

COMPETE. DEFEND. ADVANCE.

TR3A-Defense System

Three Levels of Awareness

Topic: Emotional Balance Empowerment



TR3A-Defense

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TR3A-Defense Event

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 event dedicates itself to one threat theme. Tiger-Rock has two rotating themes with versions for juniors and youth/adult.

1. Bullying: community & school
2. Emotional Balance: empowerment

TR3A-Defense is designed to be different experiences in different groupings for Junior and Adult/Youth.

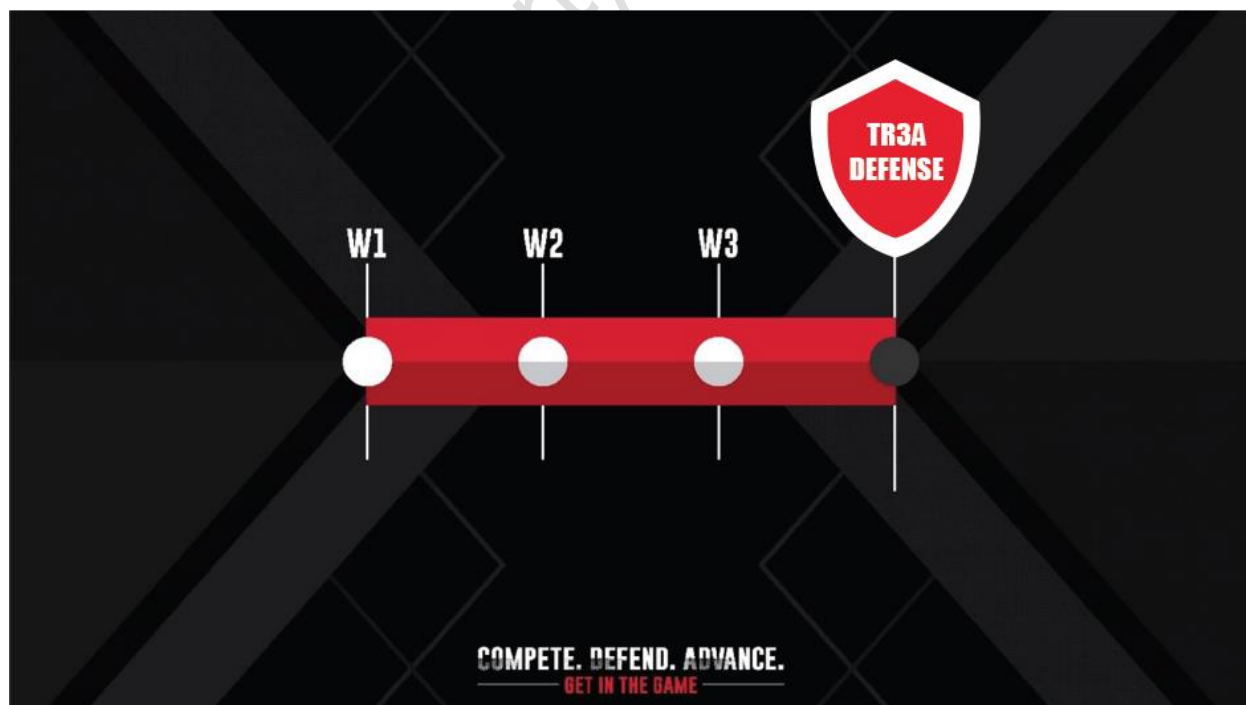
3 and 1 TR3A-Defense Training Mode

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

- Warm Up/Agility (8 minutes)
- Targets (12 minutes)
 - Speed Target
 - Power Bag
 - Board Breaking
- TR3A-Defense Prep (25 minutes)
 - Defense 15 (single or partner)
 - Sparring 15
 - Form 55

Title: TR3A-Defense Mode Event Week 4

- Training: Repeat Monday Accuracy, Tuesday Speed, Wednesday Power
- TR3A-Defense Event: Thursday, Friday, Saturday Event Standards Guide



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TR3A-Defense Event: Emotional Balance Empowerment

Tiger Rock Martial Arts welcomes you to the Emotional Balance Empowerment TR3A-Defense System.

You are beginning a journey that will help you develop your Tiger Sense and become ready to use your training wherever and whenever you are called to use it.

You will be learning about what challenges exist in the world, you will be taking part in a timed course to use your skills in a set environment, and you will be competing for medals in the TR3A-Defense Event.

Our oath directs our mission.

