



COMPLETE ATTENDEE GUIDE FOR COMPETITION & TESTING





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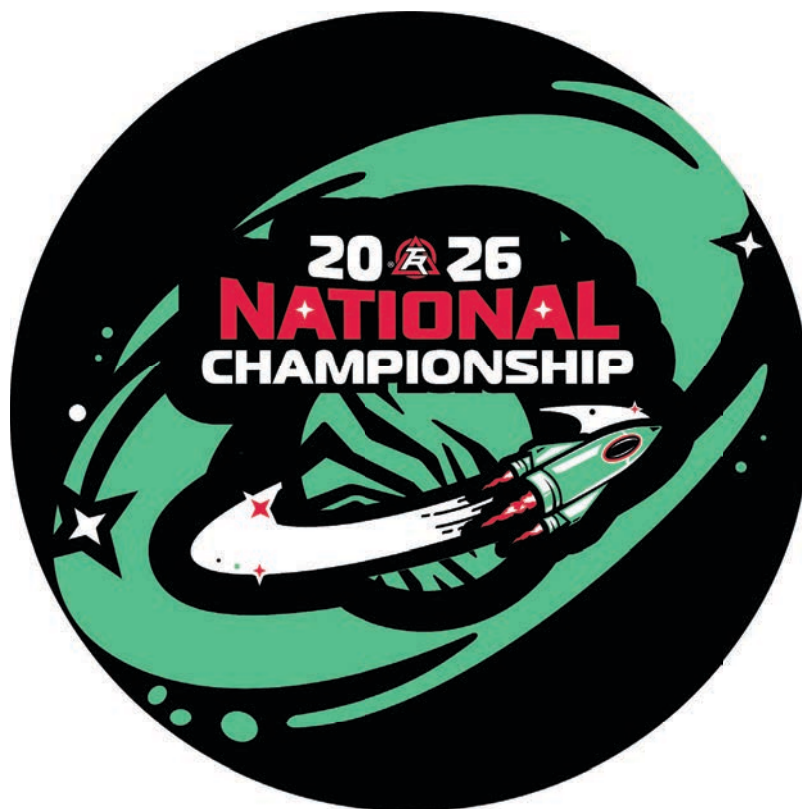


★ **TIGER-ROCK MARTIAL ARTS** ★

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2026 Tiger-Rock Nationals Complete Attendee Guide for Competition & Testing

Important Information and What to Expect



About Our Signature 44th year of National Championships
Experience the spirit of friendly competition as families and members of the TR Nation, with shared respect and community values, motivate one another to succeed in the competition.

July 16th – 18th, 2026
Von Braun Center, 700 Monroe St SW
Huntsville, AL 35801

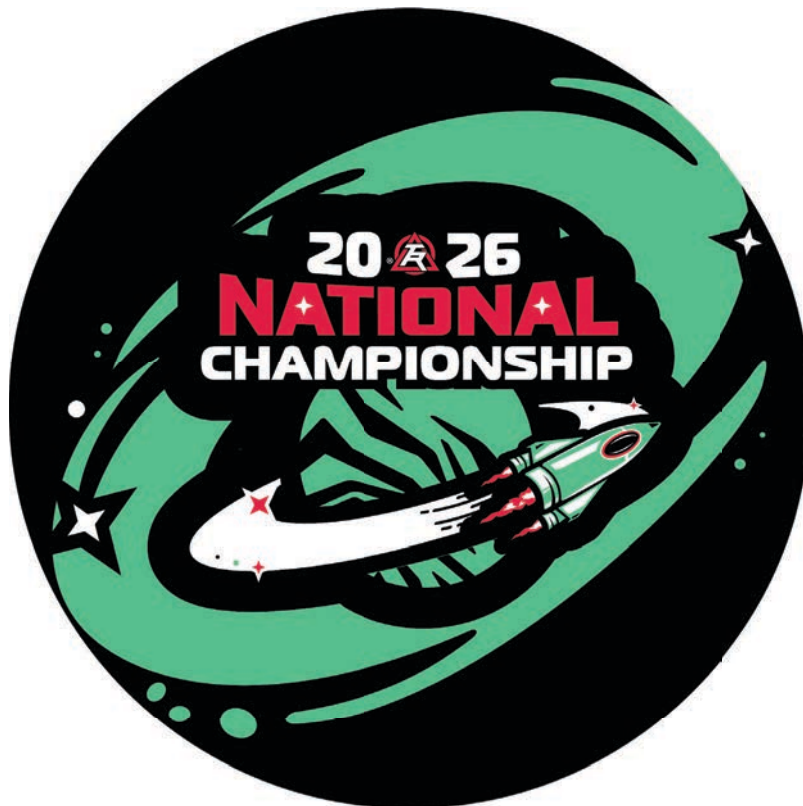
Welcome to Huntsville Alabama 2026 Tiger-Rock Martial Arts National Championships

