

ROTATING CURRICULUM: Tactical Cycle

ONE STEPS: (WHITE/YELLOW) Hands in Guard, Double Step Back on all One Steps

1. Step forward to left front stance while simultaneously executing left outer forearm block/grab arm and shoulder of opponent, #2 Right Knee to torso.

2. Right 45-degree step, left #1 side kick to body, right reverse elbow to head.

3. Step forward right back stance and right outside block, left palm heel right front stance, right foot steps back #1 left front kick.

CONTACT SKILLS: TARGETS

WHITE, YELLOW BELTS: #3 Side Kick

GREEN & BLUE BELTS: #2 Side Kick

BROWN & RED BELTS: Jump #2 Side Kick

BLACK BELTS: Twist Kick

Basic Technique Drill:

White & Yellow Belts: Sitting Stance, Knife Hand Strike

Green Belts: Front Stance, High Block

Blue Belts: Back Stance, Double Knife Hand Block

Brown Belts: Front Stance, Twin Outer Forearm Block

Tactical BOARD BREAKS Blue - Black Belts must break 1 hand technique & 1 foot technique to pass.

BLUE, BROWN, RED BELTS: #2 Side Kick, Knee Strike, Forward Elbow, Downward Hammer Fist

BLACK BELTS: Jump #2 Side Kick, Knee Strike, Forward Elbow, Downward Hammer Fist

FORM

ALL STUDENTS: Ho-Am Form

BLACK BELT YOUTH & ADULTS: Ho-Am Form Right Side

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TIGER-ROCK
MARTIAL ARTS

RANK

TIME IN GRADE

ADDITIONAL REQUIREMENTS

COLOR BELTS TESTINGS HELD:
FEBRUARY, APRIL, JUNE, AUGUST, OCTOBER, DECEMBER

WHITE	2 MONTHS
YELLOW	2 MONTHS
GREEN (LEVEL 1)	2 MONTHS
GREEN (LEVEL 2)	2 MONTHS
GREEN (LEVEL 3)	2 MONTHS
BLUE (LEVEL 1)	2 MONTHS
BLUE (LEVEL 2)	2 MONTHS
BLUE (LEVEL 3)	2 MONTHS
BROWN (LEVEL 1)	2 MONTHS
BROWN (LEVEL 2)	2 MONTHS
BROWN (LEVEL 3)	2 MONTHS
RED (LEVEL 1)	2 MONTHS
RED (LEVEL 2)	2 MONTHS
RED (LEVEL 3)	2 MONTHS

(COMPLETE BEFORE TESTING FOR BLACK BELT)

1. ATTEND 2 TOURNAMENTS
2. COMPLETE A COMMUNITY SERVICE PROJECT
3. (RED LEVEL 3) MUST INTERVIEW AND COMPLETE PHYSICAL TEST (PT) 2 WEEKS PRIOR TO TESTING FOR BLACK BELT.
4. (RED LEVEL 3) AN ESSAY ON "MY JOURNEY TO BLACK BELT" MUST BE AT LEAST 500 WORDS. TURNED IN DURING INTERVIEW.

BLACK BELT TESTINGS HELD:
FEBRUARY, JUNE, OCTOBER

1ST DEGREE (L1)	2-4 MONTHS
1ST DEGREE (L2)	4 MONTHS
1ST DEGREE (L3)	4 MONTHS
1ST DEGREE (L4)	4 MONTHS
2ND DEGREE (L1)	4 MONTHS
2ND DEGREE (L2)	4 MONTHS
2ND DEGREE (L3)	4 MONTHS
2ND DEGREE (L4)	4 MONTHS
3RD DEGREE (L1)	4 MONTHS
3RD DEGREE (L2)	4 MONTHS
3RD DEGREE (L3)	4 MONTHS
3RD DEGREE (L4)	4 MONTHS
4TH DEGREE	2 YEARS

(COMPLETE AS 1ST DEGREE, BEFORE TESTING FOR 2ND DEGREE)

1. ATTEND 2 TOURNAMENTS OR 1 WORLD TOURNAMENT
2. COMPLETE A COMMUNITY SERVICE PROJECT

(COMPLETE AS 2ND DEGREE, BEFORE TESTING FOR 3RD DEGREE)

1. ATTEND 2 TOURNAMENTS OR 1 WORLD TOURNAMENT
2. COMPLETE A COMMUNITY SERVICE PROJECT
3. AN ESSAY ON "MY JOURNEY TO 3RD DEGREE". MUST BE 500 WORDS

(COMPLETE AS 3RD DEGREE, BEFORE TESTING FOR 4TH DEGREE)

1. ATTEND 2 TOURNAMENTS OR 1 WORLD TOURNAMENT
2. COMPLETE A COMMUNITY SERVICE PROJECT

**SEE TIGER ROCK TESTING REQUIREMENTS GUIDE

BLACK BELT TESTING PROCEDURES

1. FILL OUT APPROPRIATE APPLICATION TO TEST
2. COMPLETE PHYSICAL TEST (PT) 2 WEEKS PRIOR TO TESTING FOR EACH LEVEL
3. 1 PRIVATE LESSON WITH INSTRUCTOR (COMPLETED AT LEAST 1 WEEK PRIOR TO TESTING)

Minimum Class Attendance Requirements

White-Green Belts... 10 Classes

Blue-Red Belts... 12 Classes

Black Belts... 14 Classes Each Cycle

Cycle Events

August 17th - Movie Night \$25 5:30-8:30 (games, pizza, snacks, drinks, movie)

September 2nd - Labor Day (No regular classes)

September 14th - Youth Game Night \$25 6:00-9:00 (ages 10 & up)

September 21st - Train with a Grandmaster \$25

(8th Degree Black Belt Maria Snyder)

Cycle 4 Testing Questions

Juniors study questions 1-5 Youth/Adults study questions 1-10

1. What time is on time for testing? 15 minutes early

2. What is an instructor with a red jacket considered?

An honor or leadership instructor

3. During class students must do what when moving? Hustle and run

4. What is the Korean Term for Ready? Jhoon-Bee

5. What part of the fist do you strike with for a punch? First two knuckles.

6. What part of the foot do you strike with when doing a hook kick? Back of the Heel

7. What does a white belt signify? Innocence and the seed

8. Which foot do you move out to Jhoon-Bee? Left Foot

9. What are the four elements of power? focus, hips, stance and reaction force.

10. To which Grandmaster can Tiger-Rock directly trace it's roots?
Grandmaster Won-Kuk_Lee

Cycle Tenet: Self Control

You are responsible for how you act, no matter how you feel.



CYCLE 1 EVENTS

August-October 2019

Testing Dates & Times

Testing Registration Deadline September 26th

October 3rd Testing

4:30 Junior White & Yellow Belts

5:30 Junior Green Belts

6:30 Junior Blue-Red Belts

October 4th Testing

5:00 Youth White - Red Belts

6:30 Adults White - Red Belts

October 5th Testing

10:00 All Black Belts

An additional \$25 will be charged to test on a date other than the scheduled testing.

October 8th Awards Ceremony

5:30 All White-Red Belt Juniors

6:15 All White-Red Belt Youth & Adults

7:00 All Black Belts