

COMPETE. DEFEND. ADVANCE.

Cycle Champions Ceremony



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Academy Cycle Champions Ceremony

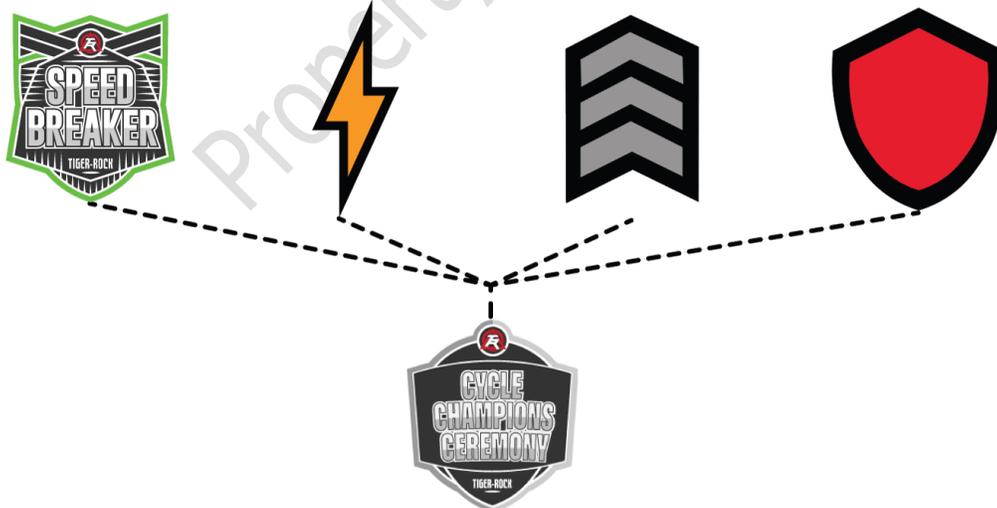
All training and event participation leads to the Cycle Champions Ceremony. It is where students are recognized for their accomplishments both on and off the mat.

Each of our season's 6 cycles has two mode events, one each month. Since the purpose of our training is to compete, defend and advance Tiger-Rock has developed a tournament, TR3A-Defense, speed breaker and test mode series to accelerate skill development and distinguish ourselves. It is through our participation that we challenge each other to become "all around" martial art athletes. As we participate and achieve cycle by cycle, we record points earned.

Together within the Cycle Champions Ceremony each cycle we celebrate achievements of each member and new Journey inductees as they are spotlighted. At season end we celebrate the entire season achievements of the 10 top performers in each journey (tiger-cubs, juniors, teen, adult) as they are spotlighted.

Events that Define Us as "All-Around" Martial Art Athletes

Our combined participation in all three events define us as "all-around" martial art athletes. Cycle performance and achievement is celebrated during each cycle's awards.

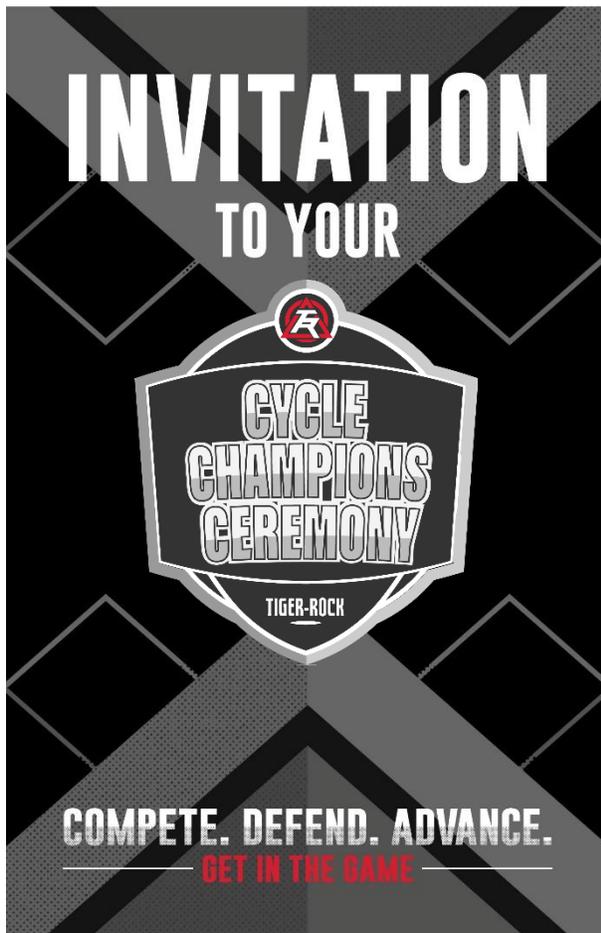


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Invitation to Cycle Champions Ceremony

Presented to each student during every event along with rank up cards if qualified.

