

COMPETE. DEFEND. ADVANCE.

**Fall/Spring District and Summer
National **Standards Guide****



Tournament

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Tiger-Rock Tournament Experience

Tournament competition is part of our culture to train for more events that results in a personal and joined experience often described as for the love of the game.

Tiger-Rock believes that martial art competition is an opportunity for every member to test themselves against others for the enjoyment and advancement of their journey.

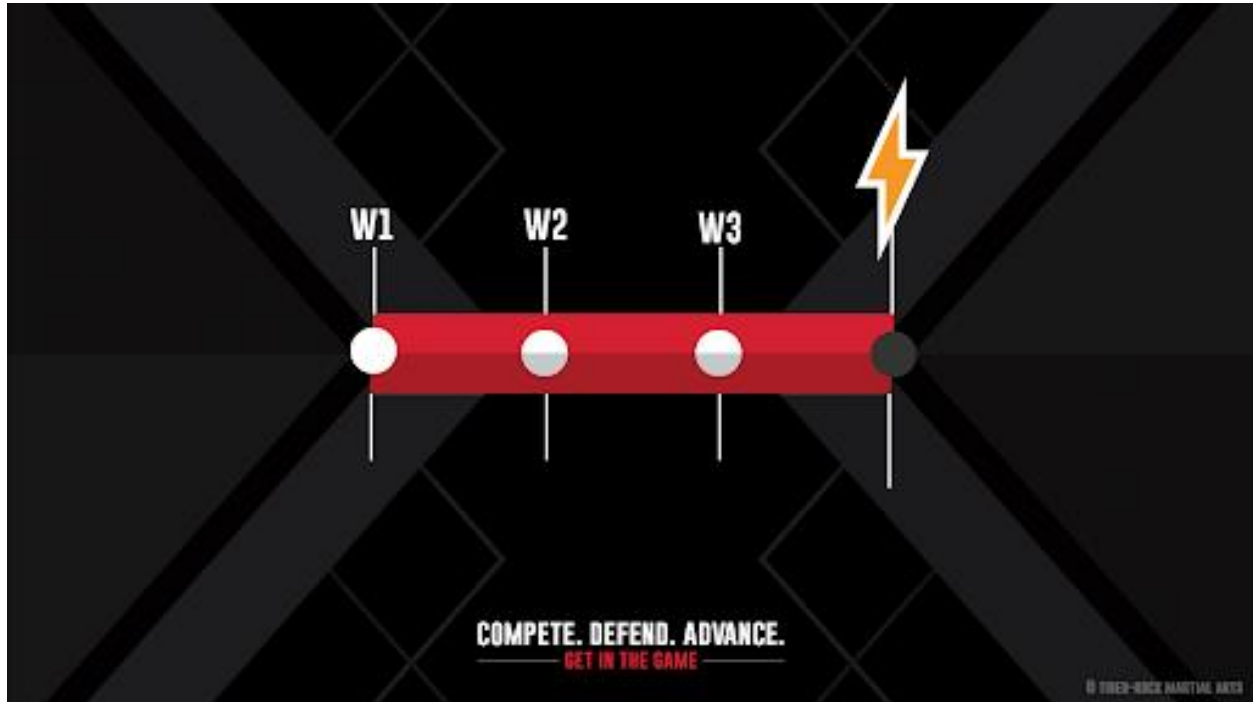
Against others (earn medal) the results of the competition, is celebrated along with other event achievements at each Cycle Champions Ceremony. By cycle and annually aggregated participation tell a story about each student as they are recognized during the Cycle Champions Ceremony.

Examples of District and National Medals

Fall District-----Spring District-----Summer Nationals



Tournament 3 & 1 Prep and Competition Timeline



3 & 1 Tournament Training Mode

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

- Warm Up/Agility (8 minutes)
- Targets (12 minutes)
 - Speed Target
 - Power Bag
 - Dynamic Breaking
- 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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Fall & Spring Districts Locations

- District locations and academies attending are annually published by Tiger-Rock. TR consults with academy CDA Directors

Summer Nationals

- Thursday: Testing and Champions
- Friday: 5 traditional flights & Monroe Trophy
 - Traditional 8:00, 9:30, 11:00, 2:00, 3:30
 - Include 2 teen/adult and 2 junior courses of TR3A-Defense (limited hours)
 - Monroe Trophy 5:00
- Saturday: 5 Allstar flights & XP Weapons
 - Allstar 8:00, 9:30, 11:00, 2:00, 3:30
 - Include 2 teen/adult and 2 junior courses of TR3A-Defense (limited hours)
 - XP Weapons 5:00
 - Finals
 - A bracket station group competitions are the finals within the ring
 - "A" bracket medals are allstar medals

Competition Groupings

Tiger-Cubs

Categories of Competition Fall/Spring Districts & Nationals

- Skills display
- Successful 7
- Breaking
- Agility

Juniors

Falls/Spring Districts & Nationals Junior Competition

- Rank Sparring
- Player 2 Sparring
- Rank Form
- Breaking
- XP single weapons

Teen/Adult

Fall/Spring Districts & Nationals Youth/Adult Competition

- Rank Sparring
- Player 2 Sparring
- Rank Form
- Breaking
- XP Single Weapons


Black Belt Competition Rank Ups

Fall/Spring Districts: Rank Up

- One level for any two medals, one of which is a **gold**

Summer Nationals: Rank Up

- One level for any two medals, one of which is **silver**



DISTRICTS



YEAR OF THE TIGER

COMPETE. DEFEND. ADVANCE.