We welcome you to the 2026 Tiger-Rock Martial Arts National Championship in Huntsville, Alabama!

This event is our annual celebration of martial arts athleticism as Tiger-Rock students from around the country come together to demonstrate their abilities.

The National Championship also allows participants to socialize with likeminded individuals and interact with some of the most prominent figures in the Tiger-Rock organization.

Within our 3 Day Event, we will have National Testing, Open/Traditional Competition, the Monroe Trophy, and the AllStar Competition.



Travel Safety

Auto: [link to AAA advice for your safety.](#)

Plane: [link to FAA consumer site for information.](#)

Event Parking:

Parking at the Von Braun Center is \$15. The VBC is a cashless facility accepting card and mobile payments only. No cash will be accepted at parking, concessions, or bars.





Entering the Event Center

Security

When you enter the building, you will be by the South Hall. Prepare to go through security once inside. For your safety, we have invested in scanners to pass through to detect items that could be harmful. Weapons are not allowed in the Center. We will also be screening for liquids that must have sealed tops.

Competitor Check-in Process

Go to the Event Check-In area and notice the lanes are organized alphabetically by last name. Here you will pick up your registration packets, which will include your competitor badges with Pod and Competition Station assignments, Testing Badges with group and table, and any spectator passes that were purchased.

Your Badge is King, refer to it for your competition time and ring assignment.



Late Registration and Upgrades

If you have not yet registered for the tournament, you can do so with an additional at-the-door fee of \$100. This is also the place to do ticket upgrades and any changes that may be required to your belt rank.

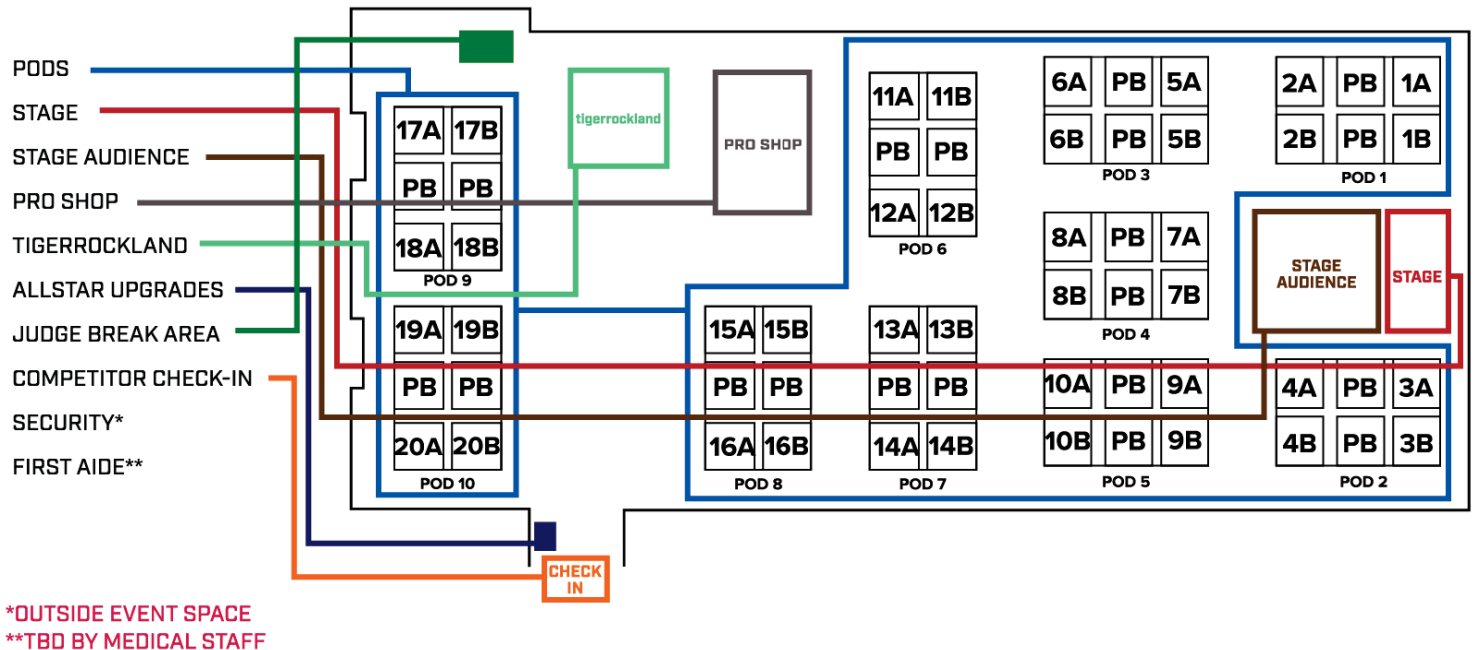
***If you have not yet registered, please arrive an hour early. ***