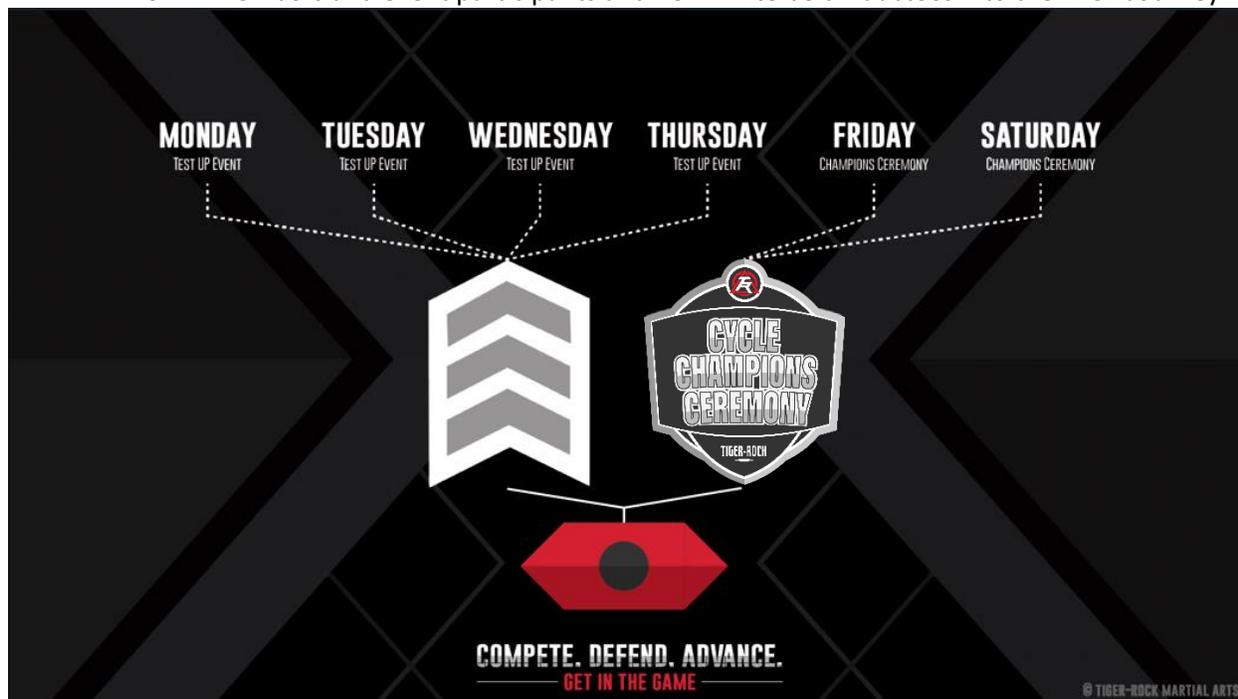


Black Belt Cycle Champions Ceremony & (Teach-Judge-Inspire) Seminar

- Who: All black belt members, black belt event participants and inductees into the Black Belt Journey
- When: Friday or Saturday of testing mode event week
- Two Sections: Cycle Ceremony and Black Belt (Teach-Judge-Inspire) Seminar

Tiger-Cubs & R15E Cycle Champions Ceremony

- Who: All members and event participants and new white belt inductees into the R15E Journey



