

COMPETE. DEFEND. ADVANCE.

Tiger-Rock Testing **Standards Guide**



Proprietary

Test

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Academy and National Judging System

Each judging panel will consist of 3 evaluation judges. These judges (along with the student's Instructor) will determine Yes or No.

If the testing student's Instructor is on the testing panel of 3 judges as a Judge, the student must receive a total of two yes votes of the three to pass.

If the testing student's Instructor is not on testing panel as a Judge, the student must receive a total of one or more yes votes to pass. One or more votes added to the instructor's vote results in a pass.

Academy Test: Candidate must earn a SATISFACTORY on 5 of the 7 to Promote.

National Test: Candidate must earn a SATISFACTORY on 4 of the 6 to Promote

Academy and National Testing Set-Up Design

The judges' table(s) should be placed so that there is an area of at least approx. 10' x 20' (this may be adjusted to add testing panels) in front of the table(s), and table(s) covered with tablecloth(s).

The senior panel judge sits at the center of the table, flanked by the next highest certified judges.

Each 3-member artistic judge panel should be seated at a separate table so that it is obvious who is judging. Each panel should limit the number of students being tested in a group to 4. **Never assign one panel judge to grade one testing student.**

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



Belts, Certificates, Cycle Champions Ceremony (small group)

Two Options:

Option One: Combined Testing and Cycle Champions Ceremony. After each flight of students are finished judges meet for 10 minutes then present new belts along with a personal invite to the Cycle Champions Ceremony. Students who do not pass their test are encouraged by their instructor and supported on site as a team member by other students. This is similar experience when students during a tournament do not win a medal. Certificates will be distributed at the Cycle Champions Ceremony.

Option Two: separate small group testing and Cycle Champions Ceremony saving the belt presentation for the ceremony.

Each of our season 6 cycles have two mode events, midcycle and end of cycle. Since the purpose of our training is to compete, defend and advance Tiger-Rock has developed a tournament, TR3A-Defense and test mode series to accelerate skill development and distinguish ourselves. It is through our participation that we challenge each other to become exceptional “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 promotions and new journey inductees. At season end, not before, we have the option to celebrate the entire season achievements of the top 10 members of each group (tiger-cub, juniors, teen, adult) as they are spotlighted during their honor walk.

(See Cycle Champions Ceremony Standards)

Academy Testing Registration

- Create testing event
- Students are sent invitations to register (via TR app) for small group test generally using convenient class times using a flighted sign-up application that groups students by rank and age.
- Flighted Small Group Test

