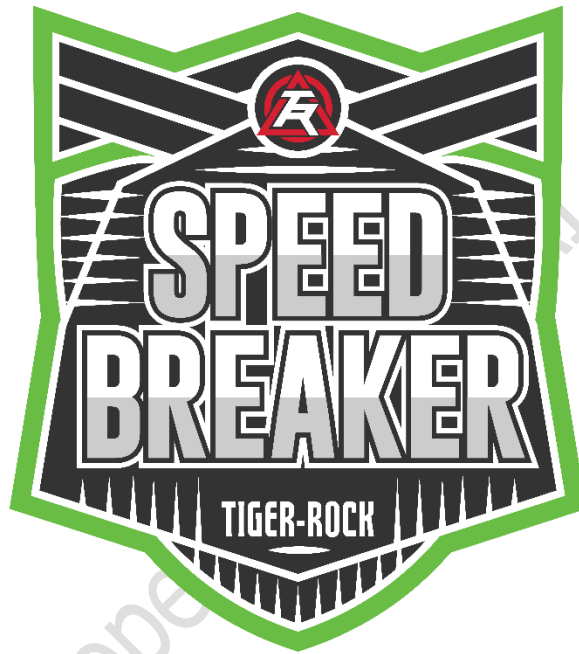


**COMPETE. DEFEND. ADVANCE.**

# **Tiger-Rock Speed Breaker Challenge Standards Guide**



**Published: 10-12-23**

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## Table of Contents

The Speed Breaker Challenge .....	3
Participation Fee: .....	3
Academy Speed Breaker Challenge Event .....	4
Speed Breaker Challenge Boards Course 1 And Course 2 .....	5
Tiger-Rock Breaking 15 .....	5
Tiger-Rock Breaking 15 Levels.....	5
Breaking Overview .....	7
TIG & Age .....	7
3 & 1 Speed Breaker Training Mode .....	8
Event Resources .....	8
Cycle Champions Ceremony Invite .....	9
Performance Awards .....	9
Ordering Medals from Gear Store .....	10
Example Participation ItemSpeed Breaker Course Brackets .....	10
Speed Breaker Course Groupings: .....	11
Brackets:.....	11
My Cycle Scorecard .....	12
Point Recording Form .....	14

# The Speed Breaker Challenge

## Earn Designation: I am a Tiger-Rock Speed Breaker 2023

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.

Fun Mind, Compete Mind and Survive Mind

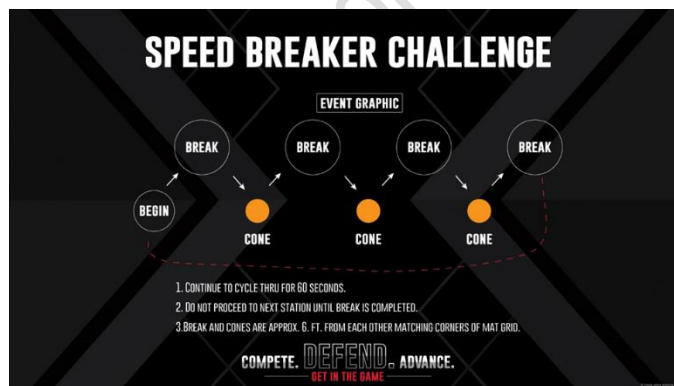
1. American Ninja Warrior
  - a. Example: <https://www.youtube.com/watch?v=arxgcrtEZ0w>
2. Spartan Obstacle Race
  - a. Example: <https://www.youtube.com/watch?v=1jxJq81wRkA>
3. Tough Mudder
  - a. Example: <https://www.youtube.com/watch?v=aktMyq38rz4>
4. CrossFit Games
  - a. Starts at 2:22
  - b. Example: <https://www.youtube.com/watch?v=1gFbk3CNITl>
5. Terrain Race
  - a. Example: <https://www.youtube.com/watch?v=w5QCBmEI6V4>