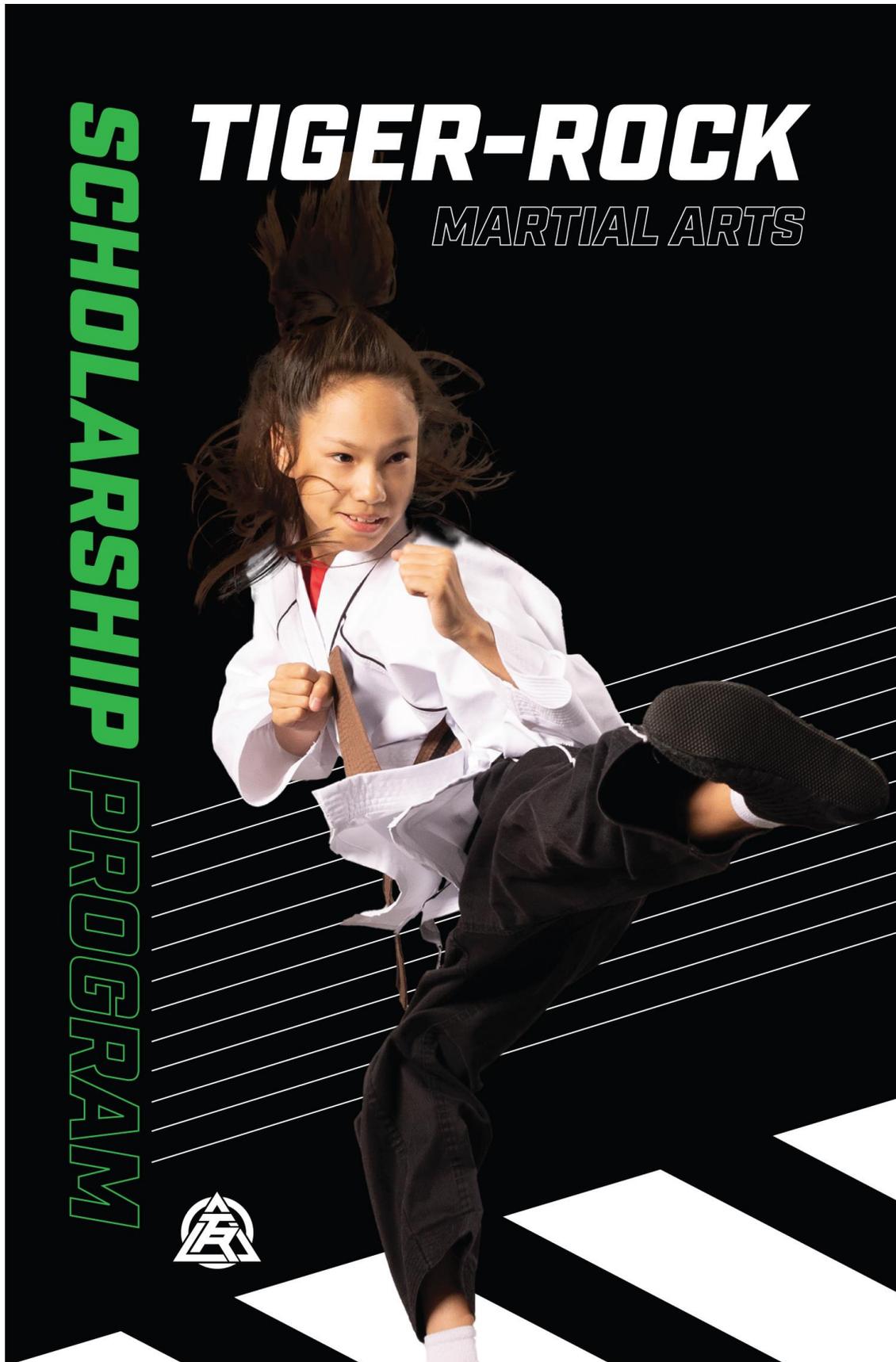
Black Belt Journey Cycle Champions Ceremony are held in small groups during the week of testing. This means that the test event and ceremony event are in the same week. It is optional to conduct the test event and the cycle Champions Ceremony event in the same time flight.

Community Give Back Partnership

1. Big Brothers Big Sisters and Mentoring
2. Be a Big Brother or Sister

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At Tiger-Rock, since 1983, we believe the purpose of our training is to compete, defend, and advance. We believe it is through active participation that we accelerate development of our martial art athletic skills, distinguish ourselves, and achieve transformation. Our students are challenged to do what is right and ethical, despite skepticism and despite the pull of the outside world.

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

A study initiated by Tiger-Rock within the University of West Florida Department of Education (Dr. William Martin) documented Tiger-Rock martial arts to increase social competency (EQ) or the ability to navigate life and solve problems. The study found that our experience enhances the social and emotional intelligence required to navigate life in a productive way. Social and emotional intelligence is the capacity of recognizing and managing our own feelings and those of others; the capacity to understand and respond in a personally and socially effective manner.

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Our action-based style uses the vehicle of martial arts to develop skills and attributes that can be used to “compete, defend and advance” in the martial arts arena and in life.

The Tiger-Rock experience prepares us to...