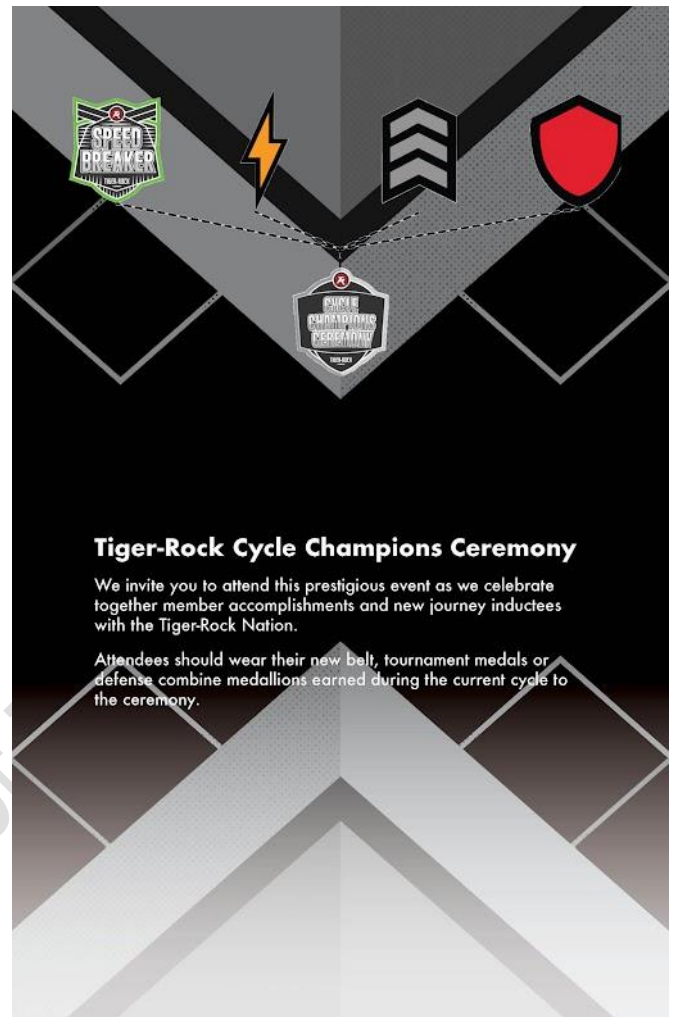
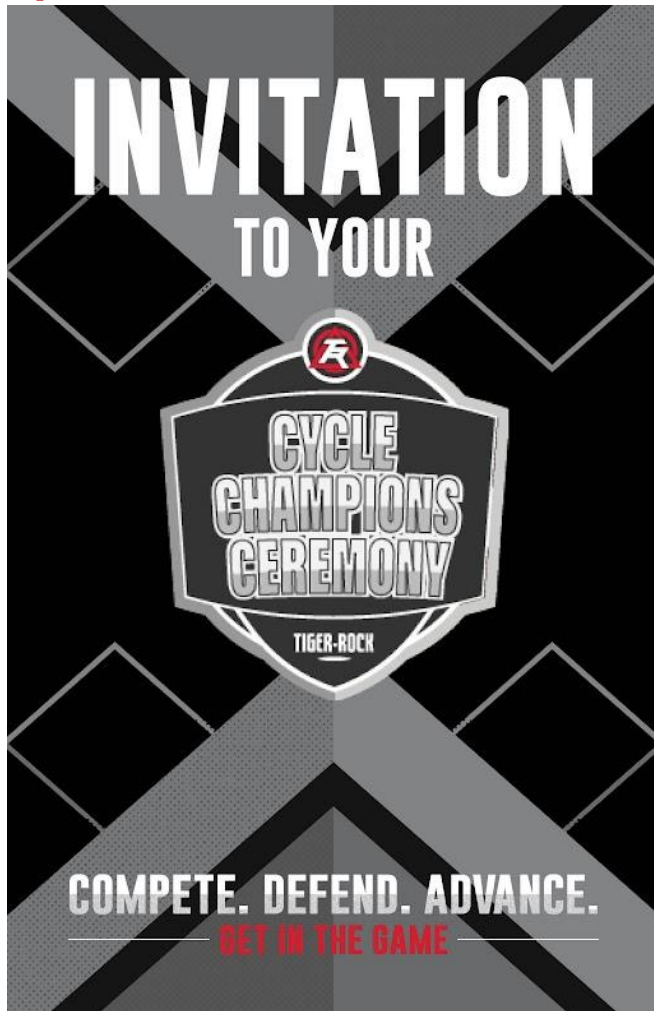
National Testing Registration

