. Sign up (5)
 - B. 1st place black (3)
 - C. Tier one blue (2)
 - D. Tier two orange (1)

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[12] Tiger-Rock Black Belt Leadership Cycle Seminar

Working together as one academy black belt team our opportunity to build an event culture begins with us and is nourished by shared expectations within the black belt journey cycle seminar. The seminar encourages every black belt to assume a leadership role that inspires others to accelerate their martial art skills during events as an “all around” martial arts athlete.

“It is only through leading others to participate along with us in signature events with overlapping experiences that when combined, define us as “all around” martial art athletes.” “It is though our example others are inspired to follow.”

Within the “Black Belt Cycle Seminar” black belts come together to advance and empower the next cycles mode events.

Seminar Schedule and Topics

1. 50-minute training prep & event mode judging
2. 50-minute next cycle mode planning event prep
 - a. Facility Set Up Team
 - b. Advance Marketing Team
 - c. Super Majority Participation Team
 - d. Medal & Pro Shop Team
 - e. Event Kit Assembly Team
 - f. Judge Training Team
 - g. Post Event Take Down Team
 - h. Post Event Data Team

Black Belt Cycle Seminar Brochure on next Page

Cycle Black Belt Seminar Brochure

THE BLACK BELT LEADERSHIP CYCLE SEMINAR

Working together as one academy black belt team our opportunity to build an event culture begins with and is nourished by shared expectations within the black belt journey cycle seminar. The seminar encourages every black belt to assume a leadership role for themselves and importantly inspires others to accelerate their martial art skills through participation.

"It is only through leading others to participate along with us in signature events with overlapping experiences that when combined, define us as "all around" martial art athletes "It is through our example others are inspired to follow".

Within the "Black Belt Cycle Seminar" black belts come together to advance and empower the next cycle's two mode events.

SEMINAR SCHEDULE & TOPICS

1. 50-minute next cycle events & judging experience
2. 50-minute next cycle two modes events prep
 - a. Facility Set Up Team
 - b. Advance Marketing Team
 - c. Super Majority Participation Team
 - d. Medal & Pro Shop Team
 - e. Event Kit Assembly Team
 - f. Judging Education Team
 - g. Post Event Take Down Team
 - h. Post Event Data Team

EVERY BLACK BELT IS A LEADER



COMPETE. DEFEND. ADVANCE.



BLACK BELT JOURNEY

EVERY BLACK BELT IS A LEADER

Tiger-Rock Black Belts are challenged to use the attributes developed during the R15E Journey to Lead and Inspire others.

"At Tiger-Rock we believe the purpose of our training is to compete, defend and advance. It is through active event participation that we accelerate development of our martial art athletic skills, distinguish ourselves and achieve transformation. Tiger-Rock training prepares us to compete in signature events with overlapping experiences that when combined, define us as martial art "all around" athletes. Together through our event experiences we achieve our goals as we are recognized for performance, effort and contribution by our friends and society".

QUALIFICATIONS:

Tiger-Rock Black Belt Journey members are graduates of the R15E Journey. Black Belt Journey members are inducted into the prestigious black belt journey during the Cycle Champions Ceremony.

BLACK BELT JOURNEY REQUIREMENTS:

- Attend the academy black belt cycle seminars & academy mode events

BLACK BELT JOURNEY JACKETS:

Presented during the Black Belt Champions Ceremony

- 1-BLACK-L1
- 1-BLACK-L2
- 1-BLACK-L3
- 2-BLACK-L1
- 2-BLACK-L2
- 2-BLACK-L3
- 3-BLACK-L1
- 3-BLACK-L2
- 3-BLACK-L3
- 4-BLACK-L1 (NATIONAL TEST)
- 4-BLACK-L2
- 4-BLACK-L3
- 5-BLACK-L1
- 5-BLACK-L2
- 6-BLACK

COMPETE. DEFEND. ADVANCE.

TO
RISE

[13] Small Group Training Programs

At Tiger-Rock our four training groups are:

1. Tiger-Cubs 4 & 5
2. Juniors 6-11
3. Teen 12-15
4. Adult 16+

Small group training requires training stations along with advance reservation to attend. Limit of 2 sessions weekly.

The Training Group Brochures are displayed below:



TIGER CUBS

AGES 4-5

OUR PROGRAM

At Tiger-Rock, we believe that success is first learned and then earned. That's why each of our belt ranks represent the physical, social, and life skills required to succeed both on and off the mat.

TIGER ROCK RISE MARTIAL ARTS

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.

EARLY PHYSICAL DEVELOPMENT

Age appropriate martial arts drills to promote coordination and gross motor movement.

FUNDAMENTAL LIFE SKILLS

Classroom lessons that promote character development like how to listen and obey.

PLAY BASED SOCIAL INTERACTION

Games that helps students learn about interacting with classmates, sharing, and safety.

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JUNIORS

AGES 6-11

OUR PROGRAM

At Tiger-Rock, we believe that success is first learned and then earned. That's why each of our belt ranks represent the physical, social, and leadership skills required to succeed both on and off the mat.



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.

PHYSICAL DEVELOPMENT

Age appropriate martial arts drills to promote speed, power, range, balance, and reaction.

FUNDAMENTAL LEADERSHIP SKILLS

Classroom lessons that promote character development like how to grow, achieve, and overcome challenges.

TEAM BASED SOCIAL INTERACTION

Training that helps students learn about interacting with classmates, sharing, and safety.



YOUTH

AGES 12-15

OUR PROGRAM

At Tiger-Rock, we believe that success is first learned and then earned. That's why each of our belt ranks represent the physical, social, and leadership skills required to succeed both on and off the mat.



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.

PHYSICAL DEVELOPMENT

Age appropriate martial arts drills to promote speed, power, range, balance, and reaction.

FUNDAMENTAL LEADERSHIP SKILLS

Classroom lessons that promote character development like how to grow, achieve, and overcome challenges.

TEAM BASED SOCIAL INTERACTION

Training that helps students learn about interacting with classmates, sharing, and safety.



ADULTS

AGES 16+

OUR PROGRAM

At Tiger-Rock, we believe that success is first learned and then earned. That's why each of our belt ranks represent the physical, social, and leadership skills required to succeed both on and off the mat.



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.

PHYSICAL DEVELOPMENT

Age appropriate martial arts drills to promote speed, power, range, balance, and reaction.

FUNDAMENTAL LEADERSHIP SKILLS

Classroom lessons that promote character development like how to grow, achieve, and overcome challenges.

TEAM BASED SOCIAL INTERACTION

Training that helps students learn about interacting with classmates, sharing, and safety.

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[14] Training and Testing Partners

Training and Testing Partner System

Each training and Testing begin with 2 students assigned as partners by approximate age, rank and gender throughout the entire training/testing experience. From the beginning of training or testing students are matched as partners. By design this encourages partners to perform at a higher level, to rely on each other and to be accountable to each other as team members to compete, defend and advance.

After years of observation and listening to its members Tiger-Rock recognizes that testing, TR3A-Defense, and training experiences are valued at a higher level by members when throughout the entire event/training members are matched with one partner by age, rank and gender. Accelerated skill development, superior performance, valued shared experiences and an opportunity for partners to take an active part in encouraging each other collectively contribute to the Tiger-Rock culture of challenge and triumph.



The partner system is incorporated for the following:

1. Training
2. TR3A-Defense
3. Testing

Three Training Weeks

1. **Week One: Accuracy**---choose to focus on goal/develop technical accuracy
2. **Week Two: Speed**---commit to accelerate skills/develop speed of delivery to target
3. **Week Three: Power**---grow mental power/build contact power
4. **Week Four: Event + Cycle Champions Ceremony**

**There is no week five but rather a bonus week, see explanation*

[15] Training Modes

4 Week Training and Event Modes

1. Testing
2. Tournament
3. TR3A-Defense
4. Speed Breaker
5. Cycle Champions Ceremony

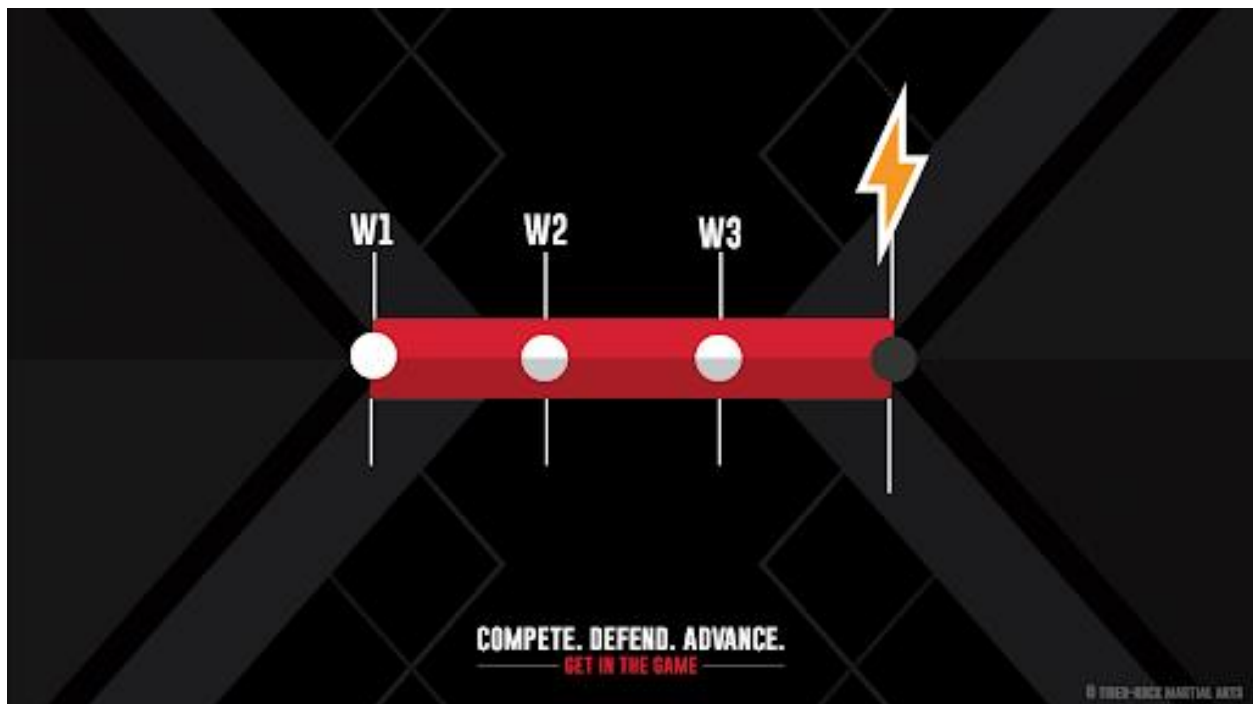
3 & 1 Tournament Training Mode

Title: Tournament Training Mode Week 1/2/3: Accuracy/Speed/Power

1. Warm Up/Agility (8 minutes)
2. Targets (12 minutes)
 - Speed Target
 - Power Bag
 - Dynamic Breaking
3. Tournament Prep (25 minutes)
 - Sparring 15 (single or partner)
 - Sparring (single or partner)
 - Player 2 Sparring
 - Form 55

Title: Tournament Mode Event Week 4

- Training: NA or event prep seminars
- Tournament Event: Thursday, Friday, Saturday Event Standards Guide



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3 & 1 TR3A-Defense Training Mode

Title: TR3A-Defense Training Mode Week 1/2/3: Accuracy/Speed/Power

Warm Up/Agility (8 minutes)

Targets (12 minutes)