1ST-3RD BLACK BELTS

BLACK BELT NO LIMITS EXPERIENCE

RANK UP AT ANY OR ALL SEASON TOURNAMENTS
FALL/SPRING DISTRICT + JULY NATIONALS

BLACK BELT COMPETITION
RANK UP
REQUEST FOR

TOURNAMENT: SPRING DISTRICT FALL DISTRICT NATIONALS

RESULT (FORM): GOLD SILVER BRONZE

RESULT (SPARRING): GOLD SILVER BRONZE

Tiger-Rock **BLACK BELT NO LIMITS EXPERIENCE** opportunities allow each student to be recognized for performance as a martial artist. "Ranking up" through tournament performance is exceptionally challenging. During competition cycles, black belts have the opportunity to rank promote based on result value.

DISTRICTS: Rank Up: One level for any two medals, one of which is **gold**.

NATIONALS: Rank Up: One level for any two medals, one of which is **silver**.

ATTENTION!
Competitors must present this rank request form to their instructor no less than five days after the tournament.

Forms not signed and certified by the ring judge **are not** valid. Without a signed form any rank promotion(s) cannot be processed. Lost forms cannot be re-created. They must contain the original certifying judge's signature. Only official Rank Up Request Forms printed by Tiger-Rock are accepted.

A processing fee of \$ (belt included) must be submitted to the student's instructor at the same time as the rank up request form.

⚠ RING JUDGE MUST SIGN THIS FORM DURING THE TOURNAMENT

My Cycle Scorecard



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	<input style="width: 80%; 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



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)

All Star Tournament Invite

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.



ALL STAR INVITATIONAL

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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Season Top Honors

- Finals
 - Allstar Saturday "A" bracket station group competitions are the finals within the ring
 - "A" bracket medals are allstar medals

Fall/Spring Districts & Summer Nationals Competition Rules

Tiger-Rock Districts & Nationals are governed by one set of competition rules.

Age Groups: Tiger-Cub 4-5/Juniors 6 - 7 / Juniors 8 - 9 /Juniors 10 & 11
Teen Male 12 – 15 / Teen Female 12 – 15 / Adult Male 16+ / Adult Female 16+

Required Tournament Clothing

- **Events:** Color Belt: white TR uniform top, mat shoes, current season shirt & journey patch
- **Events:** Black Belt: red (black if certified) TR uniform top, mat shoes, current season shirt & journey patch

Event Jacket Off & Approved Seasonal Shirt

- XP Weapons (belt)
- TR3A-Defense (no belt)
- Board Breaking (belt)

Championship Judging Requirements

Tournament Judge:

- Center Judges: Certified Red or Black Belt Adult
- Corner Judges: Certified Blue, Brown, Red or Black Belt Adults

Judge Approved Attire:

- JUDGE: Journey Event Uniform



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Judging Professionalism and Problem Solving

- Competition Pods are under the supervision of the pod manager
- Championship judges must demonstrate absolute integrity. If at any time a judge realizes that he/she made a mistake or has a question stop and inform the pod manager for resolution

Number of Rings, Ring Sizes, and Configuration

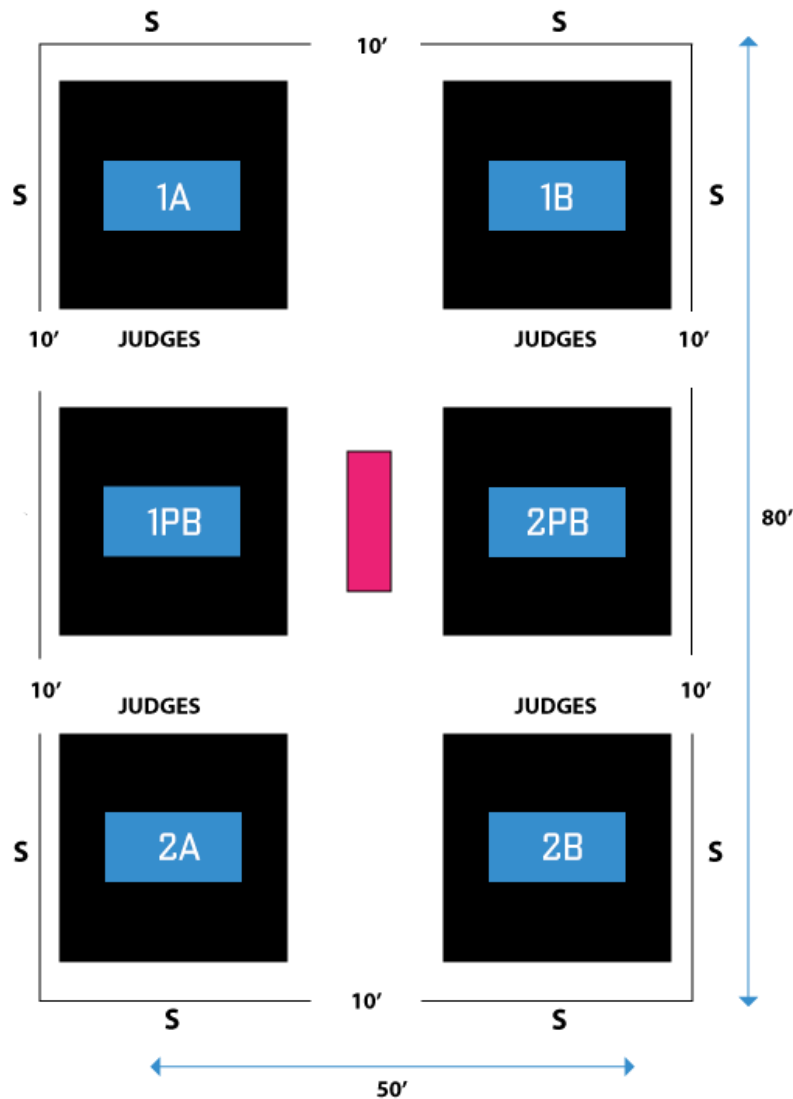
Six Ring Competition Stations (each station has medal inventory station)