### Participation Fee:

- \$40

## Academy Speed Breaker Challenge Event

- Market Event
- Designed to be a 16 to 18 competitor flighted group event using A and B brackets or as 8 to 9 smaller groups without brackets. Adjust as needed in your academy.
- **Groups** (adjust as needed in your academy)
  - Tiger-Cubs 4 & 5
  - Juniors 6 & 7
  - Juniors 8 & 9
  - Juniors 10 & 11
  - Teen 12 to 13
    - Male
    - Female
  - Teen 14 & 15
    - Male
    - Female
  - Adults 16+
    - Male
    - Female
- Two Part 60 Second Each Timed Competitions for each competitor with a goal to determine the student that has the most breaks in allotted time by adding both parts together. Navigation of breaks and cones are required.
  - Part 1 Hand/Elbow Breaks
  - Part 2 Foot Breaks



- Each competitor receives
  - Speed Breaker Challenge Certificate
  - "I'm a Speed Breaker 2023"
  - An invite to the next Cycle Champions Ceremony
  - Medals based on performance of breaks
  - Medals for 1<sup>st</sup> & 2<sup>nd</sup> tiers and Trophy for one first place winner
- Each small group flight has one winner for combined foot breaks and elbow/hand breaks totals added together.
- Display names of each flight group on large screen or white board
  - Record number of breaks for each student for hand/elbow and foot as one score combined
  - Run offs for ties may be required
- Each competitor has option to run each course 2X

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## Speed Breaker Challenge Boards Course 1 And Course 2

Foot Break Course Followed by Hand Break Course  
(60 seconds each, total breaks of each then add together)

Age	Board
4-5	Punch Out or White
6-7	White
8-9	Green
10-11	Half Green Half Blue
12-13	Blue
14-15 male	Half Blue
14+ female	Half Gray
16+ Male	Gray

Name	Hand Time	Foot Time	Total

## 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 and the reason our board system comes with a built-in targeting design integration.

- a. Balanced Posture Alignment
- b. Extended Plane Dynamic Force
- c. Controlled Acceleration & 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

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# TIGER-ROCK MARTIAL ARTS BREAKING 15

Level	Age / Rank / Gender / Board	Challenge	Board
LEVEL ONE	AGE: 6-7 RANK: ALL GENDER: ALL BOARD: WHITE		01
LEVEL TWO	8-9 AGE ALL RANK ALL GENDER GREEN BOARD		02
LEVEL THREE	AGE: 10-11 RANK: ALL GENDER: ALL BOARD: GREEN/BLUE		03
LEVEL FOUR	12-13 & FEMALES 46+ AGE ALL RANK ALL GENDER BLUE BOARD		04
LEVEL FIVE	AGE: 14+(F) & 14/(SD) RANK: WHITE - 3 BLACK GENDER: ALL BOARD: BLUE/GRAY		05
LEVEL SIX	16+(F) & 46+(M) AGE 4-BLACK-(F) RANK ALL GENDER GRAY BOARD		06
LEVEL SEVEN	AGE: 16+ RANK: WHITE TO 3-BLACK GENDER: MALE BOARD: GRAY + GREEN/BLUE		07
LEVEL EIGHT	16+ AGE 4/5-BLACK RANK MALE GENDER GRAY + BLUE BOARD		08
LEVEL NINE	RANK: 6-BLACK GENDER: MALE BOARD: GRAY + GREEN/GRAY		09
LEVEL TEN	POWER BREAK CHALLENGE	GRAY + BLUE/GREY BOARD	10
LEVEL ELEVEN	CHALLENGE: POWER BREAK	BOARD: GRAY X 2	11
LEVEL TWELVE	CHALLENGE: POWER BREAK	BOARD: GRAY X 3	12
LEVEL THIRTEEN	CHALLENGE: JUMP BREAK	BOARD: PERSONAL BEST	13
LEVEL FOURTEEN	CHALLENGE: JUMP BREAK	BOARD: PERSONAL BEST	14
LEVEL FIFTEEN	CHALLENGE: OBSTACLE	BOARD: PERSONAL BEST	15