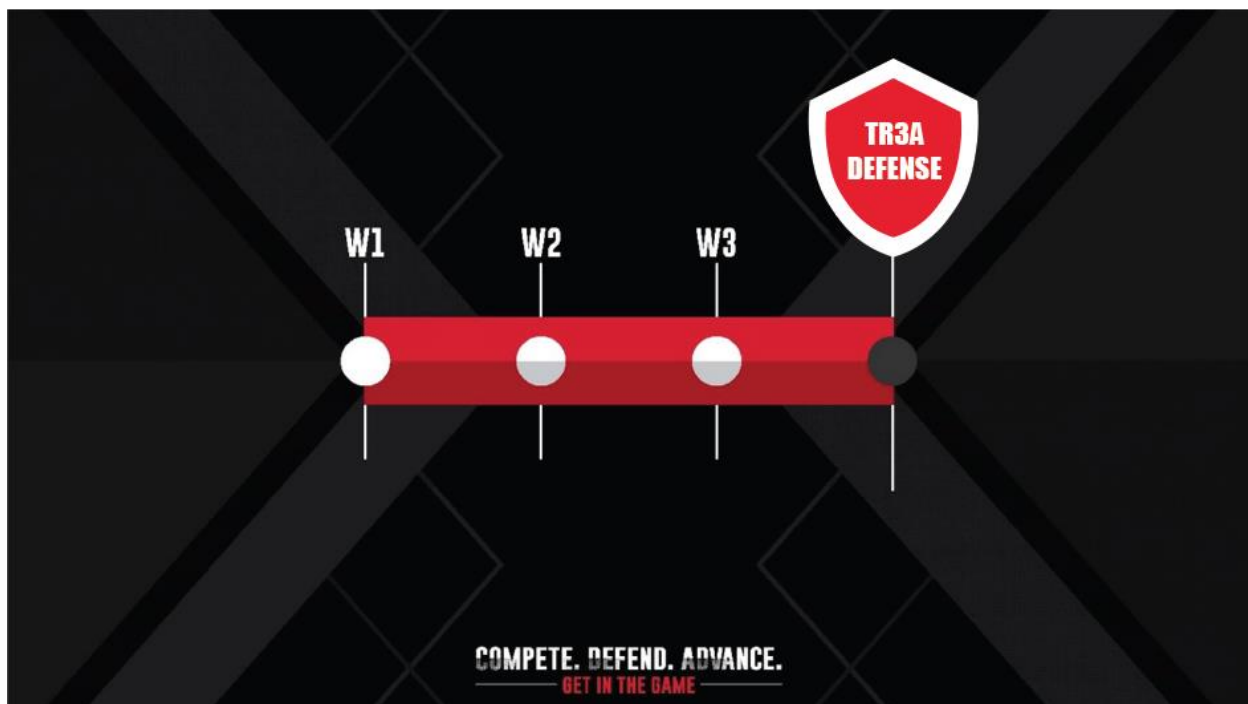
- Speed Target
- Power Bag
- Dynamic Breaking

TR3A-Defense Prep (25 minutes)

- Defense 15 (single or partner)
- Sparring 15
- Form 55

Title: TR3A-Defense Mode Event Week 4

- Training: NA
- TR3A-Defense Event: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday Event (See Standards Guide)



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3 & 1 Testing Training Mode

Title: Testing Mode Training Week 1/2/3: Accuracy/Speed/Power

Warm Up/Agility (8 minutes)

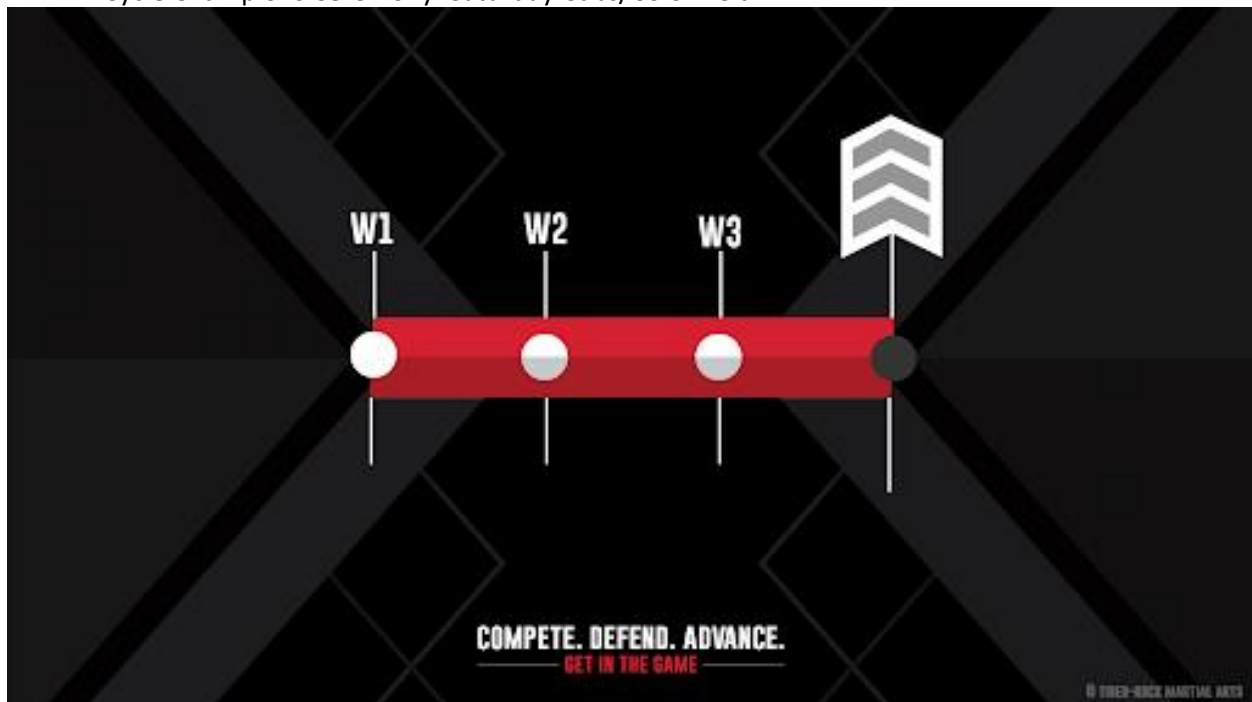
- Targets (12 minutes)
- Speed Target
- Power Bag
- Breaking 15

Testing Prep (25 minutes)

- Sparring 15 (single or partner)
- Sparring (single or partner)
- Defense 15 (single or partner)
- Form 55

Title: Testing Mode Event Week 4

- Testing Event: Monday, Tuesday, Wednesday, Thursday
- Cycle Champions Ceremony & Cycle Seminar: Friday night Black Belt
- Cycle Champions Ceremony: Saturday Cubs/Color Belt



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3 & 1 Speed Breaker Training Mode

Title: Testing Mode Training Week 1/2/3: Accuracy/Speed/Power

Warm Up/Agility (8 minutes)

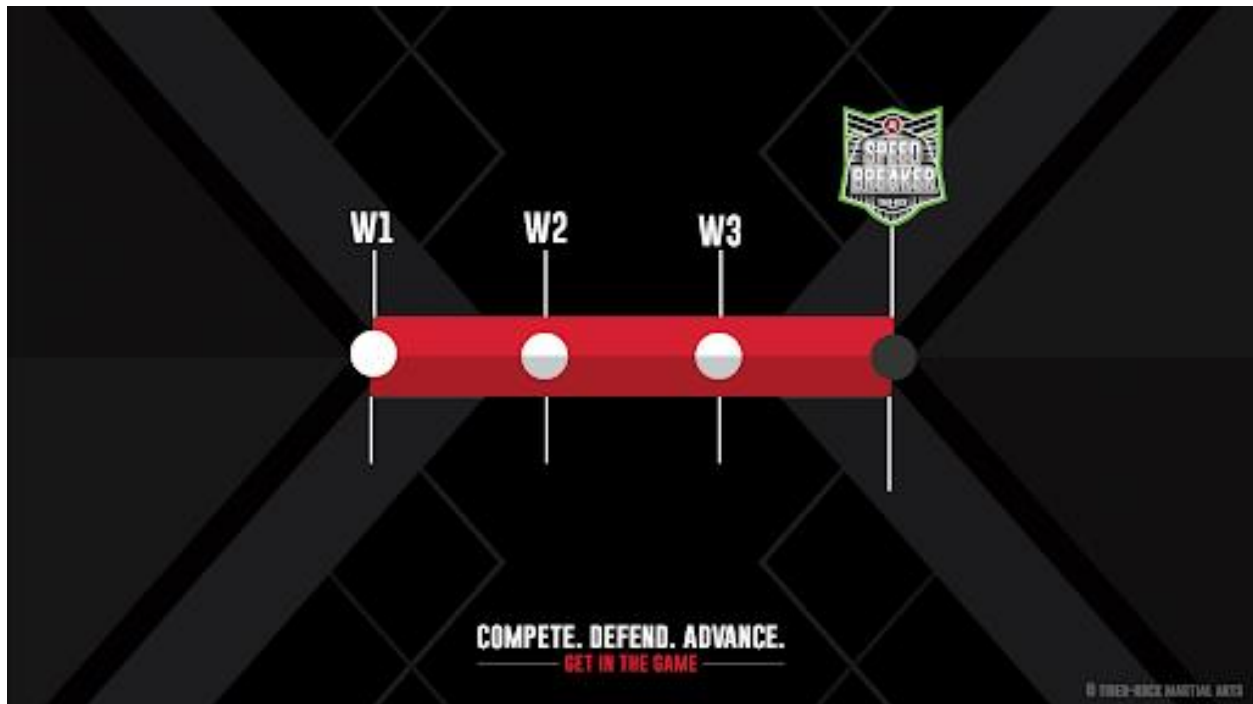
- Targets (12 minutes)
- Speed Target
- Power Bag
- Breaking 15

Event Prep (25 minutes)

- Breaking Course practice
- Defense 15 (single or partner)
- Sparring 15
- Form 55

Title: Speed Breaker Mode Event Week 4

- Training: Use weeks 1, 2, 3 Speed Breaker training mode planners
- Speed Breaker Event: Flighted Monday through Saturday



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[16] Training Mode Planner

3 Week Event Prep Training System
Academy _____

Week 1 Accuracy Week 2 Speed Week 3 Power

Select Mode Below
(Check One)


   

Training Planner
(Modify Weekly)

Warm Up/Agility: 8 Minutes – Agility – Stretch – Basics
(Pick 2 From Library)

Target: 12 Minutes – Strike – Break – Flows
(Pick 2 From Library)

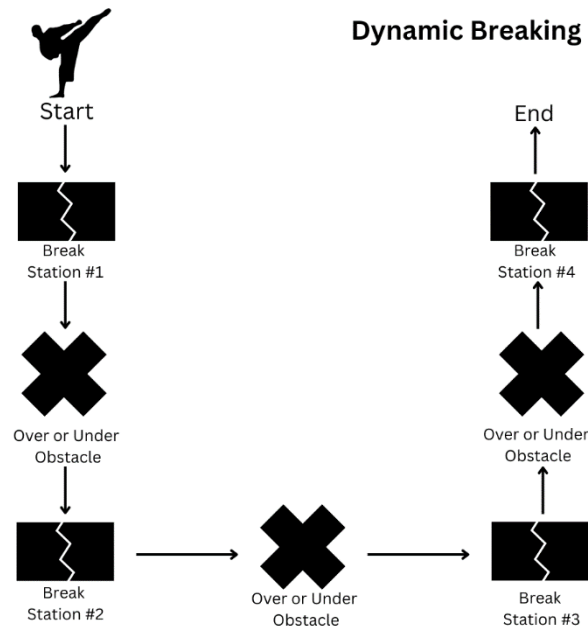
Event Prep: 25 Minutes – Form 55 – Sparring 15 – Defense 15
(Pick 4 From Library)

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[17] Dynamic Breaking

Dynamic Breaking

The Signature Tiger-Rock Dynamic Breaking Course uses obstacles and sequencing of board break stations to simulate the ability to adapt and apply technique from a non-fixed position. To the observer the dynamic breaking course mimics real life applied accuracy, speed and power.