Tiger Sense Oath

*When a threat is near that blocks my sight,
I'll turn to my Tiger Sense to find the light.
I'll use my skills, my courage, and might,
To speak, to stand, and to defend what's right.*

Protecting yourself is a top priority as a Tiger Rock Martial Arts student. One key to developing your Tiger Sense is becoming aware of the obstacles that face you or your friends. If you know when your guard needs to be up, you can activate your Tiger Sense and put your Tiger Rock training to work.

Be AWARE

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

Always

Watchful

Alert

Responsive

Evasive

In this TR3A-Defense event, we're focusing on emotional balance empowerment. You will learn techniques to help you strengthen your internal Tiger Sense to keep you staying strong and flexible-- regardless of what obstacles you face.

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

Your Tiger Sense tells you when something is wrong.

GREEN (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 (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 (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.

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One Threat Theme Per Each TR3A-Defense Event

It is important to stay focused and targeted on the one identified theme per event. Modifying the concept, expanding the topic or reducing/increasing the time allocation will reduce the impact of the event.

Rotating Event Themes (Guided by CDC)

1. Youth Violence: Bullying, School Violence, Gang Violence
2. Emotional Balance & Anxiety

TR3A-Defense Booklet

The booklet is provided to each participant to use during the event as a guide as well as a take-home resource. The booklet includes three sections, each with a specific objective. The booklet is scaled for juniors, teens & adults.

1. Threat Awareness Theme: it is critical that data driven information developed by the CDC as well as by other sources and outlined in our TR3A-Defense Event Combine Booklet to be delivered using a non-scare tactic approach but rather an approach that is empowering. Knowledge is Power. (15-minute time allocation)
2. Train & Role play The Tiger-Rock Defense 15 Training Set within and against bad actors and scenario based dangerous environments that encourages a survival way of thinking and actions. (25-minute)
3. Seven Station TR3A-Defense Event that by design is competitive in nature as is survival and protecting ourselves and others. (50-minute time allocation).

TR3A-Defense Event

It is important to think of the event as competitive in nature as is survival and protecting ourselves and others.

Performance Awards

1. Each small group winner: trophy
2. Tier Performance Medals/Chips with Lanyards
 - a. First Place: large trophy & green deluxe chip Medal to the top finisher in each bracket
 - b. First Tier: yellow-deluxe chip medal with lanyard medal to top 1/2 finishers in each bracket
 - c. Second Tier: red-deluxe chip medal with lanyard medal to bottom 1/2 finishers in each bracket
 - d. Participation: "Survival Whistle"

Ordering Medals

Order from the Pro Shop or Use Pokerchips.com and your local trophy shop to procure awards for the TR3A Defense Event. Example Chips and Trophy for the division group winner are shown below.

Ordering from Pokerchips.com

1. Click on Custom
2. Click on golf ball markers
3. Use TR3A Defense Logo for the image

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Medals/Chips with Lanyards



1st Place Overall in each small group



Participation Item



Participants earn medals determined by course finish time. Beginning with a group of up to 18 or choose 8-9 if not using brackets. Bracket assignments are determined by first run times. When reconfigured into A and B brackets the result is 9 in each. Each medal, the result of the TR3A-Defense event, is celebrated along with other event achievements at the next Cycle Champions Ceremony

Course Described on Next Page

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Roll (choice of competitor)

1. Forward Roll
2. Drop and Roll

Miss a Break

- Attempt 1st attempt
- If miss drop and do one push up then move on
- Must finish course