Spectator Passes

Spectator passes are required for anyone ages 8 and older who is not competing. Spectator passes can be purchased at check-in for \$30 each and are good for the entire event. If you are attending the event for more than one day, please do not remove your spectator wristband from your wrist. They are waterproof and will last throughout the event.

Event Spaces

VENUE NAVIGATION



There are 10 areas to be aware of:

1. Pods
2. Stage
3. Stage Audience
4. Pro Shop
5. Tigerrockland
6. Judge Break Area
7. Competitor Check In
8. AllStar Upgrades
9. Security
10. First Aid

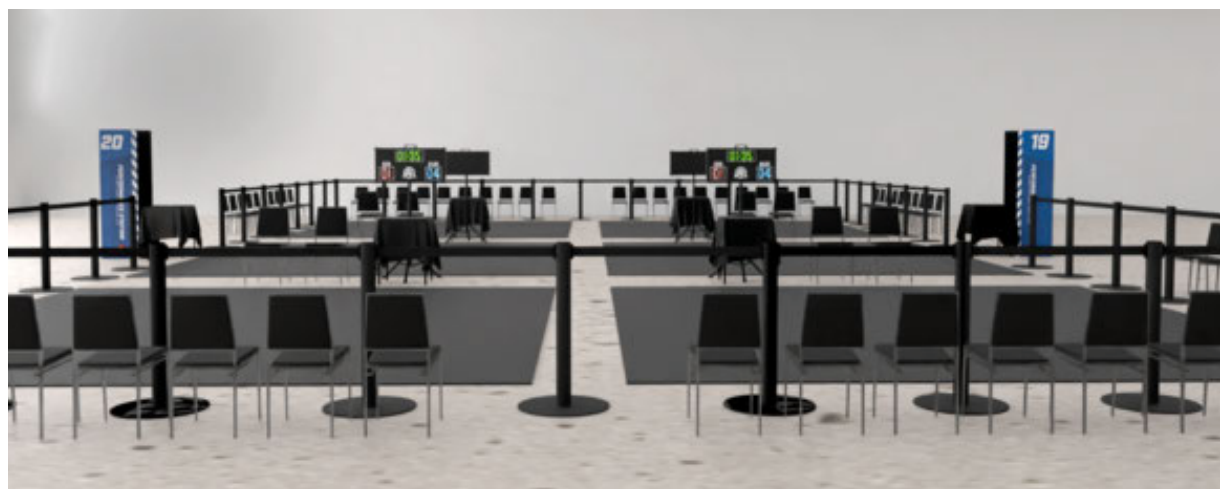
Each area will provide a different experience or service.