Level, Gender, Age	Color Belt Breaks	Black Belt
Level 1 White: Male Female ages 6/7	#3 Side Kick (Bag) #2 Front Kick (Bag) Palm Heel or Hammer Fist (Ground) Downward Elbow (Ground)	Jump #3 Front Kick (Bag) Spin Side Kick (Bag) Palm Heel or Punch (Ground) Downward Elbow (Ground)
Level 2 Green: Male/Female ages 8/9		
Level 3 Green/Blue: Male/Female ages 10/11		
Level 4 Blue: Female age 12/13 & 46 up & Male ages 12/13		
Level 5 Blue/Gray: Female ages 14/15 & Female 16+ (White to 3-Black) & Male ages 14/15		
Level 6 Gray: Female 16 up (4-Black and Up) & Male (age 46+)		
Level 7 Gray + green/blue: Male 16 + (white to 3-black)	Color Belt Time Limit	Black Belt Time Limit
Level 8 Gray + blue: Male 16 up 4-black/5-black		
Level 9 Gray + green/gray: Male 6-black		
	Continuous non-stop	Continuous non-stop

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[18] Tiger-Rock Sparring

This Section details the two main forms of Tiger-Rock Sparring.

1. Sparring
2. Player 2 Sparring

Sparring

1. Sparring skills are essential in competition experiences. In competition sparring skills are used to evaluate one student's ability against another to score points. Essential to success is reactively and dynamically scoring points while avoiding strikes to recognized target areas with accuracy, speed and power.
2. In a defense application of sparring skills a student applies their trained abilities to reactively and dynamically execute use of force strategically using applied offensive and defensive techniques against a perpetrator while relying on accuracy, speed and power.
3. **Defense and Competition sparring differ only in how a student thinks, use of force, targets and purpose.**

Sparring Options

Non-Continuous and Continuous Sparring

- Helmet is not a target for hands. **(tournament only restriction)**
- Contact by the foot to a face shield is a strike.
- Contact: **close/touch/light.**

Judges:

Center Judge

- Red ribbon to attach to competitor in ring (competitor on right facing forward is red)
- Red/white flag for judging
- Can stop the time

Corner Judges

- Red/white flag for judging

All Judges

- 2 out of 3 judges must agree on points, strikes, disqualification from match and ejection from event
- Center judge may not overrule the other judges
- Can call break when points or strikes are seen
- If one judge sees a kick and other sees a punch, then NO POINTS.
- If one judge sees a kick to the helmet and the other sees same kick to the body, time should be stopped allowing judges to discuss the calls. If an agreement can be reached that it was the same kick and target a point(s) can be awarded. If an agreement cannot be reached then NO POINT.

Points – Strikes – Contact Defined

Martial Arts is an athletic activity that involves physical contact with the inherent possibility of minor injury as in any physical activity and/or contact sport. While serious injury is very rare, bruising, bloody noses, other minor injuries, and temporary pain can happen just as in football, baseball, soccer, gymnastics, etc. Students and parents who become alarmed at the occasional bruise or minor injury should consult with their instructor, judges and physician immediately. Touch to light contact to legal targets to earn points.

TOUCH TO LIGHT CONTACT does not cause pain, injury, penetration, or visible movement of the opponent receiving the technique. **Points are achieved with this type of contact.**

MEDIUM CONTACT is not promoted but can happen accidentally as a result of fast movement while sparring. **In most cases no points are given for medium contact and 1 or 2 points can be awarded to the other competitor.**

HARD CONTACT is never sanctioned **(can result in 3 points awarded and/or disqualification).**

Mutual Participation Control

Control means to strike with speed and to stop your technique at the surface with no penetration (touch to light contact). The responsibility for safe sparring lays with both partners however each competitor is responsible for where their technique lands. Each competitor must use their judgement when moving forward to anticipate a reaction to a technique to block or deflect the technique, the technique could land with contact.

Warning: *Never take it for granted that your partner will not hit you accidentally! Effective blocking, deflecting, and getting out of the way are essential. Safety depends on your defensive skills as well as your partner's control of technique.*

Points

Sparring Points (7 points wins a sparring match)

- **1 Point:**
 - Hand technique to a legal target area on the body.
 - Standing, spinning, sliding or jumping kick to a legal target area on the body.
 - NOTE: The outer edge of the front leg between hip and knee target
 - Legal only for Adult and Teen with a #2 round kick. Target leg cannot be in the air.
 - Punching points must be with the reverse or back hand and not with the front hand.
- **2 Points:**
 - Standing, spinning, sliding or jumping kick to helmet
 - Standing, spinning, sliding or jumping kick to within 6" or less from face not protected by the helmet with NO contact.
- **Points from Strikes**
 - If the majority of judges agree that a strike has been committed before or after "break" is called. 1, 2 or 3 strike points are awarded to the appropriate competitor using a scale of one to three tolerance level.
 - Strike Degree Level of Tolerance
 - One-point strike: minor
 - Two-point strike: more than minor concern
 - Three-point strike: unacceptable
 - **Disqualification** from a match: if any competitor is unable to continue because of the offending competitor's actions the competitor is disqualified from the match but not the event. Single or double disqualification can occur
 - **Ejection** from the competition: an egregious violation of any of the list of 11 strikes results in ejection from the tournament. Single or double ejection can occur
 - **Flutter Kicking While Standing on One Leg:** When observing this type of kicking sequence of 3 or more kicks in a row without returning the leg to the ground a warning is warranted but it is not a strike. Points can be scored however in this type of sequence prior to judges issuing a warning.

List of 12 Strikes

Depending on the level of tolerance a scale of one, two or three points can be awarded to the other competitor for any of the 12 strike categories

1. Technique to illegal target (**with contact strike category, without contact warning**)
2. Technique to a legal target but with excessive contact levels
3. Attack with elbows, knees, head
4. Turning back to avoid being scored on
5. Spin backfist
6. Intentionally stepping off the mat to avoid being scored on however not a strike if unintentional or being kicked off the mat
7. Deliberate pushing of opponent off mat
8. Not stopping on a break command
9. Arguing with the judges
10. Disruptive behavior
11. Unsportsmanlike conduct
12. Tripping or sweeping

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Ring Procedure

1. Begin Competition

- a. Center Judge calls first competitor pairing using the bye/pairing system.
- b. First competitor called is placed in the ring right hand position on right facing chairs; the competitor on the right facing chairs is always tagged red (right is red).
- c. Competitors are bow to center judge then bow to each other
- d. Center locates competitors in the middle of the ring, one full step apart.
- e. Corner judges, scorekeeper and timekeeper take their positions
- f. Center stands behind the competitors and facing the scorekeeper
- g. Center says, "SPARRING STANCE" and then "BEGIN" to start match.

2. At the end of match

- a. Contestants are told to bow to each other and then to the center.
- b. Center raises appropriate flag color of winner then congratulates both competitors.
- c. Center escorts the winner to Scorekeeper to have the winner state name and verifies Scorekeeper records winner correctly.
- d. 1st, 2nd, and 3rd place will be determined.
- e. If the winner must spar again immediately, he/she gets 1 minute rest.

Counting Points/Strikes Detail

1. All points and strikes observed before BREAK is called are counted, and all strikes or disqualifications observed after BREAK is called are counted. If the same competitor earns point(s) and commits strike infraction(s), both points and strikes are counted. If a disqualification or ejection is called disqualification or ejection prevails.
2. The first competitor to 7 points or the competitor that is ahead when the timekeeper calls time of the 2-minute match is the winner.
3. If time is called and points are even then enter into a Sudden Winner round - next point wins.
4. If the judge calling BREAK sees both competitors points and/or strikes (both competitors receiving points or both receiving strikes), they should notify the Center immediately, in which case the procedure for the Center Judge is different first one competitor and then the other competitor.

Points/Strikes Judges Conference

In both cases when judges do not initially agree on the points and strikes called

- Time should be stopped.
- Judges should ask each judge to explain the target and/or contact of each.
- The center referee then consolidates information for a ruling.

Sequence When Points Or Strikes Are Called

When any judge calls BREAK after seeing a point, strike or disqualification is called, the following occurs:

- Center calls for points, all three judges score simultaneously.
- Center calls for strikes, all three judges score simultaneously.
- **Points**
 - Judges raise the flag in one hand and indicate the number of points on the fingers of the other hand simultaneously on command from the center judge. The points are then recorded by the scorekeeper.
- **Strikes**
 - Judges point the flag with one hand to the feet of the competitor committing a strike simultaneously and indicate the number of strikes on the other hand fingers on command from the center judge. The points are then recorded by the scorekeeper.
- **Disqualifications and Ejections**
 - Judges should huddle to discuss then communicate a ruling based on criteria within the rules

Observed Injury By Judges, Competitors Or Guardians

Judges are required to stop the competition and have the first aid medical team inspect the student if

- The judges observe an injury, anxiety or fear on the part of a competitor
- If a competitor requests first aid
- If a parent or guardian requests first aid

Important Notice About Competitor Injury

- Judges, parents or competitors are not allowed to let a competitor continue under any circumstance if any member of a first aid medical team advises that the competitor not continue.
- If as a result of a kick or strike that was delivered with aggressive contact the match must be stopped to assess. If at any time a medical staff advises not to continue no judge or willingness of the competitor can override the medical staff (like concussion protocol, medical evaluation determines continuing, not choice)

Action Break

- When one competitor or more has one or more feet off the mat
- Injury assessment (stop clock)

Competition Legal Targets

- Helmet with feet, but not hands.
- Side and front of body above belt.
- Front leg between the knee and the butt for Adult and Youth.

Competition Illegal Targets

- Neck, Head and Helmet with hands
- Below belt, except for front leg of Adult and Youth with a #2 round kick. Target leg cannot be in the air.
- Back

Spectator Point Sparring Rules Sheet



Point Sparring Rules

**1
point**

- Hand technique to a legal area on the body
- Standing, spinning, sliding, or jumping kick to a legal target area on the body.
- NOTE: The outer edge of the front leg target is legal only for Adult and Teen with a #2 round kick. Target leg cannot be in the air. Punching points must be with the reverse or back hand and not with the front hand.

**2
points**

- Standing, spinning, sliding or jumping kick to helmet
- Standing, spinning, sliding or jumping kick to within 6" or less from face not protected by the helmet with NO contact.

**Points
from
Strikes**

- If the majority of judges agree that a strike has been committed before or after "break" is called. 1, 2 or 3 strike points are awarded to the appropriate competitor using a scale of one to three tolerance level.
- Strike Degree Level of Tolerance
 - One-point strike: minor
 - Two-point strike: more than minor concern
 - Three-point strike: unacceptable

**Competition
Legal Strikes**

- Helmet with feet, but not hands
- Side and front of body above belt
- Front leg between knee and the butt for Adult and Teen

**Competition
Illegal Strikes**

- Neck, Head and Helmet with hands
- Below belt, except for front leg of Adult and Teen with a #2 round kick. Target leg cannot be in the air.
- Back

Player 2 Sparring

Player 2 sparring is Tiger-Rock's progressive flow combination that introduces the TR style defining characteristics beginning on the student's first training day. Over time the combination will imprint every student with the Tiger-Rock style movement advantages.