Number of 6-Ring Competition Pods with 2 Stations determined by Size of Tournament

1. Each ring 6 x 6 mats
2. Four rings sparring & form; one for "A" & one for "B" bracket
3. Two rings for player 2 and breaking
4. Six Sets of Judges

Diagram on Next Page

Districts and Nationals 6 Mat Competition Pod



- TWO COMPETITION STATION = 1 COMPETITION POD
- 6 RING X 36 MATS = 216 MATS PER POD
- 3 JUDGES 1 SCOREKEEPER = 4 CHAIRS PER RING 1A, 1B, 2A, 2B
- 1 POD FACILITATOR FOR OVERSIGHT = 1 CHAIR
- S - 10 SPECTATOR CHAIRS PER SIDE AS SHOWN = 80 SPECTATORS PER POD
- PB - PLAYER 2 AND BREAKING
- 220 LINEAR FEET OF STANCHIONS AS SHOWN (ALONG OUTSIDE OF EACH RING)
- BETWEEN 1PB AND 2PB: 2 TABLES FOR ADMIN/MEDAL STATION
- 3 CHAIRS FOR EACH OF THE PLAYER 2/BREAKING RINGS

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Begin by Determining A & B Brackets

- First round is to determine bracket only. Begin with a maximum of 8 competitors as a target number, vary as needed depending on whether a District or National tournament however there is seldom less than 6 beginning competitors prior to creating the A and B brackets. (it is encouraged regardless of the size of the initial group all rings have an “A” and “B” bracket if at all possible. In the event groupings cannot start with 6 resulting in “A” & “B” brackets the tournament director in consultation with other leaders will default to their judgement of an A only bracket)
- Create Brackets: single elimination first form then sparring to create A & B brackets using side by side rings
 - “A” bracket form competition
 - “B” bracket form competition
 - “A” bracket Sparring
 - “B” bracket Sparring
 - 1st, 2nd, 3rd medals in each bracket

Ring Management and Bracket Creation Flow

1. Preassigned 8 or fewer competitors in ring #1 of competition station to determine 4 winners while at the same time 8 or fewer students in ring #2 to determine 4 winners
2. The 8 winners create the “A” bracket in ring #1 of competition station and the 8 who lost create the “B” bracket in ring #2 of competition station

Forms (determines brackets) average 3 minutes per match

1. 4 matches on two mats simultaneously (to determine “A” & “B” brackets) 12 minutes
2. Then
 - a. 4 matches (12 minutes)
 - b. 2 matches (6 minutes)
 - c. 1 match (3 minutes)
3. Total 33 minutes

Sparring (average 3 minutes per match)

1. 4 matches on two mats simultaneously (to determine “A” & “B” brackets) 12 minutes
2. Then
 - a. 4 matches (12 minutes)
 - b. 2 matches (6 minutes)
 - c. 1 match (3 minutes)
3. Total 33 minutes

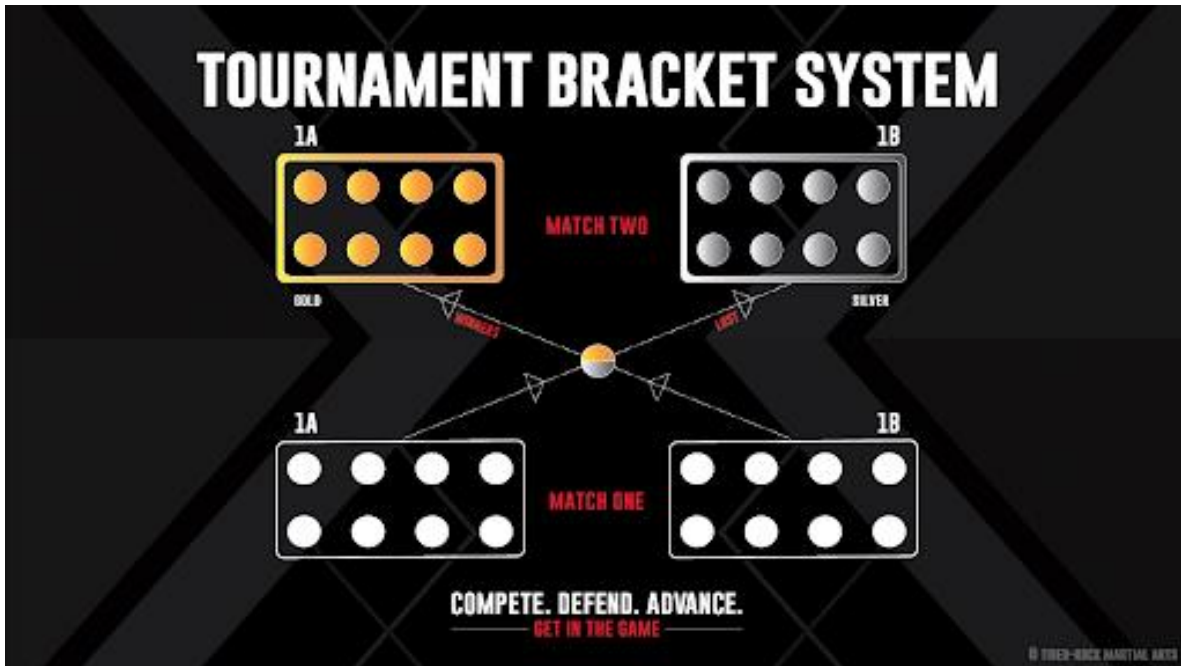
Total sparring/form 66 minutes

Note: When form & sparring are completed for a group move competitors to the adjacent connected breaking/player 2 ring in the station. The brackets for player 2 are the same as determined for sport sparring. Player 2 competition is not head-to-head single elimination but rather determined by the highest point totals.