- TigerRockEvents.Com

Test Sequence

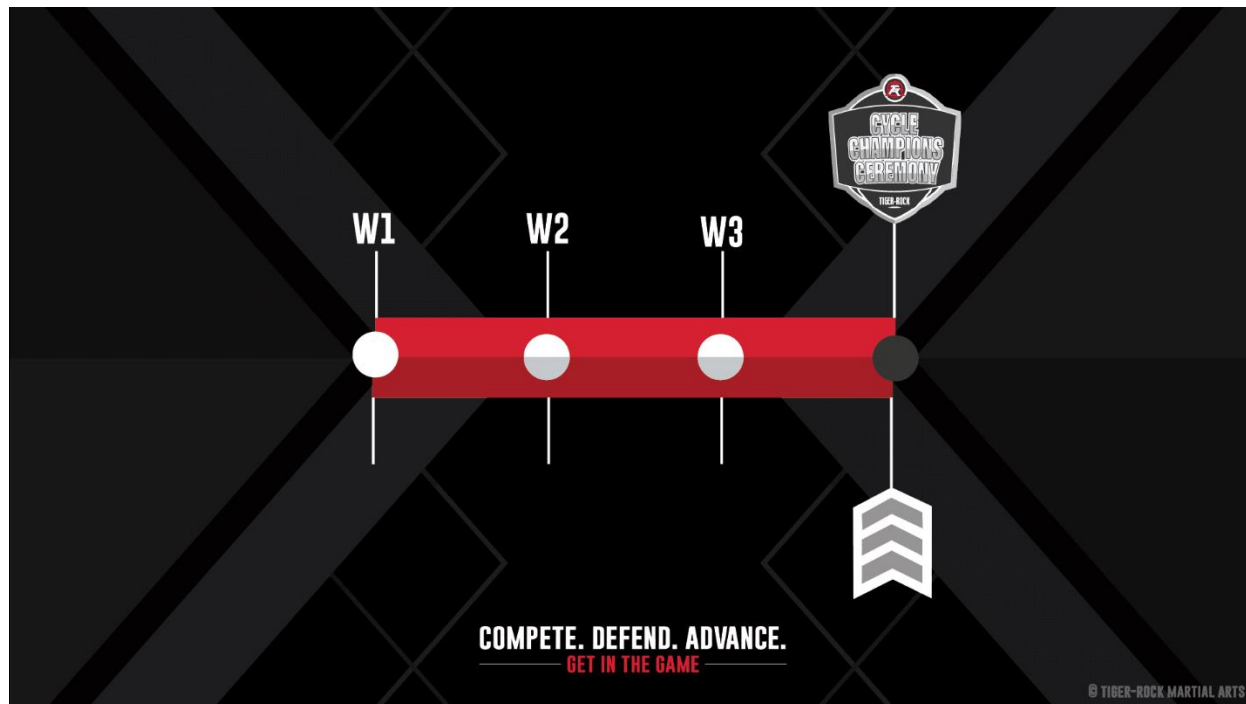
1. Meeting with judges to review standards
2. Line up students by rank and appoint one judge to warm up and stretch students
3. Have students and judges take their seats
4. Welcome students and spectators and provide overview and inspiration
5. Introduce judges
6. Begin Testing
7. Present belts if student passes and present a personal invitation to the Cycle Champions Ceremony.

Cycle Achievement Awards Invitations



Test

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



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
 - Dynamic Breaking
- Testing Prep (25 minutes)
 - Sparring 15 (single or partner)
 - Sparring (single or partner)
 - Player 2 Sparring
 - Defense 15 (single or partner)
 - Form 55

Title: Testing Mode Event Week 4

- Small Group Testing Event: Monday, Tuesday, Wednesday, Thursday
- Cycle Champions Ceremony: Friday Black Belts, Saturday Tiger-Cubs/Color Belts

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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)

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 55 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	Defense 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	Defense 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	Defense 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	Defense 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	Defense 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 55 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	Competition 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	Competition 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	Competition 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	Competition 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	Competition 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.**