Player 2 Sparring is Included In

1. Training
2. Testing
3. Tournaments

The Player 2 Progressive Combination

Begin from a left action sparring stance facing the player 2 bag.

1. #2 RFK followed by left crossing punch
 - a. double step back
2. #2 LFK followed by right crossing punch
 - a. double step back
3. #3 LSK
 - a. double step back
4. #2 RRK followed by left crossing punch
 - a. double step back
5. #2 LRK followed by right crossing punch
 - a. double step back
6. Continue to repeat the player 2 sparring combination

Important Player 2 Sparring Combination Guidelines

- Player 2 is for all ranks.
- Crossing punches, front kicks and sidekick are centerline targets.
- Round kicks are 45 degrees non centerline targets.
- Punch Points: all targets one point
- Kick Points
 - Bottom row of numbers one point
 - Middle row of numbers two points
 - Top row of numbers three points, only round kicks to top row (no front or sidekicks)
- White belts for testing and tournaments perform the first 3 of the combination only.
- Yellow belt and above perform all 5 of the combination.
- Player 2 sparring uses only **action sparring** stances.
- Stance and stepping are important.
 - Base (action/classic) formerly ready/sitting
 - Power (action/classic) formerly walking/front
 - Sparring (action/classic) formerly sparring/back stance
- Quick step. Do not slide.
- Points and scores will only be awarded if techniques are delivered with conviction and exact contact with the player 2 bag number.
- Equipment required: speed gloves and approved mat shoes.

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Training

Daily training incorporates the TR defining characteristics into all martial art movement. Students should strive to have the 9 characteristics top of mind as TR martial artists.

The combination flow with repetition will give students an advantage in a way that they can rely on to perform at a high level when needed. Over time the Player 2 combination with repetition will develop the artistic and martial arts performance skills of the Tiger-Rock Style.

Player 2 sparring prepares students for sparring partners in a way that builds confidence and necessary skills.

1. Quick Feet
2. Tempo and rhythm
3. No wasted motion
4. Dynamic Targeting
5. Applied angles 0, 45, 90, 135, 180
6. 50/50 hands and feet
7. Performance Science (5 essence elements)
8. Train What Works & What We can Use in Events including the Event of Life
9. Mind-Body-Heart

Tournaments

All rank levels compete in Player 2 sparring in District and National competition. Success is measured by time against the other competitors in the division. The goal is to score as many points as possible in the allotted time.

- To score points students must make exact contact and strike with conviction while following the Player 2 Progressive Combination.
- There are two judges (one for each competitor) each with clickers recording points for player 2 sparring.
- If a mistake is made in the combination (wrong technique, wrong side or skipped technique) the judge immediately stops the student with instructions to reset and start the combination over
- All points a student earned to the point of mistake are counted, just reset, begin again and begin counting points
- Student must follow the command of the judge to stop, reset and start again only on command by judge
- If the stepping is not exact do not count off but it must be close
- The match will stop at 30 seconds to allow judges to switch sides and clickers to continue with the final 30 seconds. This allows for judging balance.
- At the end of the full 60 second round, judges will record total points for each competitor.
- Point totals are used to determine winners rather than single elimination, however 2 students perform side by side to inspire each other to individually accumulate points.
- Punch Points: all targets one point
- Kick Points
 - Bottom row of numbers one point
 - Middle row of numbers two points
 - Top row of numbers three points, only round kicks to top row (no front or side kicks)=

Testing

White and yellow belts perform player 2 sparring during testing. Promotion is measured against the TR style standards for age and rank. With player 2 sparring testing judges are able to evaluate a student's understanding of early sparring essential movement and technique sequence representing applied TR defining characteristics.

- A student's ability to dynamically score points during an interval of time to desired target areas on the player 2 bag with accuracy, speed and power is evaluated by the judging panel in a similar way as with a sparring partner.
- Clickers are used by a judge and points are recorded for each testing student to be considered as part of the exam criteria during 60 second rounds.
- Punch Points: all targets one point
- Kick Points
 - Bottom row of numbers one point
 - Middle row of numbers two points
 - Top row of numbers three points, only round kicks to top row (no front or side kicks)

[19] Test Overview

Academy Defense Mode Test

Use during TR3A-Defense and Speed Breaker Mode Cycles

In consideration of Tiger-Rock brand standards, do not increase or decrease the testing requirements.

Current Rank	S & C (S or U)	Form 55	Sparring Player 2 Sparring	Defense 15 Academy Assigns in Advance	Dynamic Breaking System	Oral	Mid-Cycle Event Attendance (Y or N)
White	S U	Form 5 4 lines	Player 2 Sparring (1- 60 Second Round)	Junior/Teen/Adult 5 Stances instead of D15	1 of 4	Choose R15E Section	Y N
Yellow	S U	Form 55 9 lines	Player 2 Sparring (1- 60 Second Round)	1- Junior/Teen/Adult Defense against grab. Perform 2x	1 of 4	Commit R15E Section	Y N
Green L1, L2, L3	S U	Form 55 13 lines	Sparring (2- 60 Second Rounds)	3- Junior/Teen/Adult 1 of first 5, 1 of second 5, 1 of third 5. All ranks same	1 of 4	Grow R15E Section	Y N
Blue L1, L2, L3	S U	Form 55 22 lines	Sparring (2- 60 Second Rounds)	3- Junior/Teen/Adult 1 of first 5, 1 of second 5, 1 of third 5. All ranks same	2 of 4	Achieve R15E Section	Y N
Brown L1, L2, L3	S U	Form 55 30 lines	Sparring (3- 60 Second Rounds)	3- Junior/Teen/Adult 1 of first 5, 1 of second 5, 1 of third 5. All ranks same	2 of 4	Distinguish R15E Section	Y N
Red L1, L2, L3	S U	Form 55 38 lines	Sparring (3- 60 Second Rounds)	3- Junior/Teen/Adult 1 of first 5, 1 of second 5, 1 of third 5. All ranks same	2 of 4	Influence R15E Section	Y N
Black 1 st Degree L1, L2, L3 2 nd Degree L1, L2, L3 3 rd Degree L1, L2	S U	Form 55 Juniors: 46 Lines Teen/adult: 55 lines	Sparring (4- 60 Second Rounds)	3- Junior/Teen/Adult 1 of first 5, 1 of second 5, 1 of third 5. All ranks same	3 of 4	Transform R15E Section	Y N

***S is for Satisfactory / U for Unsatisfactory.
Student must receive a S on 5 of 7 to promote.***



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Academy Competition Mode Test

Use during Tournament Mode Cycles

In consideration of Tiger-Rock brand standards, do not increase or decrease the testing requirements.

Current Rank	S & C (S or U)	Form 55	Sparring	Sparring 15 Academy Assigns In Advance	Dynamic Breaking System	Oral	Mid- Cycle Event Attendance (Y or N)
White	S U	Form 5 4 lines	Player 2 Sparring (1-60 Second Round)	Junior/Teen/Adult 5 Stances instead of S15	1 of 4	Choose R15E Section	Y N
Yellow	S U	Form 55 9 lines	Player 2 Sparring (1-60 Second Round)	1- Junior/Teen/Adult Perform 2x	1 of 4	Commit R15E Section	Y N
Green L1, L2, L3	S U	Form 55 13 lines	Sparring (2-60 Second Rounds)	3- Junior/Teen/Adult All Ranks Same: 1 of first 5, 1 of second 5, 1 of third 5	1 of 4	Grow R15E Section	Y N
Blue L1, L2, L3	S U	Form 55 22 lines	Sparring (2-60 Second Rounds)	3- Junior/Teen/Adult All Ranks Same: 1 of first 5, 1 of second 5, 1 of third 5	2 of 4	Achieve R15E Section	Y N
Brown L1, L2, L3	S U	Form 55 30 lines	Sparring (3-60 Second Rounds)	3- Junior/Teen/Adult All Ranks Same: 1 of first 5, 1 of second 5, 1 of third 5	2 of 4	Distinguish R15E Section	Y N
Red L1, L2, L3	S U	Form 55 38 lines	Sparring (3-60 Second Rounds)	3- Junior/Teen/Adult All Ranks Same: 1 of first 5, 1 of second 5, 1 of third 5	2 of 4	Influence R15E Section	Y N
Black 1 st Degree L1, L2, L3 2 nd Degree L1, L2, L3 3 rd Degree L1, L2	S U	Form 55 Juniors: 46 lines Teen/adult: 55 lines	Sparring (4-60 Second Rounds)	3- Junior/Teen/Adult All Ranks Same: 1 of first 5, 1 of second 5, 1 of third 5	3 of 4	Transform R15E Section	Y N

***S is for Satisfactory / U for Unsatisfactory.
Student must receive a S on 5 of 7 to promote.***



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National Black Belt Test

Competition Mode Cycle

In consideration of Tiger-Rock brand standards, do not increase or decrease the testing requirements.

Current Rank	S & C (S or U)	Form 55	Sparring 15 Defense 15	Sparring	Dynamic Breaking System	Orals	Journey Docume nt	Pre- Test	9 Mile Walk	Interview	BBBS Mentor Member	Ambassador Document
3-Black L3	S U	Left & Right	15	3- 60 Second Rounds	3 of 4	The 5 Performance Science	✓	✓	✓			
4-Black L1, 2, 3	S U	Left & Right	15	3- 60 Second Rounds	3 of 4	The 5 Performance Science	✓	✓	✓			
5-Black L1, 2	S U	Left & Right	15	4- 60 Second Rounds	3 of 4	The 9 Defining Style Characteristics	✓	✓	✓			
6-Black	S U	Left & Right	15	4- 60 Second Rounds	3 of 4	The 9 Defining Style Characteristics	✓	✓	✓		✓	✓
7-Black						Scholarship BBBS fundraising Mentor BBBS	✓		✓	✓	✓	✓
8-Black						Scholarship BBBS fundraising Mentor BBBS	✓		✓	✓	✓	✓

***S is for Satisfactory / U for Unsatisfactory.
Student must receive a S on 4 of 6 to promote.***

Black Belt/Master Journey Age/TIG

Test for 4-Black-L1: Age 12
 Test for 5-Black-L1: Age 16 & certified instructor
 Testing for 6-Black: Age 25
 Testing for 7-Black: Age 31 & 6 years TIG
 Testing for 8-Black: Age 38 & 7 years TIG
 Testing for 9-Black: Age 46 & 8 years TIG

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Academy Testing

Performance Categories

- The Tiger-Rock Form 55
- The Tiger-Rock Defense 15 or The Tiger-Rock Sparring 15
- Sparring
 - Sparring
 - Player 2 Sparring
- The Breaking 15
 - Dynamic Breaking
- Strength and Conditioning
- Mid-Cycle Event
- Orals (explained to your testing partner)

Academy TR3A-Defense Mode Testing

Purpose: evaluate a student's ability to perform offensive and defensive techniques and demonstrate the Tiger-Rock Style with accuracy, speed and power. Performance is measured by tabulating shots and blocks.

- The Tiger-Rock Form 55
- The Tiger-Rock Defense 15
- Sparring
 - Sparring
 - Player 2 Sparring (white/yellow)
- Breaking 15
 - Dynamic Breaking
- Strength and Conditioning
- Mid-Cycle Event
- Orals (explained to your testing partner)

Academy Tournament Mode Testing

Purpose: evaluate a student's ability to earn points competitively against an opponent and demonstrate the Tiger-Rock Style with accuracy, speed and power. Performance is measured by tabulating points and strikes.