***In the case of a white or yellow belt division player 2 sparring the brackets must be determined by point totals*

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Single Elimination Competition

Competition for all form and sparring competition is single elimination head to head match ups using the bye/pairing system. This system is used as brackets are being created as well as after they are created. (does not apply to player 2 or XP weapons)

Bye Chart

- 3 students/teams = 1 bye
- 4 students/teams = 0 byes
- 5 students/teams = 3 byes
- 6 students/teams = 2 byes
- 7 students/teams = 1 bye
- 8 students/teams = 0 byes
- 9 students/teams = 7 byes
- 10 students/teams = 6 byes
- 11 students/teams = 5 byes
- 12 students/teams = 4 byes
- 13 students/teams = 3 byes
- 14 students/teams = 2 byes
- 15 students/teams = 1 byes
- 16 students/teams = 0 byes

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Byes and Competitor Pairings

(Start over the bye/pairing system for every type of competition except for player 2 sparring if green and above in which case use sport sparring brackets)

1. Count the number of competitors
2. Refer to Bye Sheet to determine the number of byes.
3. Bye/Pairings System
 - i. Line up competitors in a straight line
 - ii. After center ring judge shuffles cards each competitor selects a laminated number card.
 - iii. Beginning with number one card holder assign byes in sequence until required number of byes have assigned.
 - iv. After Byes have been assigned create first round pairings using the continuing number sequence
 - v. Adjust pairings after asking competitors to raise their hands if their partner is from the same academy not byes (first round only)
4. Call out the competitor bye results of the bye/pairing system process and have those competitors stand in single line.
5. Call out first round competitor pairing results of the bye/pairing system process. Have those competitor pairings, after adjusting for same school members, stand in line side by side
6. Record names on competition form and collect cards.
7. Begin Competition

All Star Invitational at The Summer Nationals



Two Ways to Get Invited to the Summer Nationals All Star Saturday Competition

1. One requires winning a gold medal in sparring or form competition 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.

All Star Medals

“A” bracket medals are ALLSTAR medals on Saturday

Ring Splitting and Assignments

Split divisions by assigned official.

- a. Pre-splitting rings has been critical to running a smooth and efficient tournament. Academies should be required to send a participation export 72 hours prior to the tournament. Using this information pre-assign rings based on the following information:
 - i. Rank
 - ii. Age
 - iii. Height
 - iv. Gender
- b. On the day of the event modifications will be necessary. Leaving open spots in ring assignments will allow for these modifications to be made.
- c. Printed copies of ring participants can be distributed for judges for more efficient ring management.
- d. Each Center Judge is responsible for checking his/her division to make sure it complies with the participation list.

Ring Officials

1. From right to left facing chairs the order is: Scorekeeper, Center Judge #1, Judge #2, Judge #3,
2. **Center Judge** is the timekeeper and operates the stopwatch.
3. **Scorekeeper** operates the clipboard and manages the bracket forms.
4. Judges should make sure that they have a copy of the pre-printed judging sheets.

Record & Inspect

1. Line up contestants in ring.
2. Collect competitor online confirmations/receipts or inspect wrist band.
3. Assign one judge to warm up and stretch out contestants.
4. Oversee while Scorekeeper writes down contestant names on judging sheet.
5. Bow contestants in and direct them to sit behind ring line and listen for their names to be called.

Tiger-Rock Form 55

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 & Adult (All 55 lines)

Competition and how a winner is determined.

1. Center Judge calls first competitor pairing using the bye/pairing system.
 - a. Red ribbon to attach to competitor in ring (competitor on right facing forward is red)
2. Form is performed only once
3. Direct competitors to perform form side by side
4. Each Judge decides winner based on:
 - a. Neither of the competitors made a mistake; best artistic/athletic performance wins
 - b. One competitor makes a mistake and other did not; competitor not making a mistake wins
 - c. Both competitors make a mistake; best artistic/athletic performance wins
5. Judges do not consult on scores or mistakes, center judge says judges score
6. Judges raise flags indicating their individual decision
7. Majority flags determine winner
8. Record results

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

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.