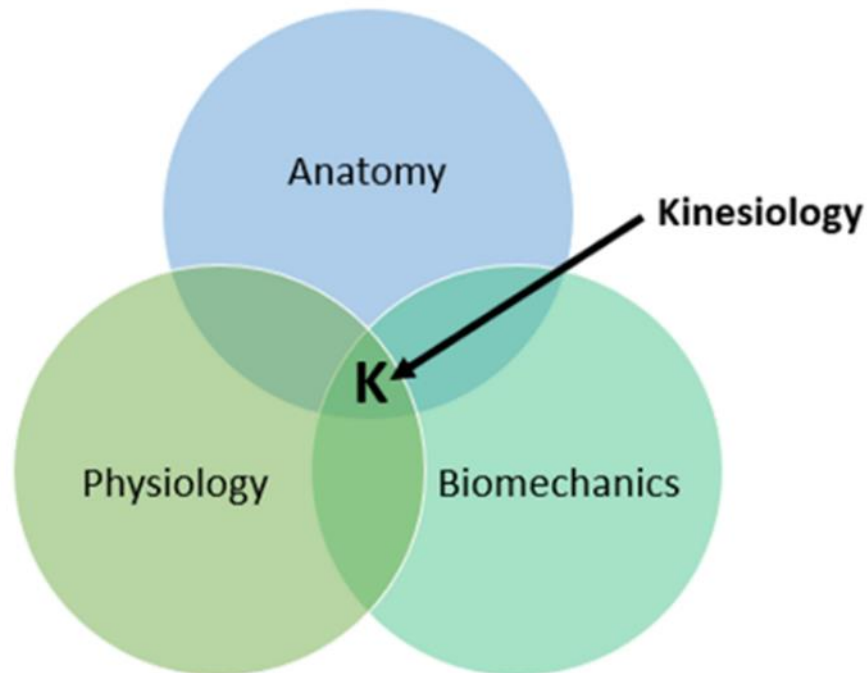
Compete

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Tiger-Rock Performance Science

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 allow 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 Taekwondo 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 Taekwondo. CAT involves creative tempo change at critical rhythm moments to enhance safety, effectiveness, and artistic beauty.

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Principle 4:

Staged-Flow Transition allows for smooth mass transfer through each action during all Taekwondo movement.

The components of Staged-Flow Transition are:

- **Stage One** – occurs during the first half of transition, beginning to midpoint
 - Active Positioning/Energy Loading/Chambering/Relaxation
 - Breathe in
 - Setting directional angle with front foot
 - Primary weight shift
 - Mindfulness/Awareness
- **Midpoint**
 - Completely chambered with weight shifted to opposite foot ready to execute (no pause)
 - Balance point transition and overlapping of movements
- **Stage Two** – occurs during second half of transition, from midpoint to end
 - Kinetic release
 - Secondary weight shift
 - Hand-Foot timing execution/Contraction/Breathe out
 - Relaxation

Guidelines for movement:

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.

All transition flows have the following overlapping components:

1. Beginning
2. Midpoint
3. 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.

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 development of our martial art athletic skills, distinguish ourselves, and achieve transformation.

Tiger-Rock training prepares us to compete in three 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

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. 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



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 rank system symbolize the steps we take to develop the skills that allow us to RISE 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 RISE can be.

National Black Belt Testing's

(Always Defense Mode)

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

Overview Graphic on the Next Page

National Black Belt Test

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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Testing For 4th Thru 9th Steps

1. Online registration (pre-test & physical test)
2. Payment of fees
3. Submission of journey document to customerservice@tigerrockmartialarts.com
4. Pass required pre-test (applies to 4th thru 7th degrees)
5. Complete symbolic nine (9) mile walk (applies to 4th thru 9th degrees)
6. Orals (applies to 4th thru 9th degrees)
7. Pass required physical test (applies to 4th thru 7th degrees)
8. Grandmaster interviews (applies to 8th & 9th degrees)
9. Champions Ceremony (applies to 4th thru 9th degrees)

Notice: variances will not be given for submission, registration, pretests, tests, interviews, and document compliance deadlines.

- 1. High Rank Promotional Online Registration**
 - a. Online Registration only through the Tiger-Rock event registration site electronically by the deadline. Paper copies will not be accepted.
- 2. High Rank & Pre-Test Promotional Fees**
 - a. Payment is required at the time of registration. Payments are accepted only through the Tiger-Rock event registration site electronically. Other methods of payment will not be accepted.
- 3. Journey Document**
 - a. The journey document is intended to be a book on the life a Tiger-Rock member's journeys. It is expected to be edited rewritten from promotion to promotion.
- 4. Nine (9) Mile Symbolic Walk**
 - a. The 9-mile walk is intended to be a reflective martial arts experience
- 5. Pre-Test**
- 6. Big Brothers Big Sisters Mentor Documentation (Within Journey Doc)**
- 7. Ambassador Documentation (Within Journey Doc)**
- 8. Physical Test**
 - a. Physical high rank tests are held once annually at the National Championships. Four of six parts of formal test must be satisfactory.
- 9. Orals As Part Of Physical Test**
 - a. High rank testing students are expected to be able to summarize assigned topics or answer questions on the topic.
- 10. Grandmaster Interviews (8th & 9th)**
 - a. Earning the title of Grandmaster requires passing an oral exam in front of the Board of Examiners and submit an extended journey document and earn a B+ grade on both
- 11. National Champions Ceremony**
 - a. High Rank at the July National Championships on the same day as testing and or interviews if approved.