- The Tiger-Rock Form 55
- The Tiger-Rock Sparring 15
- Sparring
 - Sparring
 - Player 2 Sparring (white/yellow)
- Breaking 15
 - Dynamic Breaking
- Strength and Conditioning
- Mid-Cycle Event
- Orals (explained to your testing partner)

National Black Belt Testing

Testing Partner System

National Black Belt test ups and pretests always use the partner system

Performance Categories

- The Tiger-Rock Form 55
- The Tiger-Rock Defense 15
- Sparring
 - Defense Sparring
- Breaking
 - Dynamic Breaking System (2 attempts on misses)
- Orals
 - Performance Science
 - Big Brothers Big Sisters Program
- Strength & Conditioning

Additional

- Journey Document
- Pre-Test
- Certified Instructor Certificate
- 9-mile walk
- Interview
- Big Brothers Big Sisters Documentation
- Ambassador Documentation

[20] Hybrid Training

Hybrid Characteristics

1. Desired: because I understand
2. Resilient: against pandemic, disaster, tornado, floods, economy
3. It Fits: my life. I can commit to this

The Connecting Link Onsite-Offsite

1. Personal Training Station (we all get one and I can take it anywhere)
2. Player 2
3. Two + One + One = Hybrid

Hybrid Training

1. Small group sign up
 - a. Limit Max 18 onsite
 - b. Limit 18 offsite
 - c. Scalable
2. Two spotlight lead students
 - a. Onsite and offsite follow
3. 5/7/9/11/13/15 personal training stations
4. Partners only, do not change partners

Hybrid Academy Design

1. Spotlight area for 2
2. Camera/Mics/Lighting Kits
3. Quadrant System

Hybrid Training

CONSUMERS REQUIRE FLEX

- Training: My training experience is connected for value and convenience
- Partners: With your session partner inspiring and challenging each other in your space.
- Instructors: Tag Team Instructors in Spotlight
- Training Station: My training station is familiar from wherever I am
- My Choice: My experience adapts to my preferences
- Anywhere: Offsite-Onsite-Spotlight to join/follow/lead
- Flexible: Flexible when life isn't



At Home



[21] Academy Certified Manager

The Academy Certified Manager Course

A Tiger-Rock Opportunity

Making a career choice today that will afford your lifestyle expectations as well as one that will be rewarding is within your reach. Enrolling in Tiger-Rock's Academy Certified Manager Course (ACM) now will start you on your career journey.

The Tiger-Rock opportunity is positioned well in today's economy that is focused on retail recreation, technology accelerated experiences and lifestyle. Tiger-Rock offers a proven career option for high school and college graduates as they consider a range of opportunities. Additionally, this same program is available for anyone considering a midlife or alternate career change.

It is a historic period in the 21st century characterized by the rapid shift from traditional careers to an economy based on hybrid, convenience and lifestyle experiences that continue to grow and be in demand.

Established in 1983, Tiger-Rock is the leading turn key Martial Art Franchising Company in America. If you are the right fit the ACM course will train, inspire and coach you then assist to match you with opportunities, investors and academy developers across America. Academy manager positions can often lead to business partnerships. Choose a career, don't settle without passion.



Important: not all skilled martial artists succeed as operations professionals. The ACM course is not for everyone however if you believe you may be the right fit as someone with dedication, personality and passion who has enjoyed working with youth or are someone who always wanted to, we can train skills.

Fit List

1. Believe in Challenge
2. Youth Mentoring
3. Leadership Potential
4. Work ethic
5. Passion
6. Salary
7. Title Prestige
8. Action Lifestyle

If you fit, you can Live Your Legacy! The Tiger-Rock Academy Certified Manager course qualifies graduates for an active lifestyle, competitive salaries (up to \$50,000) and an opportunity to pursue your passion.

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[22] Certified Leader (instructor)

Black Jacket

BLACK JACKET CERTIFIED LEADER “Lead Others”

Before anything else a certified leader (black jacket) has a shared belief and understanding of our style, always driven by mind, body and heart to lead others. Tiger-Rock Certified Leaders know they are members with a singular mission—to inspire others to grow as “all around” martial art athletes through participation in Tiger-Rock events and community initiatives. As dedicated martial art athletes they believe leadership is about inspiring others to achieve greatness and that good is the enemy of great. Certified Leaders believe that Tiger-Rock was built on the idea that challenge is fun, sparring is fun, competing is fun, testing is fun, improving is fun, breaking is fun and winning is fun. They believe that sharing their passion with others can change one person at a time and the result will be more kids will have life changing experiences each year. They believe in martial arts and the rewards that are part of it, the search for meaning and to have the experience of being part of something absolutely first class. Certified Leaders combine their passion with dedication. Their position is designed to build member trust and a path to excellence. Certified Leaders are counted on to deliver Tiger-Rock’s signature experiences and events at the highest level for the enjoyment of the Nation. Certified Leaders are expected to be knowledgeable about participant safety, standards, event management, member comfort, rules and professional interaction with attendees. Essential for certified leaders are the development of human qualities, behaviors and traits of the highest level. They see themselves as a mix of determination and humility. They know that by delivering Tiger-Rock experiences at the highest level their reward is the pride of leading others to greatness. Martial arts is fun. This is why we show up. A black jacket means belief and commitment to something greater than ourselves. Tiger Rock depends on its certified leaders to deliver our experience wrapped in our beliefs and inspiration. They are the front line, the ambassadors of our identity.



**The Tiger-Rock Certified Leader opportunity is inclusive of all black belts 16 and up. By using the attributes developed during the R15E journey, our Black Belts lead others by active example as they compete, defend and advance together.*

Certified Leaders Stand Out when they

- Participate in the cycle leadership seminars (*Required*)
- Participate in cycle events themselves (*Required*)
- Assist their academy with cycle events (*Required*)
- Assist with academy trainings (per academy policy)
- Participate in Tiger-Rock National Projects and Brand Initiatives (required)

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[23] CDA Director

At Tiger-Rock we believe the purpose of our training is to compete, defend and advance. It is through active event participation that we accelerate our martial art athletic skills, distinguish ourselves and achieve transformation.

Given Tiger-Rock at it's roots is built on the value of "event participation" it is only fitting that each academy has Directors of CDA events similar to other activities/brands that use titles like Sports Director, Creative Director, Director of Baseball or Strength & Conditioning Director positions.

Keep in mind that academy CDA Directors are key leadership positions that generally already exist within the current mode cycle seminar. Good CDA Directors help manage and inspire their leadership team(s). They contribute to planning and delivery of CDA events within the Black Belt Journey. They help create a participation environment while inspiring.

We suggest three (3) CDA Directors per academy working together as team members to encourage belief, enjoyment and retention. CDA Directors are the event conduit between academies and the TR Company.



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[24] Pro Shop & Gear

Gear, Uniforms, and Events



Cubs Journey

- **Training:** white TR uniform top, mat shoes, season training shirt & journey patch
- **Events:** white TR uniform top, mat shoes, game day jersey & journey patch
- **Gear:** speed target & punch out target

R15E Journey

- **Training:** white TR uniform top, mat shoes, season training shirt & journey patch
- **Events:** white TR uniform top, mat shoes, game day jersey & journey patch
- **Gear:**
 - Player 2
 - Speed target
 - Sparring gloves
 - Sparring kicks
 - Sparring helmet
 - Mouthpiece
 - Groin Protector
 - Gear Bag
 - Forearm/elbow pad
 - Shin pad

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Black Belt Journey

- **Training:** red (black if certified) TR uniform top, mat shoes, season training shirt & journey patch
- **Events:** red (black if certified) TR uniform top, mat shoes, game day jersey & journey patch
- **Gear:**
 - Player 2
 - Speed target
 - Sparring gloves
 - Sparring kicks
 - Sparring helmet
 - Mouthpiece
 - Groin Protector
 - Gear Bag
 - Forearm/elbow pad
 - Shin pad

Masters Journey

- **Training:** black TR uniform top, mat shoes, season training shirt & journey patch
- **Events:** black TR uniform top, mat shoes, Masters game day jersey & journey patch
- **Gear:**
 - Player 2
 - Speed target
 - Sparring gloves
 - Sparring kicks
 - Sparring helmet
 - Mouthpiece
 - Groin Protector
 - Gear Bag
 - Forearm/elbow pad
 - Shin pad

Jacket off for the Following

- XP Weapons (belt)
- Defense Combine (no belt)
- Board Breaking (belt)

Leadership R15E Early Entry

Early enter color belts as candidates.

- Instructor invitation only
- Age 8+green+
- Instructing Uniform:
 - Certified: Red uniform, shoes, journey patch with black instructor belt 16+
 - Non-certified: Red uniform, shoes, journey patch with current rank belt.
- Training & Event Uniform:
 - White uniform, shoes, journey patch with current rank belt

Black Belts

Ranks

- **1st, 2nd, 3rd**
 - Red Thread
 - All have three levels
- **4th, 5th**
 - Silver Thread
 - 4th has 3 levels and 5th has 2 levels
- **6th, 7th, 8th, 9th**
 - Silver thread
 - All have one level

Belt Design

- First and Last name on one tip (unless first name or last name is too long)
- Tiger-Rock on other tip (English Only)
- Straight bars equal to their degree on both tips
- Level under straight bars on both tips (ex, L-1, L-2, L-3)
- 1st through 3rd degrees academies buy direct from gear store
- 4th and above receive belts during the Champions Ceremony at the Nationals

[25] Dynamic Stretching

The Tiger-Rock Dynamic Stretching 20

1. Dynamic arm swings and rotations
2. Extended Cat: From a kneeling position, sit back on your heels, stretch your arms out in front and allow your forehead to come toward the floor (breathe out).
3. Plank: From Extended Cat, shift forward with your hips creating a straight line between your knees (knees on floor) and shoulders. Arms are straight with shoulders aligned directly over wrists (breathe in).
4. Crocodile: From Plank, shift forward slightly. Your shoulders should extend over your fingertips. Bend at the elbows, lowering your body to slightly above the floor, creating a straight line between your knees and shoulders, keeping elbows close to sides (breathe out).
5. Cobra: Lower your body to the floor, then push your upper body upward, stretching your stomach and the front of your spine (breathe in).
6. Bent Leg Rocker (5 times): Bring your knees into chest, grasp either around or beneath your knees, and roll back onto your shoulders, then forward. Do not put your body weight on head or neck
7. Bridge: Keeping your shoulders on the floor, bend your knees and raise your pelvis, forming a straight line from your shoulders to knees.
8. Alternating Single Knee to Chest (3 times each): Pull your knee to chest, then alternate, keeping the opposite leg straight.
9. Seated Spinal Twist: Cross one leg over the other folded leg and twist your upper torso, keeping the spine aligned.
10. Side to Side Dynamic Seated Bends – alternate left and right (5 each side): With your legs wide, dynamically stretch to your left foot with your right arm, palm out facing away from body, then to the right knee with your left arm, palm out facing away from body. This is not a ballistic stretch – do not bounce.
11. Forward Dynamic Seated Bends (5 times): With your legs wide, cross your arms in front of your body. Dynamically fold forward at the hips, stretching to the center with each hand extending to touch each foot. This is not a ballistic stretch – do not bounce.
12. Butterfly: From a seated position, bring both feet together. Grasp around your feet and place elbows on upper thighs, pressing thighs toward the floor.
13. Cradle: From a seated position with your legs straight out in front, draw one knee in. Grasp under the calf with both hands and pull your heel into the chest, keeping the back straight. Repeat with other leg.
14. Straight Leg Lunge: Step into an extended front stance with your torso vertical and your hands at your sides; hold. The joint of your front knee should not extend beyond ankle. Weight of back foot should rest on the ball of the foot.
15. Knee-Down Lunge: Lower back your knee to floor and turn back foot position to instep resting on floor. Push your hips forward and lean slightly back, keeping your hands at your sides. A straight line of 180 degrees should connect both knees, running through both thighs. The joint of your front knee should not extend beyond your ankle.
16. Straighten Front Leg: From knee down straighten front leg keeping weight on rear knee. Keep your hand, hip, and leg in alignment.
17. Pigeon: Fold extended leg under with foot arch up and extend with hip touching floor.