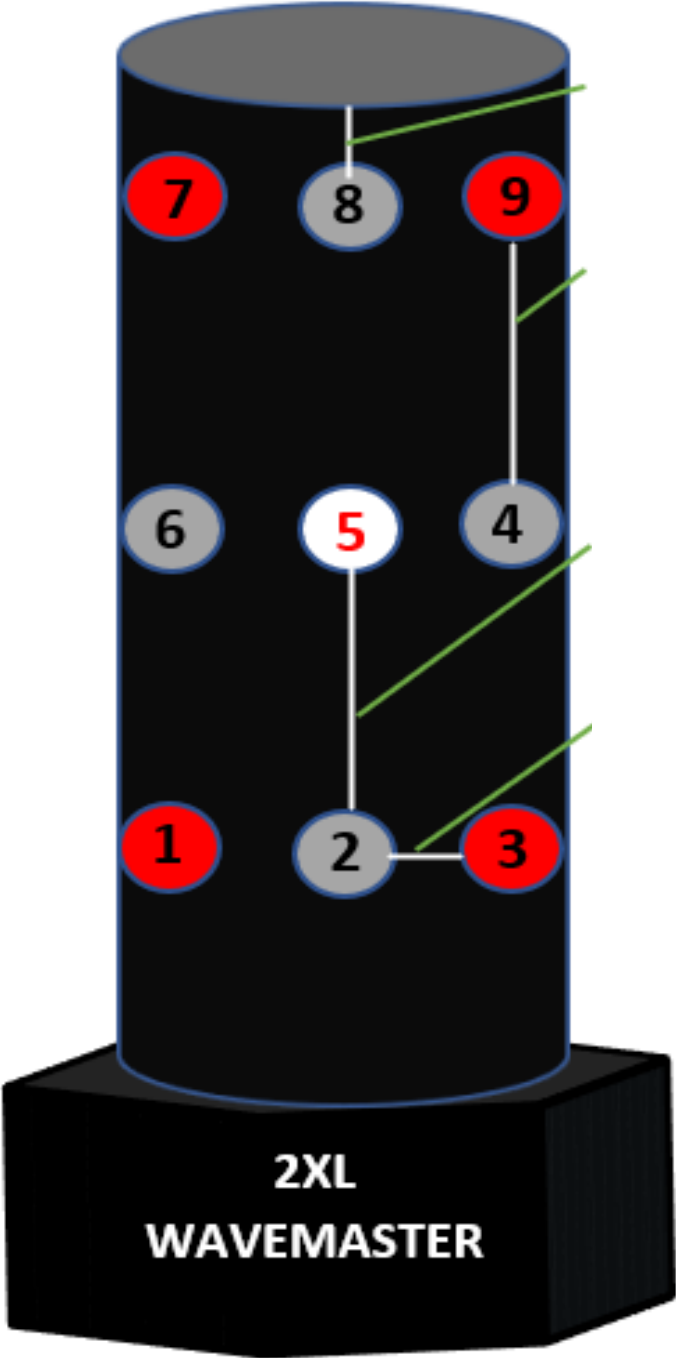
- To score points students must make exact contact and strike with conviction while following the Player 2 Progressive Combination.
- There are two judges (one for each competitor) each with clickers recording points for player 2 sparring.
- If a mistake is made in the combination (wrong technique, wrong 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)

Player 2 Bag



Tiger-Cub Competition

- This division requires warmth, enthusiasm, patience, and the use of transformational language.
- Cubs are called up to perform in pairs rather than individually. Pairings depend on the registrants for the particular event. Ideally, a ring will be made up of Cubs of the same level/same belt stripe color. In mixed level groupings, direct pairs to perform the requirements for their belt rank one at a time.
- Call two Cubs' names and space the competitors appropriately in ring. Have them bow in and then follow your directions as you lead them through their level requirements.
- At the end of the skills competition each Tiger Cub is awarded with a Gold medal.

Tiger Cub Competition Skills

- Kick - Outside Crescent Kick
- Block - Low Block
- Strike – Knife Hand
- Co-Ordination Skill – Hands up, knee up....360 Spins
- Stance – Front Stance
- Escape Skill – Double Grab
- Life Skill – Rank Specific

Successful 7

#1 LISTEN:

- 3 rules of Focus- Focus my eye's, mind and body sir (hand gestures)

#2 OBEY:

- Mom's way, dad's way, teacher's way...right away (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:

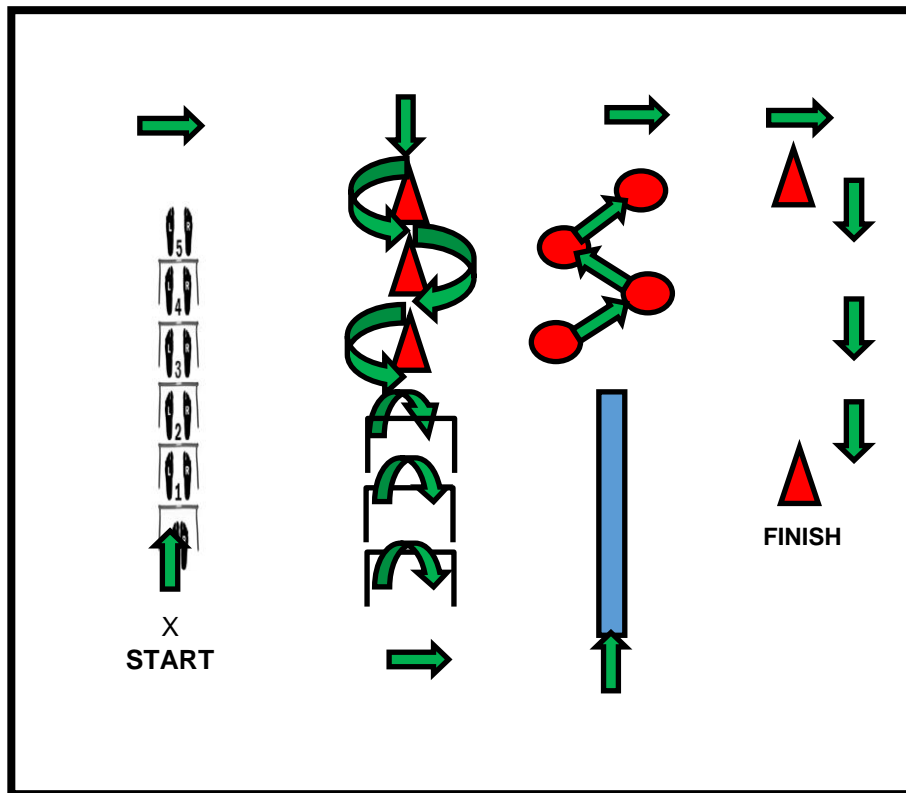
- I think I can, I know I can, I will do it!