High Rank Pretest

Pre-Test opportunities

- a. Locations between March and June annually: (see registration site for details)

High Rank Test Registration (see registration site for details)

- a. Registration begins May 1
- b. Registration ends July 3
- c. No late registrations

Pre-Test Partner System

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

Two Groups

Each pre-test will be divided partner matched by rank, height and gender

Pre-Test Conductors

- The pre-test is conducted by a Tiger-Rock approved official to determine the readiness on the part of the student to attempt a high rank physical test. The pre-test must be passed within 6 months or less of the physical test.
- Pre-tests are conducted at published sites between March and June prior to the Nationals high rank testing.

The following separate pretest groups.

- Group A: Students pre-testing for any level of 4th or 5th degree. Conducted only by a Senior Master, Grandmaster or Senior Grandmaster authorized by Tiger-Rock.
- Group B: Students pre-testing for 6th or 7th degree. Conducted only by a Grandmaster or Senior Grandmaster authorized by Tiger-Rock

4 of 6 parts of pretest must be satisfactory.

High Rank & Pre-Test Online Registration Steps

1. Go to www.tigerrockevents.com
2. Select Events tab on the side bar
3. Select the event registering for
4. Select order ticket
5. Fill in the required information requested
6. Upload and submit all required documents
7. Pay registration fee

Pre-Test and High Rank Promotional Fees Apply

- a. Pre-Testing
 - 4th – 5th Degree
 - Master
- b. High Rank Testing
 - 4th – 5th Degree
 - Master

Journey Document (required 4th thru 7th)

This document summarizes and documents a candidate's training journey and acquired knowledge beginning at white belt through current rank.

1. **Martial Arts Journey**
 - a. One page or more on your Taekwondo life journey, what you've learned, witnessed, and observed.
 - b. Photos of professional career tracing your professional life
2. **Tiger-Rock Events Journey**
 - a. One-page review of your participation, achievement and experiences while participating in rank testing and tournaments.
3. **Personal Life Journey**
 - a. One page or more on your personal life journey, lessons learned, witnessed, and observed.
 - b. Photos of family tracing your family, life, and roots.
4. **Nine (9) Mile Walk Journey**
 - a. One half page summary of your 9 Mile Symbolic Walk bringing mind and body together.
 - b. Photos documenting your location
5. **Tiger-Rock Ambassador & Charity Champion**
 - a. One-page summary of how you have made a difference in your community and to your academy. Explain your contributions as a charity champion.
 - b. Explain how you have been an ambassador of the Tiger-Rock company and how you have brought prestige to Tiger-Rock as it has changed and innovated over its history.

Grandmaster Journey Document (required 8th, 9th) Journey Document Expectations And Evaluation

The Grandmaster Title, 8th and 9th is about skills, ambassadors, community, citizenship, leadership, practice, and being visible to use the title to impact and bring credit to the Tiger-Rock group as a whole. Holders of the title believe it is about using the title to bring honor and prestige to the Tiger-Rock group. Your request to be promoted is based on a 2-part evaluation process (orals & written) that gives you an opportunity to communicate and document significant advancements since your last promotion in three areas of Tiger-Rock martial art;

1. Physical skills insight– Describe how you have modified your physical practice as a result of aging. What have you noticed and how have you adapted?
2. Intellectual growth – Describe continued interests, depth of understanding, and what you have observed.
3. Emotional maturity – Describe your journey to enlightenment and balance.

To pass your journey document a letter grade of B+ or higher must be achieved. Please see the evaluation notes below and resubmit by 20 days prior so we can reconsider your application. You are welcome to ask someone to assist with design, formatting, and writing your story to enhance your journey document that better reflects your knowledge base that is equal to the prestigious title of Grandmaster & Senior Grandmaster.

Format & Content

6. Title Page: first page should clearly state your name, current rank, date and a short paragraph in your own words about the purpose of your journey document.
7. Format into sections as if writing a book with chapters. Each chapter should have it's own dialogue and photos. See below as there are 5 chapters.
8. All chapters should include comments on your advancements in
 - a. Physical skills insight– Describe how you have modified your physical practice as a result of aging. What have you noticed and how have you adapted.
 - b. Intellectual growth – Describe continued interests, depth of understanding and what you have observed.
 - c. Emotional maturity – Describe your journey to enlightenment and balance.
9. Photos should be limited to no more than 8 with captions
10. Do not exceed limits.