18. **Jump Side Kick Stretch:** From pigeon position, rotate your back leg tucked under your body with the top of your foot flat on the floor while rotating your front foot into side kick position. Use your hands on each side of hips to help balance as needed.
19. **Side Split:** Allow your hands to support your body with your feet pointing forward, legs straight. Slowly allow your body to slide into side split. Use your arms to assist. Repeat Straight Leg Lunge through Side Split with other leg.
20. **Controlled Dynamic Leg Swing:** From a front stance, perform a leg swing with hands in relaxed guard position, then return to a front stance, executing twin low block. Repeat Controlled Dynamic Leg Swing with other leg.

End of Class Stretch

- **Sun Salutations** perform Sun Salutations dynamically:
 - **Extended Cat:** From a kneeling position, sit back on your heels, stretch your arms out in front and allow your forehead to come toward the floor (breathe out).
 - **Plank:** From Extended Cat, shift forward with your hips creating a straight line between your knees (knees on floor) and shoulders. Arms are straight with shoulders aligned directly over wrists (breathe in).
 - **Crocodile:** From Plank, shift forward slightly. Your shoulders should extend over the fingertips. Bend at the elbows, lowering your body to slightly above the floor creating a straight line between knees and shoulders, keeping elbows close to sides (breathe out).
 - **Cobra:** Lower your body to the floor, then push your upper body upward, stretching your stomach and the front of your spine (breathe in).

[26] Ethics

Participants and leaders are advised to be represented by personal attorney to conform and comply with private sport, recreational, public health, safety, municipality directives, State and Federal law for the following and others:

1. Professional behavior
2. Online behavior
3. Follow the law
4. Caretaker responsibilities
5. Illegal Substances
6. Discipline
7. Sexual Conduct
8. Weapons
9. Public Health

[27] History

The martial arts have grown out of a human need for self-defense and strengthening the spirit. While Westerners tend to think of martial arts as Eastern, there are paintings on the tombs in Egypt dating back to 3000 B.C. demonstrating hand-and-foot fighting. From another Western cultural center of the ancient world, the Greek philosopher Plato mentions skiamachia, fighting without an opponent (analogous to our TaeKwonDo forms), combining skills from boxing and wrestling so that the whole body is used as a weapon.

We in Tiger-Rock Martial Arts recognize TaeKwonDo, Korean in origin, as the preeminent martial art, an unequalled method of unarmed self-defense that is also highly artistic in its execution. TaeKwonDo techniques have evolved over thousands of years to achieve the greatest speed, power, and artistic beauty.

The history of TaeKwonDo began roughly ten thousand years ago when the ancestors of the Korean people migrated from Central Asia to the peninsula that is now Korea. They relied mainly on hunting to survive, climbing rugged mountains, crossing strong rivers, and traveling along the seashore in their search for food. These rigors developed strong bodies, superior fighting skills, and a sense of teamwork. Historians theorize that, upon their return, the hunters would reenact their motions of kicking, punching, stabbing, and throwing, also recreating fighting scenes with neighboring tribes with whom they had fought during the hunt. A natural outgrowth of reenactments was practicing movements in order to refine and perfect the techniques and their skills. Eventually these techniques formalized into martial arts.



Formal martial arts training in Korea began approximately 4,000 years ago, consisting of running (daligi), throwing (dunjiki), punching or striking (jileuki), kicking (balchaki) and swimming (soo young). Weapons were also employed and included the stone knife (dolkal), stone spear (dolchang), stones for throwing (doldunjiki), sand spreading (moraisul), and wooden pole (mok bong sul). Eventually, archery and horseback riding were incorporated.

In the 6th century A.D., the Silla Dynasty ruled the smallest of the three kingdoms of Korea and was under constant attack from its neighbors. During the reign of the twenty-fourth king of Silla, the young aristocrats and warriors formed, and elite corps call the Hwa Rang Do. To guide themselves and give a purpose to their knighthood, they adopted a five-point code of conduct set forth by their greatest monk and scholar, Wan Kany: 1) loyalty to one's country, 2) loyalty to one's parents, 3) trust and brotherhood among friends, 4) courage never to retreat in the face of one's enemies, and 5) justice never to take a life without cause. These students were also required to learn and live by the following Hwa Rang Do Nine Virtues: humanity, courtesy, trust and friendship, goodness, loyalty, honor, knowledge, courage, and conscience. The Hwa Rang Do warriors became known for their courage and skill in battle, gaining respect from even their bitterest foes. From their victories, the Korean Peninsula was united.



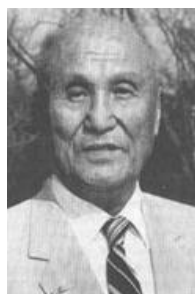
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TaeKwonDo warriors were taught to keep their minds and bodies in balance. They were taught to read and write and studied literature, painting, sculpture, dance, and musical instruments. The moo kwa (national examination for military officials) consisted of actual martial arts contest and tests covering theory and strategy. The moo kwa produced military officials with both fighting knowledge and a good



classical education. Tiger-Rock Martial Arts echoes the ancient emphasis on mental development with our required reading lists for rank and certification candidates, ensuring that our leaders gain greater insight through literature pertaining to the human experience. In the past, TaeKwonDo artists were known to be the kingdom or community members with the greatest skill and knowledge. They were expected to dedicate themselves to continuous training of the mind, body, and spirit (ki). This expectation continues today in the Tiger-Rock essence and philosophy.



During the Koguryo Dynasty, martial arts flourished. However, by the Yi Dynasty, an anti-military posture was taken, debasing anything martial. The final blow was delivered by the Japanese occupation of Korea (1909 – 1945) when it was forbidden to practice any form of martial arts. However, ake Kyon was secretly practiced and passed on to a handful of students. (Some Tiger-Rock Grand Masters and Instructors have been fortunate enough to receive formal training in Korea at the ake Kyon Headquarters.) With the liberation of Korea in 1945 came the freedom to again openly practice martial arts. All of the present day TaeKwonDo Instructors can trace their beginnings to one of five Kwans: Chung Do Kwan, Song Moo Kwan, Ji Do Kwan, Moo Do Kwan, and Chang Moo Kwan.

Tiger-Rock can trace its roots directly to Grandmaster Won-kuk Lee, who founded Chung Do Kwan and developed the largest civilian gym, the Gym of the Blue Wave. Grandmaster Won-kuk Lee is thus the first to organize and found modern Korean TaeKwonDo. (A delegation of Tiger-Rock



Masters and Instructors were honored to attend G.M. Won-kuk Lee's last formal seminar in 2002 prior to his death at age 96 in 2003.) As the new Republic of Korea (ROK) Armed Forces became organized, Choi Hong Hi, an officer in this army, began to teach martial arts to his soldiers. Chung Do Kwan's was the largest and the only gym whose ranks were recognized by General Choi when civilians became soldiers. Following years of research and development by General Choi, the Chang

Hun style of TaeKwonDo, named for General Choi's pseudonym, was developed. On April 11th, 1955, a board of Instructors from the different Kwans, historians, and other prominent persons selected TaeKwon-Do (foot – hand – art) as the new name of the national martial art of Korea.

After 10,000 years, this Korean martial art has reached full maturity, developing from tribal dances of the hunt to an art form practiced in more than sixty countries by millions of students. This combination of classical techniques and new modifications has resulted in a form of self-defense and mental

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conditioning unrivaled in the modern world. As General Choi Hong Hi said, “TaeKwonDo indicates the mental training and the techniques of unarmed combat for self-defense as well as health, involving the skilled application of punches, kicks, blocks, and dodges with bare hands and feet...enabling the weak to possess a fine weapon together with the confidence to defend him or herself, and defeat the opponent.”

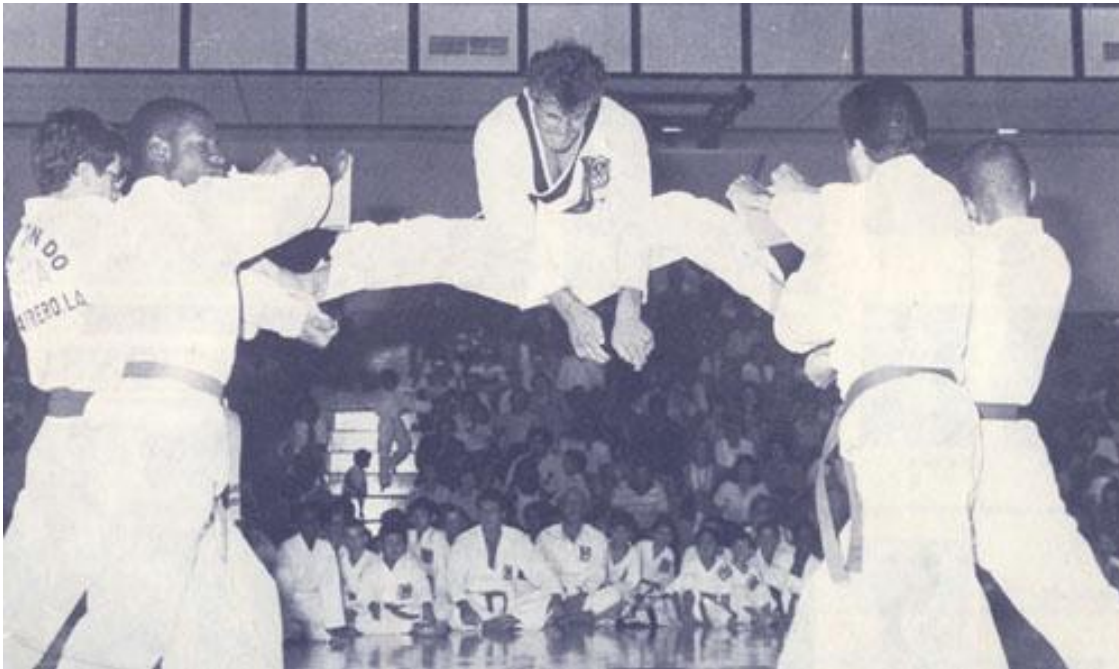
Tiger-Rock Martial Arts International (TRMAI) continues to preserve the historic traditions of TaeKwonDo first conceived 4,000 years ago by early artists, and recently revised by General Choi. TRMAI acknowledges Grandmaster Won-kuk Lee, the founder of Chung Do Kwan, as the beginning influence from which we came. Grandmaster Lee was the teacher of many students who eventually assumed major positions within the martial arts community. Grandmaster Lee said that students must never forget to appreciate their teachers. At the same time, students should always strive to have better techniques and higher moral characters than their teachers. Grandmaster Lee compared this idea to an old saying: “The color green comes from the color blue, but the green color is brighter than the blue. The ice comes from water, but ice is colder than water.” In other words, the student is always better than his teacher. He believed that the martial arts will have a bright future if students live by these ideas. When a student does become better than his teacher, he must always remain humble and never forget to appreciate the techniques and moral code that he learned from his teacher. Once a student becomes a master, he should not forget that his position was a joint effort of both his and his teacher’s sweat. Without the teacher, he could never have reached the level of master, just as there could be no ice without water and no green color without blue.