Only competitors, judges, and pod managers are allowed inside pods



Pods and Competition Stations

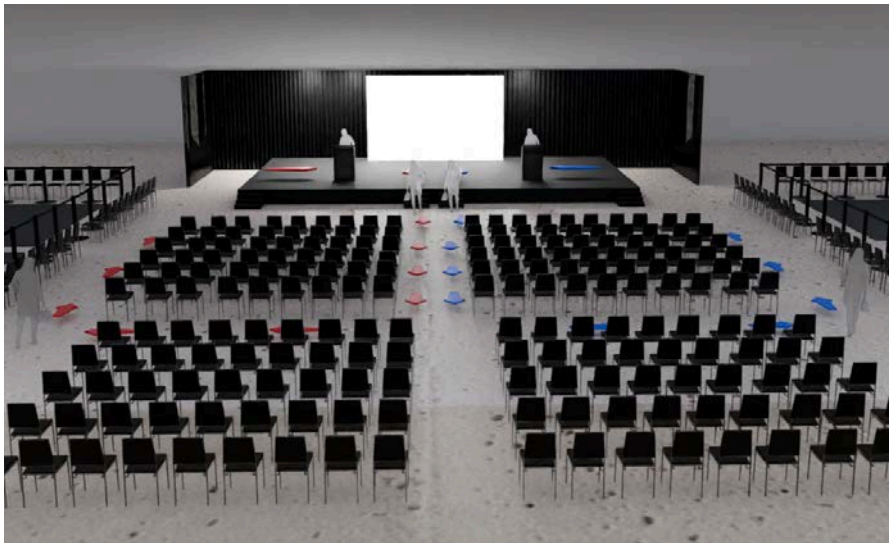
Each pod consists of 2 competition stations. Your entire competition experience will happen in one of these pods. Every pod and ring are labeled with a corresponding number and letter. Each pod has rings for form, sparring, board breaking, and player 2 sparring. Seating is available for spectators outside of the stanchions. Pay close attention to your badge for information on which pod and what time your competition occurs.





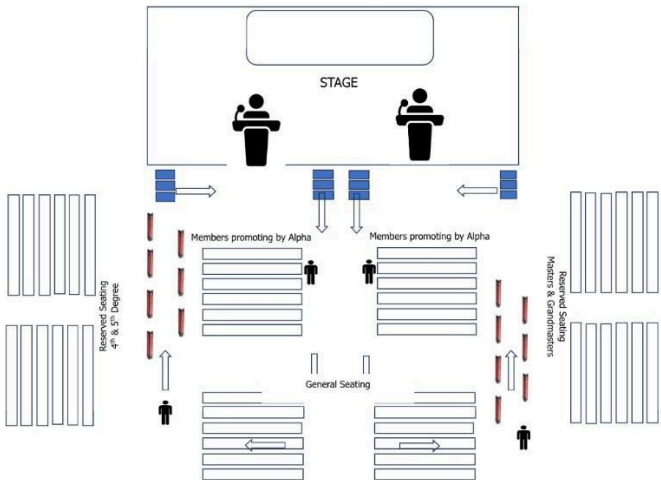
Stage

The official Tiger-Rock presentation stage is where high-rank belts will be awarded, and any other official matters announced.



Stage Audience

The stage audience area has been organized in a way convenient for both spectators and members. We use alphabetical seating to improve the flow of each ceremony. Below is a diagram of the stage audience arrangement.



Pro Shop

The Championship Shirt and belt patches are a must-purchase at the Pro Shop located in the north east corner of the exhibit hall. In addition, if you forgot any of your equipment, sparring gear, mat shoes/socks, and uniforms, the Pro Shop will have these items available for you to purchase.

Belt Patch System



National Medalist: To recognize those martial artists who have demonstrated exceptional skill during competition, the term “National Medalist” is used to identify 2nd and 3rd place finishers.



Medalists will be awarded silver and bronze medals, respectively.

National Titlist: Competitors who finish in 1st place in their event category at Tiger-Rock’s highest level of competition are awarded with the Gold Medal and a “National Titlist” designation.

TIGER-ROCK

Pro-Shop

Celebrate this year's victories with official Tiger-Rock Martial Arts commemorative shirts, patches, branded gear, and apparel.

Available at the Pro-Shop. Limited Supply

Event Pricing
Rebound Bag
only \$70!