Continued Next Page

Chapters, Captions and Formatting

1. Martial Arts Journey
 - a. One page explanation about your Martial Art life journey, what you've learned, witnessed, observed and feel.
 - b. Eight photos you selected with captions that best capture what you've learned, observed and feel.
2. Tiger-Rock Events and/or Seminar Journey
 - a. One-page explanation of achievements and experiences
 - b. Eight photos you selected with captions that best capture what you've learned, observed and feel.
3. Personal Life Journey
 - a. One page story about your personal life journey, lessons learned and observed.
 - b. Eight photos with captions tracing your family, life, and roots.
4. Nine (9) Mile Walk Journey
 - a. One page summary of your 9 Mile Symbolic Walk bringing mind and body together.
 - b. Eight photos you selected with captions that best capture what you've learned, observed and feel.
5. Tiger-Rock Ambassador, Scholarship Program & Big Brothers/Big Sisters Mentoring Program
 - a. One-page summary of how you have made a difference in your community. Explain your contributions as a local charity champion and as part of the Tiger-Rock Company Scholarship Program interactive with Big Brothers/Big Sisters.
 - b. Explain how you have been an ambassador of the Tiger-Rock company in a way that brings prestige to Tiger-Rock as it has changed and innovated over its history.
6. **Part Two:** Satisfactorily passing an oral exam in front of the National Board of Examiners is required

Nine (9) Mile Symbolic Walk

Prioritizing safety and a meaningful area to conduct your walk is a priority. During the 9-mile walk candidates are encouraged to stop along the route to observe, record thoughts in a notebook, practice mindfulness and the Ho-Am form. Candidates should refrain from talking or being distracted during this walk. Candidates under 18 years of age are required to have an adult accompany them on the walk but they should not disturb the candidate during the experience.

Walking in nature or a meaningful area to the candidate can have many therapeutic benefits for the person walking and certainly has commonality with Martial Arts mental focus. Walking promotes the health of the mind, the body, and the spirit. Candidates are encouraged to plan their route in advance and take precautions to insure a safe and enjoyable experience. It is important to make others aware of your route and when you will return. You are advised to take your cell phone for safety but avoid using it during your experience.

Practice dynamic mindfulness by experimenting with the rhythm of the step timed with your breath. Compare 3/3, 3/4, 4/4, 4/5, 4/6, 5/5 and 5/6 in breaths and steps to out breaths and steps the 4/4 and 4/5, producing the best harmony of mind and body for your walk for the speed that you are walking. The best ratio will change if the pace of the walk changes.

10 Week Planner to Pre-Test or Test Training Planner

- Weekly private Martial Art Specific trainings and duration of each (goal of 2)
- Weekly interactive training with partner or in class (goal of 2)
- Weekly S & C i.e., strength training, cardio, sprints, heavy bag (goal of 1)

Chart on Next Page

Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 1	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 6
Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 2	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 7
Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 3	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 8
Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 4	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 9
Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 5	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 10

High Rank Pre-Test Guide

The pre-test is conducted by a Certified designated official to determine the readiness on the part of the student to attempt a high rank physical test. The pre-test must be passed between March and June prior to the July high rank test.

Pre-tests are conducted every cycle at the Tiger-Rock office and during published events.

The Tiger-Rock pre-test is exactly **1.45 hours** long. During the pre-test students should feel free to take hydration breaks as needed.

Performance Categories

- The Tiger-Rock Form 55
- The Tiger-Rock Sparring 15 & Defense 15
- Sparring
 - Defense Sparring
- Breaking
 - Defense Breaking & Striking
- Orals
 - Performance Science
 - Charity Champion
- Strength & Conditioning

Additional Requirements

- Journey Document
- Pre-Test
- Certified Instructor Certificate
- 9-mile walk
- Interview
- Charity Champion Documentation
- Ambassador Documentation

Form Note: to pass 4 of 6 of the above must be performed to standards. Minor mistakes on form are acceptable but a poor display of Style: movement theory essence elements are not acceptable.