Tiger-Rock TaeKwonDo is known as Ho-Am TaeKwonDo. This name symbolizes the spirit, values, and vision of Tiger-Rock TaeKwonDo. Ho-Am is identified with symbolism of the Siberian tiger, native to Korea and known for its power, prowess, and sense of justice but unfortunately endangered, just as our tenets are endangered values. The word *ho* means ‘tiger’ in Korean and the word *am* means ‘rock’ in Korean. The Tiger symbolizes justice and bravery, and the Rock symbolizes the steadfast and immovable life spirit of the Korean and Western civilizations. Tiger-Rock believes that the success of Ho-Am TaeKwonDo comes from honoring both native Korean Eastern cultural heritage and the philosophy of the Western mind dating back to the Athenian culture, the beginning of Western democratic thought.



TRMAI pledges itself to contributing to the art of TaeKwonDo, providing leadership and instruction in an ancient discipline that represents an alternative allowing practitioners to avoid the stresses and pitfalls of life in this modern age. This can be accomplished by teaching practitioners to strengthen their minds and bodies through regular TaeKwonDo training and to impact society honorably. This mission will be undertaken within the guidelines of our tenets: Honor, Courtesy, Integrity, Perseverance, Self-Control, Courage, Community, Strength, Humility, and Knowledge.

Tiger-Rock Martial Arts members are grateful to all who have pioneered TaeKwonDo. In particular we are grateful to Grand Master Won-kuk Lee, General Choi Hong Hi, Grand Master Haeng Ung Lee and Dr. He-Young Kimm (a Tiger-Rock member and one of the founding Taekwondo Pioneers in the United States).



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We recognize the three 1983 International Taekwondo Alliance founders and the five Tiger-Rock Martial Arts International Franchise founders SGM Craig Kollars, SGM Art Monroe, SGM Bert Kollars, SGM James Bailey & SGM Marv Conway.

We recognize other longtime Tiger-Rock Grandmasters who because of their dedication and loyalty Tiger-Rock is an esteemed Martial Arts Program. Grandmasters: Joe Calhoun, Terry Newton, Joel Neely, Chris Jackson, Danny Williams, Wayne Mathews, Jason Griffin, Jeff Dousharm, Victor Jordan, Charles Newton, J.R. Hensley, Gary Nistler, Tom Mathews, Jason Wegner, Lili Bowen, Mariea Snyder, Stephen Williams, Gregg Goff, Terence Parker, Dwayne Parker, Earl Scoggins, Michael Holt, Patrick Lee, Micah Rigdon, Keven Crutchfield, Angus Pollard, Michael Owens and Basjons Jordan.

Artistically, we know that our training systems, vision, movement science and approaches to Taekwondo athletic competition are unique. We believe separate, mutually respectful, authentic brand styles of TaeKwonDo help preserve the diversity and innovative artistic nature of TaeKwonDo. TRMAI believes all martial arts programs and martial artists that commit to Taekwondo athletic training and lifestyle have merit.

Note: TRMAI would like to thank martial arts historian Grand Master He-Young Kimm for his contribution to this section on history and for being our advocate within the Grandmaster Society. Dr. Kimm came to the U.S. as a Korean Marine Lieutenant to go to school. He earned a Bachelor's Degree from Maritime College of the National University of Pusan, a Master's Degree in History from Southeast Missouri State, completed his doctoral course work at LSU, and received a PhD. In History at the University of Commerce and Technology.



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[28] Careers

AM I THE RIGHT FIT?

The ACM course is not for everyone, if you believe you're the right fit; as someone with dedication, personality, passion and who has enjoyed working with youth or always wanted to, we can train skills.

- Believe in Youth
- Transformation
- Leadership Potential
- Work Ethic
- Passion
- Salary
- Title Prestige
- Action Lifestyle

If you fit, you can Live Your Legacy! The Tiger-Rock ACM Course qualifies graduates for an active lifestyle, competitive salaries (up to \$50k) and the opportunity to pursue your passion.

TIGER-ROCK MARTIAL ARTS OFFICIAL

ACADEMY CERTIFIED MANAGER

CAREER COURSE



LIVE YOUR LEGACY,
CHOOSE A CAREER, NOT A JOB

+++
+++
+++
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▲
▲
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10-WEEK FOUNDATIONAL COURSE OUTLOOK

WHAT TO EXPECT

The ACM Course is built out into 4 parts: Grow Group, Hybrid Training, Certified Leader "instructor" and Brand Modules. This is a highly focused and targeted experience. Weekly evaluations will be through voice, performance, simulations, and written assignments. Study, apply yourself and learn at your own pace to practice and connect turnkey materials, while we provide you the structure to be a successful Academy Certified Manager.

STEPS TO YOUR SUCCESS

STEP 1/Submit Advance Survey, schedule appointment and get accepted

STEP 2/Register for course

STEP 3/Start 10-week course

STEP 4/Two week on-site bootcamp

STEP 5/Graduation and placement

**GROWTH@TIGERROCK
MARTIALARTS.COM**

**TIGER-ROCK MARTIAL ARTS
CORPORATE**

**8781 PENROSE LN
LENEXA, KS 66219**

913.725.0777





OUR STORY

FOR 40 YEARS

Tiger-Rock has been the leading turnkey Martial Art Franchising Company in America.

We are at a historic period in the 21st century that is characterized by a rapid shift from traditional careers to an economy, based on hybrid, convenience and lifestyle experiences that continue to grow and be in demand.

As a forward-thinking brand we offer opportunities that position you to be a part of the change for our futures.

CHOOSE YOUR PATH

EACH PERSON IS UNIQUE,

has varying life experiences and qualities they bring to the workforce. No matter where you are, on your path, we can train the skills needed to become a martial arts professional.

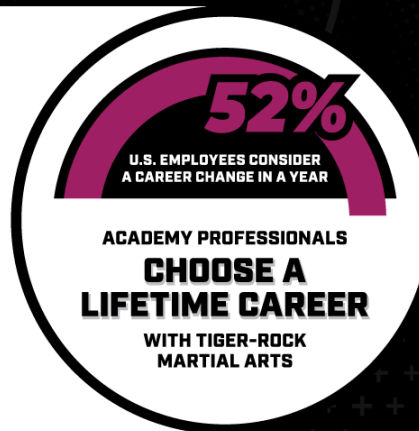
Launch yourself into a new career path! We can give you the tools, resources and support needed. If you're Ex-military, just graduated from college, high school or desire a career change all together, Tiger-Rock offers a rewarding lifestyle that's unmatched in our industry.

With your ACM certification, you can inspire youth to achieve their own versions of success and guide their paths to a rewarding future.

PATH TO YOUR CERTIFICATION

TOOLS & RESOURCES FOR YOUR SUCCESS

Once you've started the ACM Course, know you have the best group of professionals to launch you into a rewarding career. A supervisor will be assigned to you for any go-to questions and guidance. During training, they'll keep you on track, provide constructive feedback to ensure you're ready to become an ACM.



GROW GROUP

Tiger-Rock has created a new coaching division called the Grow Group. Their purpose is to accelerate the TR Brand by teaching day-to-day operations, and turnkey methods which instill growth and success into an Academy. Premium services are available by subscription. Within the ACM Course, you'll receive 1-on-1 coaching video guides and daily operation resources to optimize efficiency within an Academy.

HYBRID MARTIAL ARTS TRAINING BOOTCAMP

You will have 2 weeks on location of a Tiger-Rock Academy and 8 weeks online. The ACM Hybrid Training includes group, 1-on-1 and personal training with a high-rank Master, skilled in the Tiger-Rock style. If beginning as a white belt, by the end of the course you will receive your blue belt. We encourage those interested to continue the black belt journey. This isn't the end of the knowledge but just the start.

CERTIFIED LEADER "INSTRUCTOR"

Once you pass your Certified Leader Course you'll be authorized to teach students within an Academy and lead others by inspiring them through their Tiger-Rock journey.

BRAND MODULES

From week 1 to 10 you will be working on Tiger-Rock turnkey course modules, and Brand Modules. We've streamlined for you the fundamental operations, marketing and systems to run a franchise.

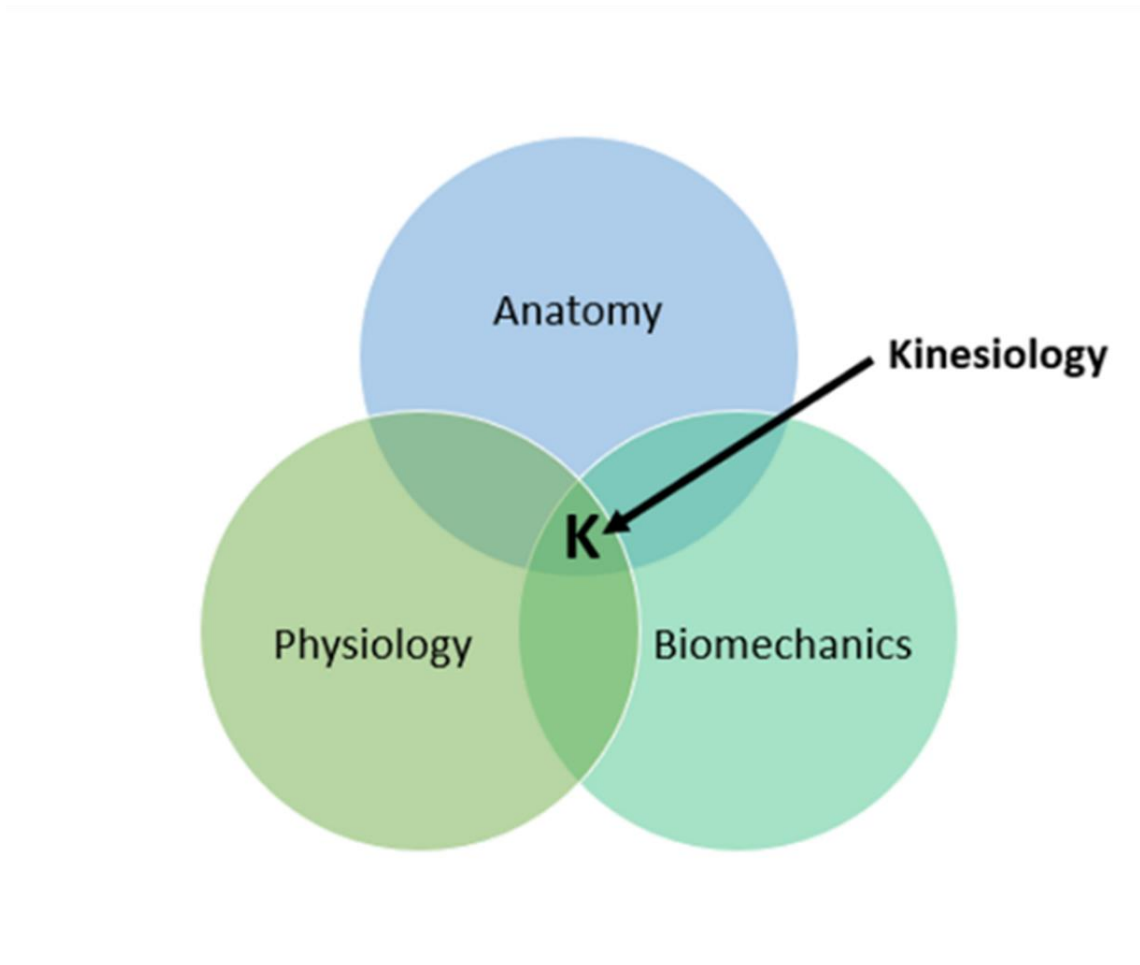
ACM Course total cost is a one-time payment of \$2,500 (includes one hotel night up to \$200 and up to \$200 towards travel expenses)

*Statistics are sourced from Apollo Technical 2023 U.S. Statistics @ <https://www.apollotechnical.com/career-change-statistics/>

GIVE YOUR PASSION PURPOSE

[29] Kinesiology

At the foundation of our great Tiger-Rock Style is our performance science. Using these principles, we accelerate our skill development and opportunity to distinguish ourselves:



Principle 1: Balanced Posture Alignment defines the relationship, at a specific period of time, between all the parts of the human frame. The anatomical alignment of the joints, spine, and long bones facilitates delivery of Tiger-Rock techniques in a safe and effective manner. Proper stance and posture allows efficient weight transfer while preventing unnecessary movement.