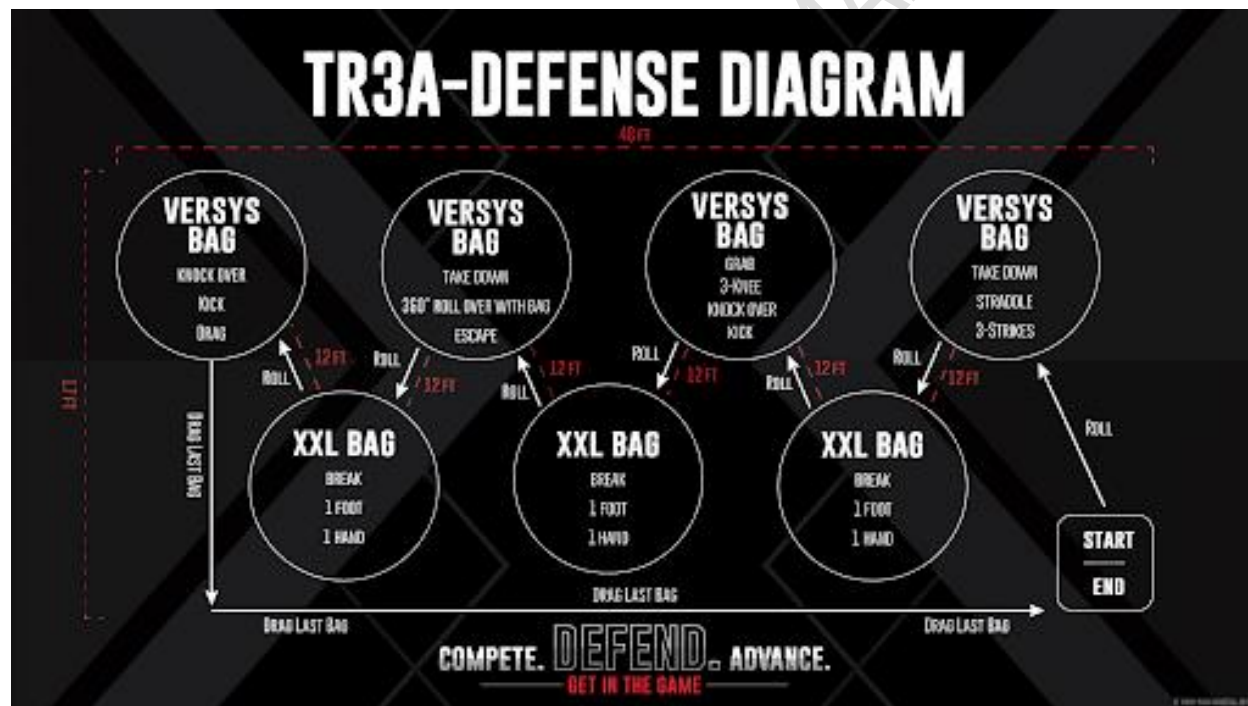
Floor Markings from Bag Drag

- Wrap bottom of bag in covering

Temporary Bag Substitute

Given the Defense Course represents personal protection as well as assisting others using the correct equipment is important. The versys bag is preferred however an alternative is a marginal second choice.

- Adults
 - Player 2 Bag temporary if versys is not available
- Juniors
 - XXL Top temporary if versys is not available
 - Add straps for junior bag drag and grab/knee