Strength & Conditioning (the following or any variation determined by conductors)

- Pro agility 3 cone drill (3 sets)
- 3 sets of 10 Windmill push ups
- 7 cone drill (3 sets)
- 3 sets of 10 plank ups
- 4 cone drills. Base line to first cone, back to base then to next cone, etc. 3 sets
- Stretching

Breaking/Striking (focus on alertness by using blocker attacks in parts of the striking evaluation)
single, partner, group)

- Single Power Bag
 - Watch for quick steps
 - Watch for power
- 3 Power Bag sets with angles
 - Watch for quick steps
 - Watch for power
 - Watch for change of direction
- Speed Target Drills
 - A variety of techniques with and without blocker
- Defense Breaking
 - Each perform a personal best on the 4-station defense breaking course.
 - Participants work together as a team to challenge and encourage each other

Ho-Am Form (all ranks)

- Both sides continuous

Defense 15 & Sparring 15

- Perform as assigned day of pretest. Judge may prompt each technique, but performance will be required. Student must demonstrate they are familiar with technique, and it is apparent they have practiced.

Sparring

- Sparring
- Player 2 Sparring

Orals

- Per formal testing chart

National Charity Champion Partnership Choices

1. Salvation Army (Christmas Season)
2. Red Nose Day Project (May national event)
3. Big Brothers Big Sisters interactive with the TR scholarship program (required)

Wrap Up by Conductor

- Witness high ranks **do not advise yes or no** they only can offer observations of a pretest student about observed performance.
- The final decision is the responsibility of the official. Each student will be brought in front of the official individually at the end of the pre-test and given a result.
- The pre-test is a yes or no and not conditioned on the student completing assignments later.
- Review the date of National testing event and the scope of that test
- Masters, Senior Masters, and Grandmasters provide feedback to candidates identified in the evaluation pre-test form (remember as consultants they are seated off to the side) and **do not say yes or no.**
- The conductor will submit one Pre-Test Evaluation form for each student to Tiger-Rock the next day.

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Orals

Current Rank

- 3rd & 4th: the 5 performance science
- 5th & 6th: The 9 defining characteristics of Style

Grandmaster Interviews

Grandmaster Title, 8th and 9th is about ambassador, community, citizenship and being visible to use the title to impact and bring credit to the Tiger-Rock group as a whole. Holders of the title believe it is about using the title to bring more honor and prestige to the Tiger-Rock group.

Orals

- Explain A
 - Your participation with the combined TR Scholarship program, BBBS fundraising and being a Mentor with Big Brothers Big Sisters
- Explain B
 - How will you use your promotion (if promoted) to increase the influence & prestige of Tiger-Rock on a National level.

National Champions Ceremony

High Rank Champions Ceremonies will be held once annually at the July Nationals. Students who pass their physical testing and who have completed all of their requirements will be presented with their new rank, belt, patch and certificate on the day of their testing during ceremonies.

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		

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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Testing Sheets (Next Pages)

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Academy Competition Mode Test

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



Name	Age	Current Rank	S & C <small>Circle One</small>	Form 55 <small>Circle One</small>	Spar <small>Circle One</small>	Spar 15 <small>Circle One</small>	Dynamic Breaking <small>Circle One</small>	Oral <small>Circle One</small>	Mid-Cycle Event Attendance <small>Circle One</small>	New Rank
1.			S U	S U	S U	S U	S U	S U	S U	
2.			S U	S U	S U	S U	S U	S U	S U	
3.			S U	S U	S U	S U	S U	S U	S U	
4.			S U	S U	S U	S U	S U	S U	S U	
5.			S U	S U	S U	S U	S U	S U	S U	
6.			S U	S U	S U	S U	S U	S U	S U	
7.			S U	S U	S U	S U	S U	S U	S U	
8.			S U	S U	S U	S U	S U	S U	S U	
9.			S U	S U	S U	S U	S U	S U	S U	
10.			S U	S U	S U	S U	S U	S U	S U	
11.			S U	S U	S U	S U	S U	S U	S U	
12.			S U	S U	S U	S U	S U	S U	S U	
13.			S U	S U	S U	S U	S U	S U	S U	
14.			S U	S U	S U	S U	S U	S U	S U	
15.			S U	S U	S U	S U	S U	S U	S U	
16.			S U	S U	S U	S U	S U	S U	S U	
17.			S U	S U	S U	S U	S U	S U	S U	
18.			S U	S U	S U	S U	S U	S U	S U	
19.			S U	S U	S U	S U	S U	S U	S U	
20.			S U	S U	S U	S U	S U	S U	S U	