Principle 2: Extended Plane Dynamic Force defines the line of movement characteristic of our style. This force creates the signature nature of Tiger-Rock kicking and striking techniques, which have well-defined biomechanical components that have evolved through research. The Extended Plane concept naturally accommodates human limb movement to generate power in a safe, effective manner.

Principle 3: CAT, Controlled Acceleration and Timing, defines the flow of movement unique to Tiger-Rock. CAT involves creative tempo change at critical rhythm moments to enhance safety, effectiveness, and artistic beauty.

Principle 4: Staged-Flow Transition allows for smooth mass transfer through each action during all Tiger-Rock movement.

The components of Staged-Flow Transition are:

1. Stage One – occurs during the first half of transition, beginning to midpoint
 - a. Active Positioning/Energy Loading/Chambering/Relaxation
 - b. Breathe in
 - c. Setting directional angle with front foot
 - d. Primary weight shift
 - e. Mindfulness/Awareness
2. Midpoint
 - a. Completely chambered with weight shifted to opposite foot ready to execute (no pause)
 - b. Balance point transition and overlapping of movements
3. Stage Two – occurs during second half of transition, from midpoint to end
 - a. Kinetic release
 - b. Secondary weight shift
 - c. Hand-Foot timing execution/Contraction/Breathe out
 - d. Relaxation
4. Guidelines for movement:
 - a. There is no pause between Stage One and Stage Two. This is a continuous movement dynamic resulting in a smooth, flowing appearance. Think of water flowing over rocks.
5. All transition flows have the following overlapping components:
 - a. Beginning
 - b. Midpoint
 - c. End

Principle 5: MINDFULNESS; Awareness Living and Training defines conscious attention to the balance of mind and body. Awareness or mindfulness definition; paying attention on purpose in the present moment as if your life depended on it because it does non-judgmentally.

[30] Cardio Heart Rate

Cardiorespiratory System

The cardiovascular and respiratory system are primarily responsible for bringing in oxygen, which is required for energy production, and expelling carbon dioxide, which is a by-product of cellular metabolism (energy production). High levels of carbon dioxide create an acidic environment, and thus must be eliminated from the muscles rapidly.

The respiratory system is comprised of many organs designated to bring oxygen from the air into the lungs where it is exchanged, through tiny gas permeable sacs, for carbon dioxide from the blood.

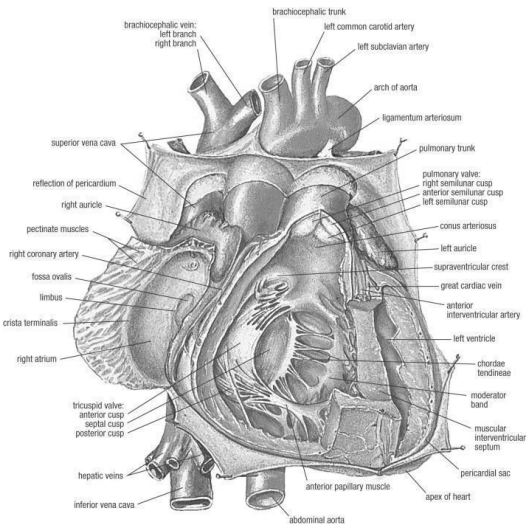
The cardiovascular system is comprised of the heart, arteries, and blood vessels, which supply oxygen-rich blood to the body. The heart pumps the oxygen-rich blood from the left atrium through the arteries to capillaries which supply the tissues of the body. This is where oxygen is given up for energy production at the cellular level. This energy production creates carbon dioxide as a by-product. The carbon dioxide-rich blood is then pumped back to the heart, through the veins to the right atrium and finally to the lungs where the carbon dioxide is replaced with oxygen and the process repeats.

Aerobic exercise provides a training effect on vital capacity, which is the amount of air that can be ejected from the lungs in a single expiration. Aerobic exercise also increases the strength of the heart muscle, which is measured by cardiac output. Cardiac output is a measure of the amount of blood pumped through each ventricle in one minute. This is why continuous aerobic training progressively helps both the cardiovascular and respiratory systems.

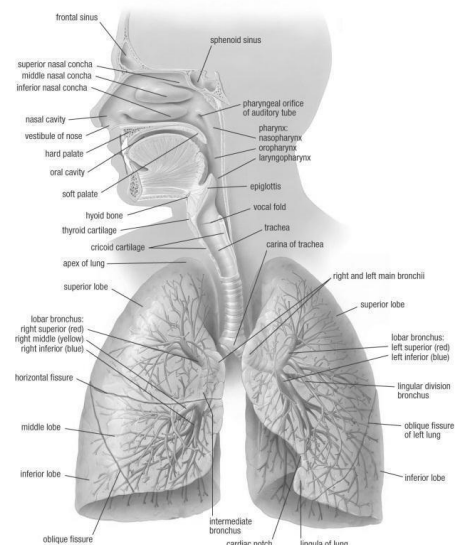
Cardiac output is the amount of blood pumped by the heart in liters per minute and is determined by the quantity of blood ejected with each beat, or stroke volume, and heart rate.

Blood pressure is determined by two numbers. Systolic blood pressure estimates the pressure exerted against the arterial walls when blood is being forced through the vessels by the heart. Diastolic blood pressure estimates the pressure exerted against the arterial walls when no blood is being forced through the vessels by the heart. Blood pressure is written as a fraction with systolic over diastolic (ex. 117/76 mm Hg).

ANATOMY OF THE HEART (ANTERIOR VIEW)



RESPIRATORY SYSTEM (ANTERIOR VIEW)



Steps to Take Blood Pressure

1. Have your client sit with their arm relaxed for at least five minutes.
2. Choose correct sized cuff, put around clients upper arm one inch above the elbow, and center the cuff over artery.
3. With index and middle finger palpate for radial pulse on wrist.
4. Count how many beats in 15 seconds and multiply by 4; record.
5. Squeeze ball until you cannot feel the pulse.
6. Inflate for 30 mmHG above where no pulse is felt.
7. Place the stethoscope over brachial artery.
8. Deflate at 2-3 mmHG per second.
9. When you hear 2 consecutive beats, that is Systole; record.
10. Release slowly until you cannot hear sounds.
11. When you can no longer hear sounds, that is Diastole; record.
12. Deflate cuff completely and remove.

Table 3.1
Blood Pressure Norms

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	and	Less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Resting Heart Rate

In order to make sure clients are working out effectively, there are different ways to find resting heart rate (RHR) and exercise heart rate (EHR). It is important to know how to test for these in order to understand how a workout is affecting the client and if they need to increase the work or increase the rest.

The most accurate time to take resting HR is in bed after a good night's sleep. A normal RHR is in between 60 and 80 bpm. It will increase with age and decrease with aerobic capacity. For example, an athlete will have a lower RHR.

Steps to Administer

1. Make sure client is at rest (Best time is in the morning before activity)
2. With index and middle finger palpate for radial pulse on wrist.
3. Count how many beats in 15 seconds and multiply by 4
4. Record RHR
 - Beats in 15 seconds _____ x 4 = _____ BPM

Karvonen Formula

The Karvonen Formula is a mathematical way to figure out your target heart rate. It involves taking your clients' maximum heart rate and multiplying it by age, then taking different percentages of that max to find where your client should be at while exercising.

Note: To approximate your maximum heart rate take 220-age. This has been found inaccurate but is a close approximation.

Formula and Example:

Formula: $206.9 - (0.67 \times (\text{age})) = X$

$X - (\text{Resting HR}) = Y$

$Y * 65\%$ (low end of HR zone) or 85% (high end) = L or H

$L + (\text{resting HR}) = \text{Low end of target HR}$

$H + (\text{resting HR}) = \text{High end of target HR}$

Example: Your client is 23 years old. His resting HR is 65.

$206.9 - (0.67 \times 23 (\text{age})) = 191$

$191 - 65 (\text{resting heart rate}) = 126$

$126 * 65\%$ (low end of heart rate zone) OR 85% (high end) = 82 OR 107

$82 + 65 (\text{resting heart rate}) = 147$

$107 + 65 (\text{rhr}) = 172$

the target heart rate zone for this person would be 147 to 172

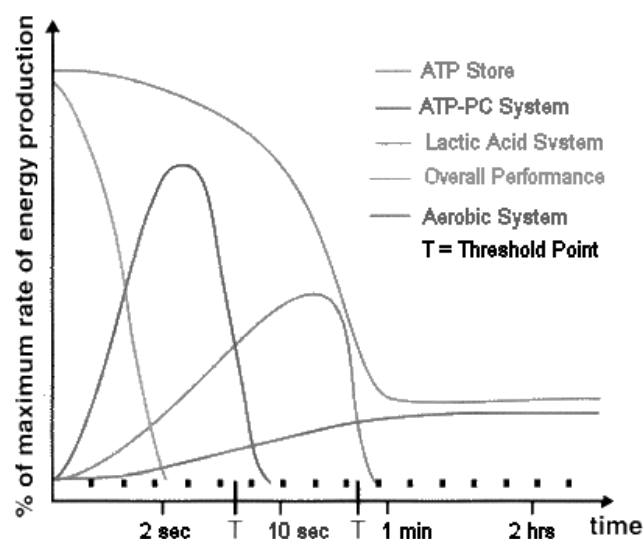
Energy Production

Aerobic and anaerobic are two types of energy systems. Aerobic means with oxygen while anaerobic means without oxygen. Both systems produce Adenosine Triphosphate (ATP) which is used by the muscles for contraction.

The aerobic system can utilize carbohydrates, protein, or fat to supply an unlimited amount of ATP as long as oxygen is present. This system provides energy production for a medium to long duration with low power.

Aerobic capacity is the ability of the body to collect and transfer oxygen from the air through the lungs and blood to the working muscles. The total capacity to do so is referred to as maximal oxygen consumption, or VO_2 max. Aerobic capacity decreases with age at about 10% per decade after 30 years of age.

The anaerobic system only utilizes carbohydrates for ATP production, and it does this without the use of oxygen. This system provides a short duration of high power. This system's by-products are heat and lactic acid. Lactic acid in the muscles causes soreness immediately after exercise. Delayed onset muscle soreness (DOMS) is caused by microscopic tears in the muscle fibers and connective tissues.



A person's anaerobic threshold is defined as the point where the body can no longer meet the oxygen demand of the exercise and its anaerobic metabolism is accelerated. This threshold varies from person to person and is dependent on the individual's fitness level. For healthy individuals this happens between 50-65% of their maximal working capacity and is equivalent to running faster than half speed.