#7 COURAGE:

- I am strong, I am brave, I have courage!

Tiger-Cub Agility Course

- The Agility Course is a timed performance made up of various agility equipment within their ring of competition. This course will challenge the Tiger Cub's agility, endurance, and strength every step of the way. Medals will be awarded for the top three times for each ring.
- The course should be made up from the following agility equipment.
 - Agility Ladder
 - 5 Cones
 - 3 Hurdles
 - 1 Balance Beam (Foam or Traditional)
 - Target
 - 5 Vinyl floor dots
 - **See Diagram below**



Tiger-Cub Agility Course

1. Start at the (X). Tiger Cub will do 2 punches on an Instructor held target. Time starts when first punch makes contact.
2. Agility Ladder: Hop with both feet in to the box and repeat throughout the ladder.
3. When the ladder has been completed turn right to the cones. Run around and between the cone.
4. Jump over 3 hurdles
5. Turn left toward balance beam. Move across balance beam one foot in front of the other
6. Frog jump from one pad (Floor dots) to the other
7. Right turn around cone and sprint to the finish line.

Tiger-Cub Breaking

- Tiger-Rock 4 station breaking course with punch out targets

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XP Weapons Competition

1. In White through Black Belt divisions only (all ages), record the names of competitors registered for Extreme Performance competition for single synchronized competition.
2. Music is required; students should bring their own. Assign someone to set up, start, and stop music as each competitor is called.
3. Competitor will simply receive a **Score** or **No Score** based on Performance and whether or not they committed a violation.
4. XP weapons competition is a mixed weapons competition with all four weapons in the same divisions
5. XP weapons single or double weapons allowed but weapons must match, i.e. sword/sword.

Competition and How a Winner is Determined

1. Center Judge calls first competitor pairing using the bye/pairing system.
 - a. Red ribbon to attach to competitor in ring (competitor on right facing forward is red)
2. Form is performed only once
3. Direct competitor pairing to perform form individually followed by pairing partner then select winner.
4. Each Judge decides winner based on;
 - a. Neither of the competitors made a mistake; best artistic/athletic performance wins
 - b. One competitor makes a mistake and other did not; competitor not making a mistake wins
 - c. Both competitors make a mistake; best artistic/athletic performance wins
5. Judges do not consult on scores or mistakes, center judge says judges score
6. Judges raise flags indicating their individual decision
7. Majority flags determine winner
8. Record results

No Score infractions include:

- a. **Weapons Drop-** *weapon is dropped unintentionally during form inside the ring.*
- b. If the weapon is dropped onto the mat and rolls out of the ring, it is considered a Weapons Drop not Loss of Control. A No Score Infraction will be awarded.
- c. Stopping and restarting for any reason other than a music malfunction.
- d. Exceeding 1.5 minute time limit for single competition or 2 minute time limit for team.
- e. One or more entire foot stepping off the mat.

No Score Disqualification includes:

- Disqualification will occur if there is a “Loss of Control of Weapon” during form, resulting in its projection outside the ring. (EX. Weapon clearly flies outside of the ring without touching the mat first.)

Not Allowed:

- Moves to be determined unsafe by nationally recognized martial arts XP competition circuits
- Gainers.
- Front or back flips with any type of twist.

Allowed:

- Weapon ground placements are allowed. Placement must be clear, otherwise, it will be indicated as a weapons drop.

- Moves to be determined safe by nationally recognized martial arts XP competition circuits other than gainers or front or back flips with any type of twist

Fall/Spring Districts Tournament Breaking

- TR Breaking 15 System Only

Summer Nationals Breaking

- TR Breaking 15 System Only



Guidelines:

- Use the pre-distributed board break selections for Black Belts and Color Ranks
- Record the names of competitors registered for the board breaking competition.
- Secure competition re-breakable boards for each age group.
- If the Judges determine that the competitor did not break the board due to equipment failure, the competitor gets another chance to break the board.
- Competitor certificates are not given during this competition.
- If a student successfully breaks the number of stations to receive a medal, they are given a medal immediately after they complete.

Rules:

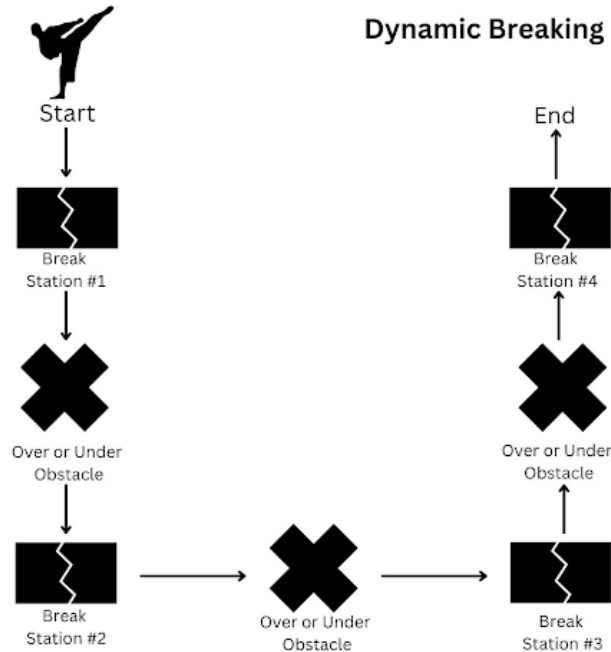
- Each competitor is only allowed one opportunity to achieve a medal
- Perform Assigned Techniques
- Only one attempt per technique is permitted
- Students can choose which side of the body to break with.
- If a technique is unsuccessful, competitor moves on to next technique