**POWER S PRECISION**  
DO IT RIGHT BREAK IT

**MAGLOCK**  
MAGNETIC POWER WITH  
MAGNETIC FORCE WITH

**SHOCKSORB**  
SHOCKS WITH THEIR SHOCKSORB TECH

**BITEGUARD**  
FIGHT THE LINE BITE THE LINE

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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 and two witnesses.
- **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

Property of TRMAI

### 3 & 1 Speed Breaker Training Mode

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

- Warm Up/Agility (8 minutes)
- Targets (12 minutes)
  - Speed Target
  - Power Bag
  - Dynamic Breaking
- Event Prep (25 minutes)
  - Breaking Course practice
  - Defense 15 (single or partner)
  - Sparring 15
  - Player 2 Sparring
  - Form 55

**Title:** Speed Breaker Mode Event Week 4

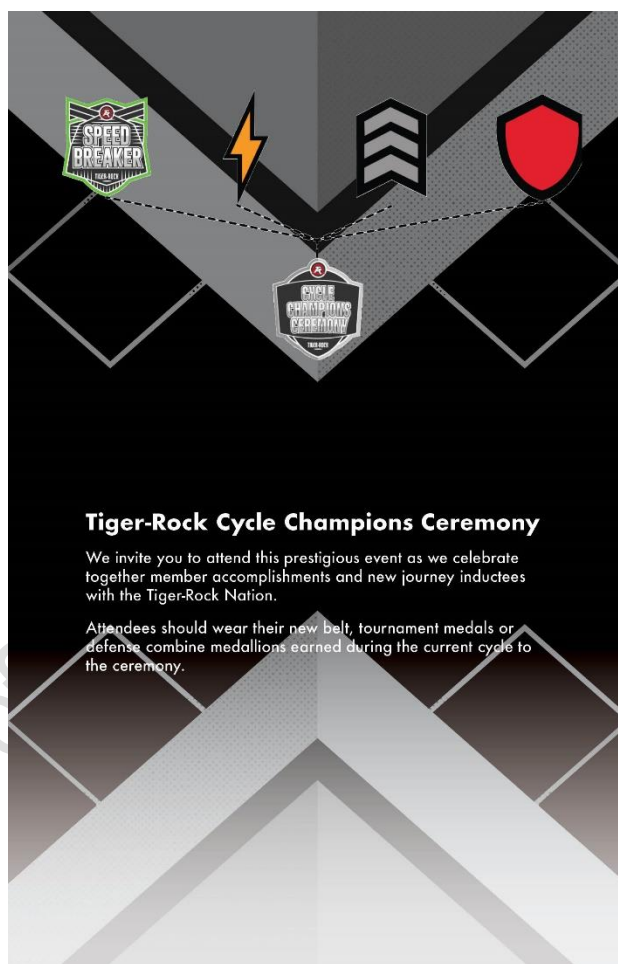
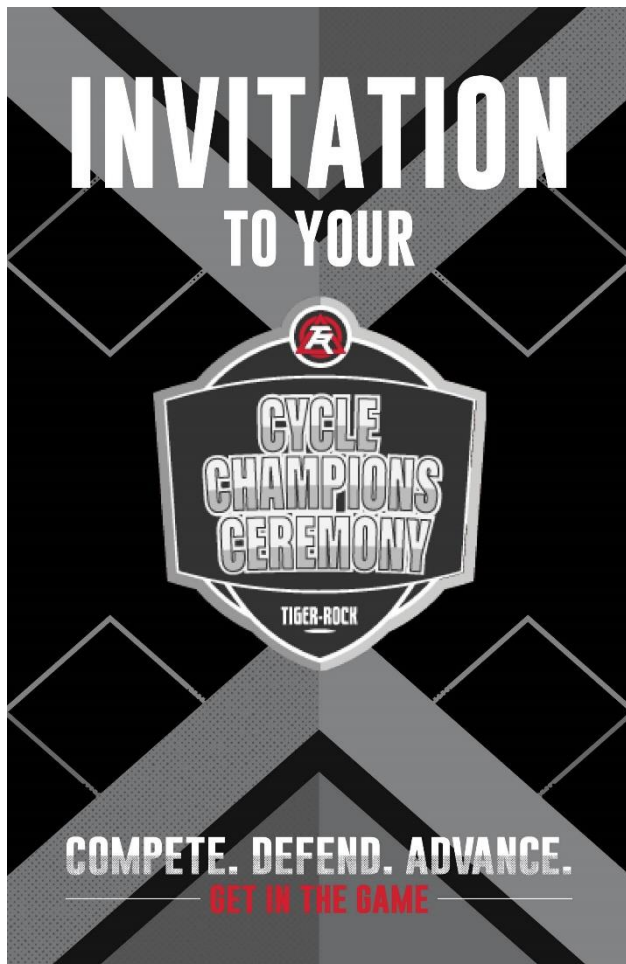
- Training: Use weeks 1, 2, 3 Speed Breaker training mode planners
- Speed Breaker Event: Flighted small groups Monday thru Saturday