COMPETE

*In tournament challenges
In life with courage and perseverance*

DEFEND

*Our safety and the safety of others
Our values and our beliefs*

ADVANCE

*Our belt ranking and martial art achievements
Our communities together through our actions and by example*

COMPETE. DEFEND. ADVANCE.
TO
RISE

EMPOWERMENT
THROUGH SCHOLARSHIP

The purpose of the Tiger-Rock Scholarship Program is to provide access to our program for many who are not able to access on their own.

We know our martial art scholarship program is our best way of giving back to our communities across America. We believe “empowering” one child at a time will make a difference one day at a time.

TIGER-ROCK & **BIG BROTHERS BIG SISTERS**

SCHOLARSHIP DETAILS

With a goal of up to 5% of our academy student base on some level of scholarship, we work in concert with community leaders, school counselors, teachers, boys/girls clubs, ministers, counselors and Big Brothers Big Sisters to identify candidates.

Regardless of how candidates are identified once identified “all scholarship students must be registered with and meet guidelines established by their local Big Brothers Big Sisters Chapter.

Scholarships are not advertised in our academies and those on scholarship are never identified. Scholarships start with a full scholarship then may adjust over time as evaluated every 4 months. A range of percentage scholarship that includes training, events and gear are determined by each independently owned academy after the first 4 months. All scholarships however begin with a full underwriting of training, events and gear for the first 4 months.

Scholarship requires reasonable dependable transportation solutions, weekly attendance supervised by a guardian and adherence of academy policies.





**WE ARE NATIONAL PARTNERS IN MENTORING
AND EMPOWERING THE YOUTH OF AMERICA**

Our academies work together with local chapters to fund raise in conjunction with district and national tournaments with proceeds split evenly between groups. Logistically often Big Brothers Big Sisters “Bigs” provide transportation for “Littles” to martial arts scholarship training.



**Big Brothers
Big Sisters®**



FOR MORE INFO/
REACH OUT TO YOUR LOCAL CHAPTER

SCHOLARSHIP PROGRAM

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Winners Keep Score



-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	<input style="width: 100%; height: 20px;" type="text"/>	

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

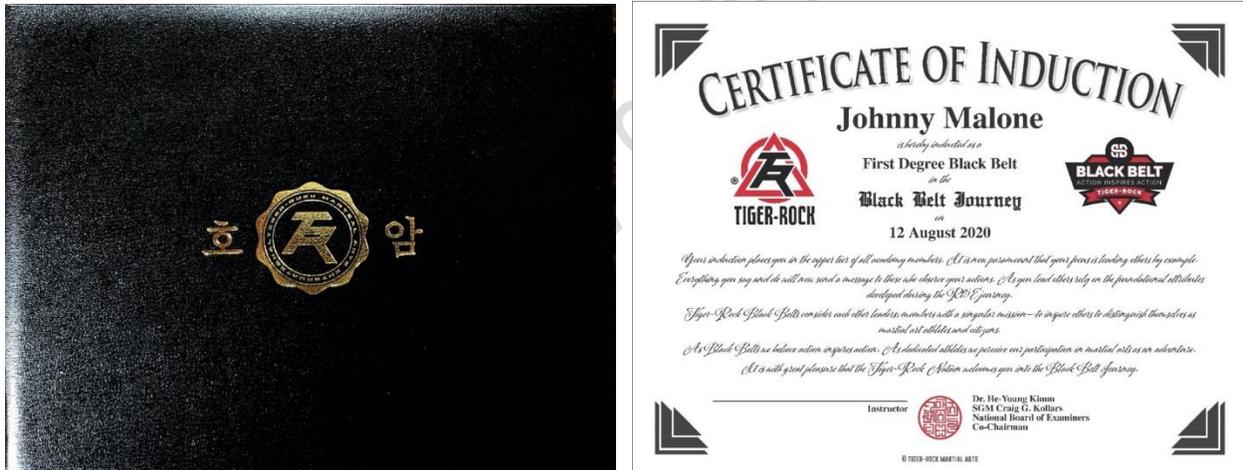
1. TR3A-Defense
 - A. Sign up (5)
 - B. 1st place green (3)
 - C. Tier one yellow (2)
 - D. Tier two red (1)

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

BLACK BELT JOURNEY CERTIFICATE OF INDUCTION



- Order Early from Tiger-Rock
- Currently available for Black Belt Journey Inductees. Other journeys to follow.