Awards:

- 4 Breaks = Gold Medal
- 3 Breaks = Silver Medal
- 2 Breaks = Bronze Medal

Dynamic One System 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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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

TIGER-ROCK MARTIAL ARTS BREAKING 15

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

POWER S
PRECISION
DO IT RIGHT BREAK IT

MAGLOCK™
MAGNETIC LOCKING SYSTEM
EASY TO USE EASY TO REMOVE

SHOCKSORB™
SHOCKSORB WITH UNDER SHOULDER PADS
LET THE SHOCKSORB

BITEGUARD
SHOCKSORB WITH UNDER SHOULDER PADS
NO BRASS NO PAIN

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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

Ring Presentation

Districts-Nationals

Awarding Of Medals and Certificates

(Districts, Nationals)

1. Check the recording of winners on judging sheet for accuracy.
2. Fill out Competitor Certificates as competition is occurring. (Important for time efficiency) One certificate for each competitor for the tournament not per competition category. This means they are distributed during the primary ring competition only.
3. Fill out bottom of Judging sheet completely. Sign, accepting responsibility.
4. Line up students for presentations of Certificates first, then Medals.
5. Hand out certificates to all competitors.
6. Call 3rd, 2nd, and 1st forward and present medals.
7. Center judge delivers inspirational message to competitors.
8. Judges and competitors face each other and bow

Awarding of the Allstar Invitational Card

(Fall District, Spring District, Summer Nationals)

1. Identify Traditional Friday gold medal winners in “A” bracket at the Nationals in Traditional form or sparring
2. Identify gold medal winners at the Districts in Traditional form or sparring
3. In both cases the Center Judge fills out and signs the AllStar invite
4. Present Invitation card to the gold medal winners in traditional forms or sparring
5. Explain to the medal winners and parents holders of the card compete in the All Star Saturday Nationals in July

Black Belt Rank Up Cards

(Districts, Nationals)

1. Identify medal winner(s) See Below Guide
2. Fill out Black Belt Rank up card and sign
3. Hand out rank up card
4. Remind recipients the following:
 - Competitors must present this rank promotion request form to their personal instructor not less than 5 days after the event.
 - Forms not signed and certified by the ring judge are invalid.
 - Without a signed form rank promotion cannot be processed. Lost forms cannot be recreated as they must contain the certifying judge’s signature.
 - New rank will be presented during the upcoming academy Cycle Champions Ceremony.

Academy Cycle Champions Ceremony Invitation Cards

(Fall/Spring Districts, Summer Nationals)

- Member personal invitation to participate in the academy cycle ceremony honor walk and be recognized for their cycle achievements.

Wrap Up

1. Center turns in the ring envelope to the pod manager who turns it into the table.
2. Center reports to the ring assignment director for another flight.
3. When appropriate, the Center oversees ring breakdown, assuring that equipment is properly checked in at the command table and mats are appropriately stowed.

Cycle Champions Ceremony Invite



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All Star Graphics



ALL STAR INVITATIONAL

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.

Example Black Belt Rank Up Card



TIGER-ROCK
MARTIAL ARTS

DISTRICTS
YEAR OF THE TIGER
COMPETE. DEFEND. ADVANCE.

1ST-3RD BLACK BELTS
**BLACK BELT
NO LIMITS
EXPERIENCE**

RANK UP AT ANY OR ALL SEASON TOURNAMENTS
FALL/SPRING DISTRICT + JULY NATIONALS

TIGER-ROCK | **40th ANNIVERSARY**

BLACK BELT COMPETITION
RANK UP
REQUEST FOR

COMPETITOR _____

INSTRUCTOR _____

ACADEMY _____ RANK _____

TOURNAMENT: SPRING DISTRICT FALL DISTRICT NATIONALS

RESULT (FORM): GOLD SILVER BRONZE

RESULT (SPARRING): GOLD SILVER BRONZE

RANK UP _____

RING JUDGE _____

LOCATION _____ DATE _____

Tiger-Rock **BLACK BELT NO LIMITS EXPERIENCE** opportunities allow each student to be recognized for performance as a martial artist. "Ranking up" through tournament performance is exceptionally challenging. During competition cycles, black belts have the opportunity to rank promote based on result value.

DISTRICTS: Rank Up: One level for any two medals, one of which is **gold**.

NATIONALS: Rank Up: One level for any two medals, one of which is **silver**.

ATTENTION!
Competitors must present this rank request form to their instructor no less than five days after the tournament.

Forms not signed and certified by the ring judge are **not** valid. Without a signed form any rank promotion(s) cannot be processed. Lost forms cannot be re-created. They must contain the original certifying judge's signature. Only official Rank Up Request Forms printed by Tiger-Rock are accepted.

A processing fee of \$ _____ (belt included) must be submitted to the student's instructor at the same time as the rank up request form.