### Event Resources

- Speed Breaker Challenge, "I'm a Speed Breaker"
  - Event Graphic
  - Certificate
  - Marketing
  - Event Banner
  - Medals
  - Trophies for each 1<sup>st</sup> place in a group
- Cycle Champions Ceremony Invite
- Board Holders
- XL bags
- Cones
- Recording Display (screen or white board)
- King of the Hill 1<sup>st</sup> Place Winners (Trophy)



## Cycle Champions Ceremony Invite



## Performance Awards

1. Each small group winner: trophy
2. Tier Performance Medals/Chips with Lanyards
  - a. First Place: **large trophy & black deluxe chip Medal** to the top finisher in each bracket
  - b. First Tier: blue-deluxe chip medal with lanyard medal to top 1/2 finishers in each bracket
  - c. Second Tier: orange-deluxe chip medal with lanyard medal to bottom 1/2 finishers in each bracket

## Ordering Medals from Gear Store

Use the TR Gear store and your local trophy shop to procure awards for the Speed Breaker Event. Example Chips/medals and Trophy for the division group winner are shown below.

Medals/Chips with Lanyards



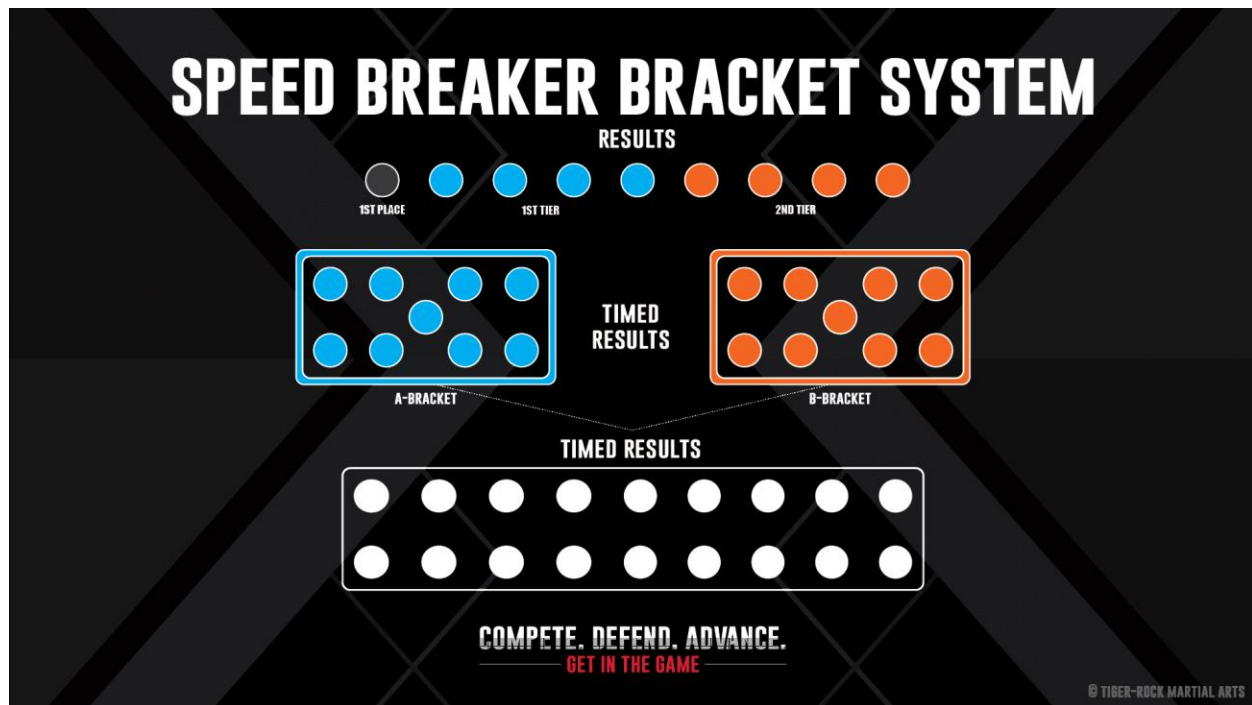
1<sup>st</sup> Place Overall in each small group