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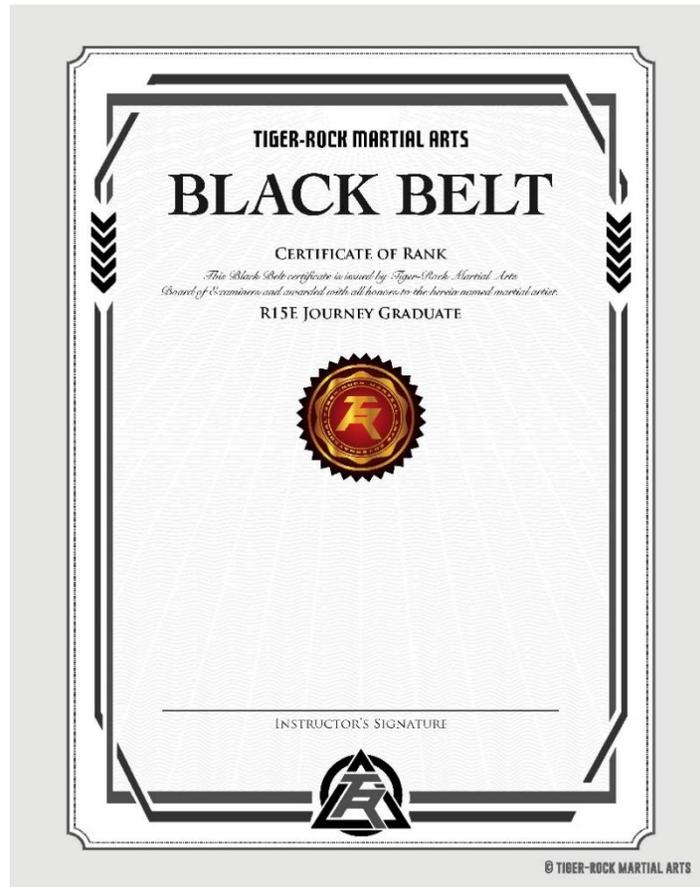
R15E Journey Certificate



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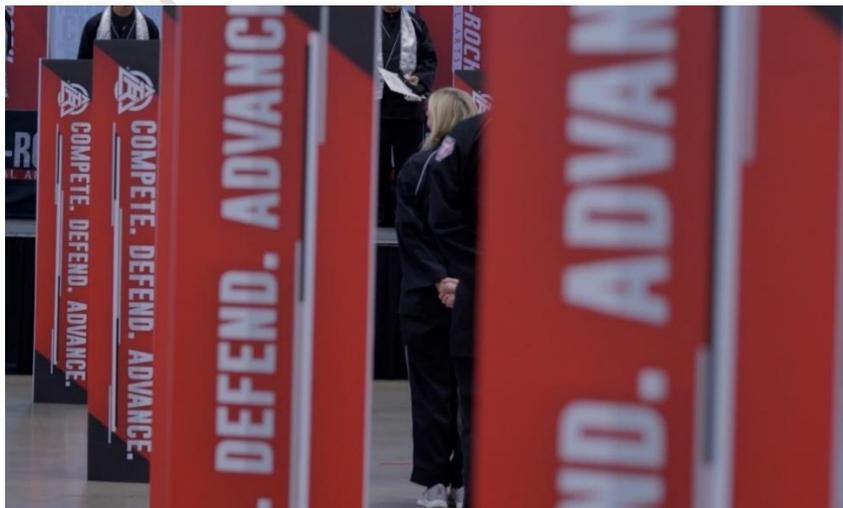
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Academy Black Belt Certificate



Cycle Champions Ceremony Columns

The Ceremonies are unique to Tiger-Rock and requires 6 to 8 columns for the honor walk. This creates a walk similar to the walk into the Olympics or onto the floor of an athletic event.



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Journeys, Story, and Certificate Designation

TIGER CUB JOURNEY

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

R15E JOURNEY 15/15

1. Graduate Certificate Designation; Induction Black Belt
2. Story: transformative development of athletic and personal attributes through training and performance.
3. Motto: *Be Transformed*
4. Age: 6+

BLACK BELT JOURNEY 15/15

1. Graduate Certificate; Induction as Master
2. Story: action inspires action. 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 lead event participation and academy initiatives.
3. Motto: *Lead Others*
4. Age: 8+

MASTER JOURNEY 9/9

1. Graduate Certificate Designation; Induction as Senior Grandmaster
2. An ambassador for TR using the title to bring prestige to the whole and elevate TR
3. Motto: United States Tiger-Rock Ambassador
4. Age: 25+

Each journey serves the belief and purpose of the journey.