S for satisfactory / U for unsatisfactory. Student must earn a S on 4 of 6 to Promote. Include U notes on back

Academy _____ Date _____ Judge 1 _____ Judge 2 _____ Judge 3 _____

Academy Defense Mode Test

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



Name	Age	Current Rank	S & C Circle One	Form 55 Circle One	Spar Circle One	Defense 15 Circle One	Dynamic Breaking Circle One	Oral Circle One	Mid-Cycle Event Attendance Circle One	New Rank
1.			S U	S U	S U	S U	S U	S U	S U	
2.			S U	S U	S U	S U	S U	S U	S U	
3.			S U	S U	S U	S U	S U	S U	S U	
4.			S U	S U	S U	S U	S U	S U	S U	
5.			S U	S U	S U	S U	S U	S U	S U	
6.			S U	S U	S U	S U	S U	S U	S U	
7.			S U	S U	S U	S U	S U	S U	S U	
8.			S U	S U	S U	S U	S U	S U	S U	
9.			S U	S U	S U	S U	S U	S U	S U	
10.			S U	S U	S U	S U	S U	S U	S U	
11.			S U	S U	S U	S U	S U	S U	S U	
12.			S U	S U	S U	S U	S U	S U	S U	
13.			S U	S U	S U	S U	S U	S U	S U	
14.			S U	S U	S U	S U	S U	S U	S U	
15.			S U	S U	S U	S U	S U	S U	S U	
16.			S U	S U	S U	S U	S U	S U	S U	
17.			S U	S U	S U	S U	S U	S U	S U	
18.			S U	S U	S U	S U	S U	S U	S U	
19.			S U	S U	S U	S U	S U	S U	S U	
20.			S U	S U	S U	S U	S U	S U	S U	

S for satisfactory / U for unsatisfactory. Student must earn a S on 4 of 6 to Promote. Include U notes on back

Academy _____ Date _____ Judge 1 _____ Judge 2 _____ Judge 3 _____

National Black Belt Test

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



Name	Age	Current Rank	S & C <small>Circle One</small>	Form 55 <small>Circle One</small>	Spar <small>Circle One</small>	Defense Spar 15 <small>Circle One</small>	Dynamic Breaking <small>Circle One</small>	Oral <small>Circle One</small>	New Rank
1.			S U	S U	S U	S U	S U	S U	
2.			S U	S U	S U	S U	S U	S U	
3.			S U	S U	S U	S U	S U	S U	
4.			S U	S U	S U	S U	S U	S U	
5.			S U	S U	S U	S U	S U	S U	
6.			S U	S U	S U	S U	S U	S U	
7.			S U	S U	S U	S U	S U	S U	
8.			S U	S U	S U	S U	S U	S U	
9.			S U	S U	S U	S U	S U	S U	
10.			S U	S U	S U	S U	S U	S U	
11.			S U	S U	S U	S U	S U	S U	
12.			S U	S U	S U	S U	S U	S U	
13.			S U	S U	S U	S U	S U	S U	
14.			S U	S U	S U	S U	S U	S U	
15.			S U	S U	S U	S U	S U	S U	
16.			S U	S U	S U	S U	S U	S U	
17.			S U	S U	S U	S U	S U	S U	
18.			S U	S U	S U	S U	S U	S U	
19.			S U	S U	S U	S U	S U	S U	
20.			S U	S U	S U	S U	S U	S U	

S for satisfactory / U for unsatisfactory. Student must earn a S on 4 of 6 to Promote. Include U notes on back

Location _____ Date _____ Judge 1 _____ Judge 2 _____ Judge 3 _____