▲ RING JUDGE MUST SIGN THIS FORM DURING THE TOURNAMENT

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Example Competitor Certificate



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 _____	_____	_____	_____

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)		

Bracket Sheet

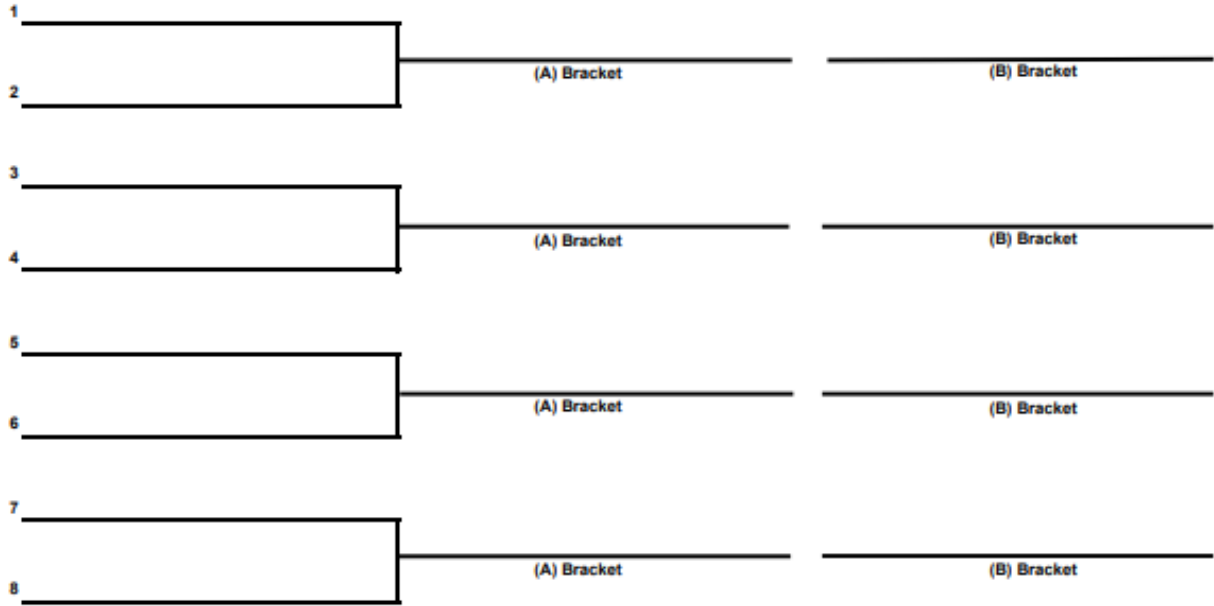
Generalized Bracket Sheet

TYPE: (Circle One)

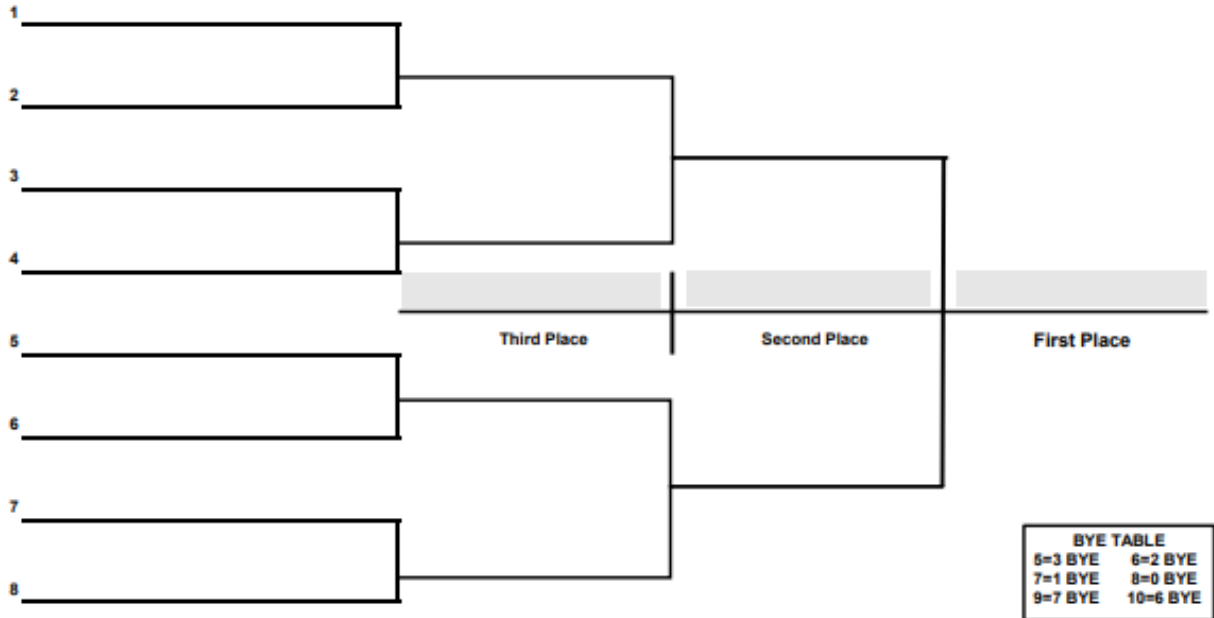
EVENT: _____ DIVISION: _____ FORM SPARRING PLAYER 2

Judge 1: _____ Judge 2: _____ Judge 3: _____

A / B - BRACKET CREATION ROUND



(A) Bracket (B) Bracket



BYE TABLE	
5=3 BYE	6=2 BYE
7=1 BYE	8=0 BYE
9=7 BYE	10=6 BYE

RING # _____ * (A) BRACKET RINGS ODD NUMBER * (B) BRACKET RINGS EVEN NUMBER