Cycle Champions Ceremony Attire



**White Belts & Color
Belts Wear White Top**

**Black Belts
Wear Red Top**

**Certified Leaders
Wear Black Top**

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Journey, Cycle Champions Ceremony, Symbols, and Dialogue

Celebration of each Journey by design within the Cycle Champions Ceremony is one of the most rewarding events we have the privilege to be part of each cycle. All training and event participation leads to our Cycle Champions Ceremony. It is where students are recognized for their accomplishments as all-around martial art athletes both on the mat and off.

Logistics

1. Champions Walk Route & Set Up
2. Student Season/Cycle Performance Score Cards (digital within the app)
3. Screen for display of student achievements and story

Symbols

1. Uniforms for Inductees (standards manual)
2. Patches
3. Certificates
4. Tournament Rank Up Cards
5. Student Performance Cards
6. Invitations

Point Tracking Groups & Cycle Champions Ceremony (no carry over points from one to the next)

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

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: gold 3/silver 2/bronze 1 (add up all medal values)
 - c. Double points for Nationals
 - d. One gold medal in districts (forms and/or sparring) to qualify for All Star Saturday at the Nationals
3. TR3A-Defense
 - a. Sign up: 5
 - b. 1st place green
 - c. Tier one yellow
 - d. Tier two red
4. Speed Breaker Points
 - a. Sign up: 5
 - b. 1st place black
 - c. Tier one blue
 - d. Tier two orange

Cycle Champions Ceremony

Important: students wear new belts, medals, and medallions to ceremony

1. Medals
2. Belts
3. Medallions

Considerations

1. Flights of 16 to 18
2. Prepare and practice in advance with the team.
3. Tell the story of “why” by telling the journey story. In the end people want/need a purpose/belief not a plan/thing.

Academy Season End Cycle Champions Ceremony

It is highly important that every Cycle Champions Ceremony event is focused first on the cycle and not accumulated point totals from previous cycles. The season end event first focuses on the **6th cycle**. When the **6th cycle** is finished the season top 10 winners event begins. The top 10 of each are all the same regardless of order they finish in the 10.

1. Top 10 Tiger-Cubs
2. Top 10 Juniors
3. Top 10 Youth
4. Top 10 Adults

Season Long Academy Top 10 Leader Board

Throughout the year on the academy dashboard students can view the top 10 list and their season YTD points for all four categories. This dashboard will encourage a competition race to the season end top 10 honors. Every student will be able to view their YTD point totals in their profile.

Script:

Welcome to our Cycle Champions Ceremony. We are gathered here to recognize each student as they travel on their journeys: Tiger-Cub-R15E-Black Belt-Master.

We are proud of each of you for your commitment to train and participate in events that accelerate skills and provide opportunities to distinguish yourself. Your parents are proud too.

All training and event participation leads to our Cycle Champions Ceremony. It is where students are recognized for their accomplishments both on the mat and off.

Each of our seasons 6 cycles have two mode events, one each month. Since the purpose of our training is to compete, defend and advance Tiger-Rock has developed a tournament, TR#A-Defense, Speed Breaker and test Mode series to accelerate skill development and distinguish ourselves. It is through our participation that we challenge each other to become “all-around” martial art athletes. As we participate and achieve cycle by cycle we record points earned.

Together within the Cycle Champions Ceremony each cycle we celebrate achievements of each member and new Journey inductees as they are spotlighted during their Champion walk. At season end we celebrate the entire season achievements of each member as they are spotlighted during their Champions walk.

We are here to celebrate and challenge at the same time each of us as we achieve our goals. We are all on the Tiger-Rock team and are pledged to our goal of transforming the world together.

During all our events members rely on Tiger-Rock performance science and the Form 55/Sparring/Defense 15 for success:

1. Balanced posture alignment
2. Extended plane dynamic force
3. CAT movement
4. Staged flow transition
5. Mindfulness

Now before each of you participates in the Champion walk remember:

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 all-around martial art athletic skills, distinguish ourselves and achieve transformation.

Since our founding in 1983 our members across America have told us three things.

They.....

1. **Value:** the opportunity to train to protect themselves & others
2. **Know:** the Martial Arts skills & confidence they receive will last a lifetime
3. **Use:** the jump-kick-punch experiences of Tiger-Rock martial arts to stand up for themselves, stand out among others and to have fun

Our membership experience begins with our belief

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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

Tiger-Rock training prepares us to compete in events that have 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.

Remember our journey began with a choice and the result of our choices will determine our future.

“My actions are my only true belongings”

“My actions are the ground upon which I stand”

Now Let Us Begin



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