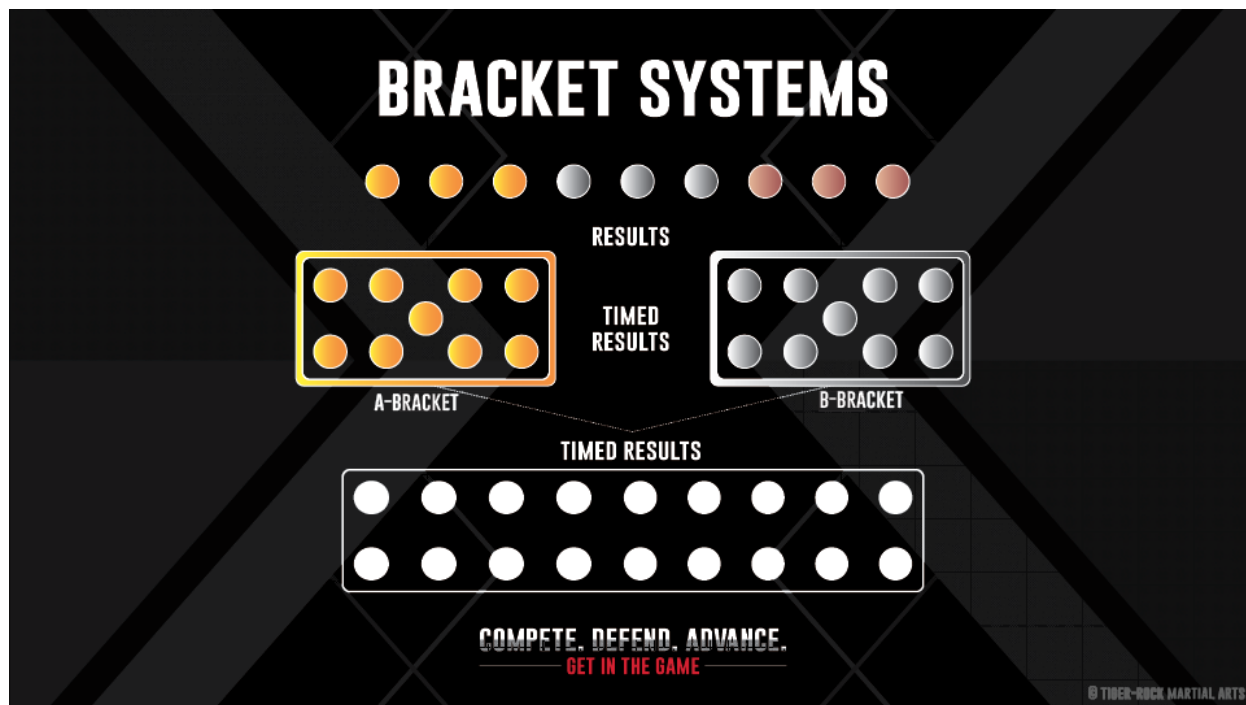
**Seven Stations**

1. Versys Bag: takedown, straddle, 3 punches
2. XXL Bag: Break: 1 hand-1 foot
3. Versys Bag: grab, 3 knees, knock over kick
4. XXL Bag: Break: 1 hand-1 foot
5. Versys Bag: Take Down, 360 Roll Over with Bag, Ground Escape
6. XXL Bag: Break: 1 hand-1 foot
7. Versys Bag: knock over kick, drag to finish line

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TR3A-Defense Event Brackets



TR3A-Defense Event 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. Juniors - (6 & 7)

Brackets:

Beginning with up to 18 competitors divide onto 2 mats with 9 or less competitors per mat to determine A and B brackets. If you chose not to use brackets divide groups into 8 to 9.

Course Equipment



TR3A-DEFENSE

Junior Course Equipment	Adult Course Equipment
<ul style="list-style-type: none"> 4 versys single bags <ul style="list-style-type: none"> https://centurymartialarts.com/collections/bags-and-gloves 	<ul style="list-style-type: none"> 4 versys single bags <ul style="list-style-type: none"> https://centurymartialarts.com/collections/bags-and-gloves
<ul style="list-style-type: none"> 3 Wavemasters <ul style="list-style-type: none"> centurymartialarts.com SKU: CT-TR-T-BH-BK-ZZZ 	<ul style="list-style-type: none"> 3 Wavemasters <ul style="list-style-type: none"> centurymartialarts.com SKU: CT-TR-T-WM-BK-ZZZ
<ul style="list-style-type: none"> 6 board holders <ul style="list-style-type: none"> SKU: MS-TR-T-BH-BK-ZZZ 	<ul style="list-style-type: none"> 6 board holders <ul style="list-style-type: none"> SKU: MS-TR-T-BH-BK-ZZZ
<ul style="list-style-type: none"> Stop Watch <ul style="list-style-type: none"> Amazon.com KingL Digital Stopwatch Timer 	<ul style="list-style-type: none"> Stop Watch <ul style="list-style-type: none"> Amazon.com KingL Digital Stopwatch Timer
<ul style="list-style-type: none"> Starting Whistle <ul style="list-style-type: none"> Amazon.com MACGREGOR Black Plastic Whistles 	<ul style="list-style-type: none"> Starting Whistle <ul style="list-style-type: none"> Amazon.com MACGREGOR Black Plastic Whistles

Timing and Display Equipment

A digital read out with a plunger is preferred however a stopwatch and starting whistle can be substituted.

DC-Digital VETERAN OWNED
1-800-977-6872
1-937-746-9750



Figure 1:DC-60T-Up-Push-Button-Remote-Controls-Count-Up-Timer-6-Inch-Digits-Start-Stop-Reset

First responders need to know how fast they can get ready and GO. This timer will for Clackamas Fire Department made by DC-Digital will do just that. Testing the firemen skills and honing their ability's. The DC-60T-UP built for outdoor use measures time counting up giving the men and women of Clackamas a good visual indication of how fast they performed.

Alternate Option

BTBSIGN 2.3inch Digital Countdown Wall Clock Large Stopwatch with Remote and Switch Button for Obstacle Racing



https://www.amazon.com/dp/B07S8XR94T/ref=cm_sw_r_em_api_glt_fabc_FHMYB0A4QK0F6SKHHZVR

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Champion Ceremony Invite



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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 for us 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 Tiger-Rock Defense 15 were created to develop instinctive aggression defense responses to strikes, grabs, and knockdowns.

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, we teach students to figure out how to find solutions themselves as a result of 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 15 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

Defense 15 Gear

1. TR shin/instep and forearm/elbow
2. Groin protector (male)
3. Mouthpiece
4. TR speed gloves
5. Chest protector (optional for women)

Some 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 positions before the next attack and 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 jacks
 - Drop and roll

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

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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
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)

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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 _____	_____	_____	_____

Player 2 - TR-3A Defense - Speed Breaker Groupings				
<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)	