Example Participation Item



## Speed Breaker Course Brackets



### Speed Breaker Course Groupings:

1. Adult Male (35+)
2. Adult Male (16-34)
3. Adult Female (35+)
4. Adult Female (16-34)
5. Youth Male (12-15)
6. Youth Female (12-15)
7. Juniors – (10 & 11)
8. Juniors – (8 & 9)
9. Junior- (6 & 7)
10. Tiger-Cub-(4 & 5)

### Brackets:

Beginning with up to 18 competitors divide onto 2 mats with 9 or less competitors per mat to determine gold and silver brackets. **If you choose not to use brackets match in small groups of 8 to 10**

## My Cycle Scorecard



-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
<b>Speed Breaker</b>		
<b>Tournament</b>		
<b>TR3A-Defense</b>		
<b>Test</b>		
<b>Cycle Total</b>		

**Point Tracking Groups**

1. Academy: Tiger-Cub
2. Academy: White through 3<sup>rd</sup> Degree Level 3 Black Belts  
(double points for black belt testing)
3. National: 4<sup>th</sup> Degree Level 1 through 9<sup>th</sup> 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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# Point Recording Form



Location \_\_\_\_\_ Date \_\_\_\_\_

## Generalized Point Recording Form

<u>Competitor Name</u>	<u>Time</u>	<u>A Bracket</u>	<u>Time</u>	<u>Name</u>	<u>Place</u>
1 _____	_____	1 _____	_____	_____	_____
2 _____	_____	2 _____	_____	_____	_____
3 _____	_____	3 _____	_____	_____	_____
4 _____	_____	4 _____	_____	_____	_____
5 _____	_____	5 _____	_____	_____	_____
6 _____	_____	6 _____	_____	_____	_____
7 _____	_____	7 _____	_____	_____	_____
8 _____	_____	8 _____	_____	_____	_____
9 _____	_____	9 _____	_____	_____	_____

	<u>B Bracket</u>	<u>Time</u>	<u>Name</u>	<u>Place</u>
10 _____	1 _____	_____	_____	_____
11 _____	2 _____	_____	_____	_____
12 _____	3 _____	_____	_____	_____
13 _____	4 _____	_____	_____	_____
14 _____	5 _____	_____	_____	_____
15 _____	6 _____	_____	_____	_____
16 _____	7 _____	_____	_____	_____
17 _____	8 _____	_____	_____	_____
18 _____	9 _____	_____	_____	_____

<b>Player 2 - TR-3A Defense - Speed Breaker Groupings</b>				
<input type="checkbox"/> Adult Male (35+)	<input type="checkbox"/> Adult Male (16-34)	<input type="checkbox"/> Adult Female (35+)	<input type="checkbox"/> Adult Female (16-34)	<input type="checkbox"/> Youth Male (12-15)
<input type="checkbox"/> Youth Female (12-15)	<input type="checkbox"/> Juniors (10 & 11)	<input type="checkbox"/> Juniors (8 & 9)	<input type="checkbox"/> Juniors (6 & 7)	