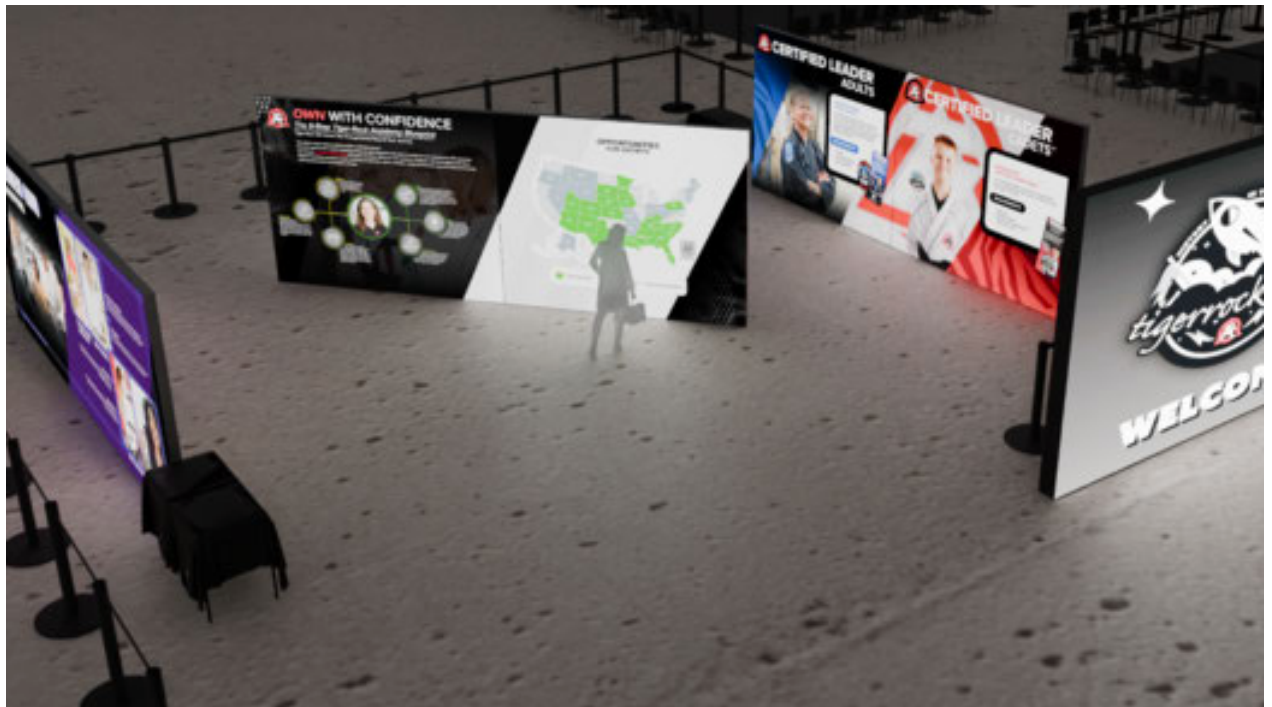


TIGER-ROCK MARTIAL ARTS



tigerrockland

Learn more about the Tiger-Rock brand. Explore our newest Certified Leader **Cadets**™, about the Empowerment Hour Seminars, and discover how to bring your own Tiger-Rock Academy to life.



Career and Franchise Ownership Opportunities

Discover what it's like to own your own academy! Visit with us at tigerrockland!



OWN YOUR ACADEMY

LIFESTYLE: By design the Tiger-Rock owner model supports a lifestyle that provides an opportunity for harmony between your personal and professional lives.

OPERATIONS: Automated technology platform created to take care of marketing, member communication, and task organization.

PRODUCT: The Tiger-Rock program empowers lives through martial art experiences for Tiger Cubs, Juniors, and Teens. The Tiger-Rock proprietary martial art "Delta Method" is based on a set of core principles and martial art kinesiology that builds member life attributes and exceptional martial art athletes.

ORIENTATION: Visit us in Kansas City! Tour our National Headquarters and Pro Shop distribution center. During your visit we will help you begin your journey to own your own franchise territory anywhere in America.

BUILD: During this phase we will go to work for you, assisting as you request, with site selection, real estate, lease negotiation, finance, design and your ACM brand training.

GROW: Opening Day, now what? Within the ACM brand training you will learn how to utilize Tiger-Rock resources, strategies and systems to grow your business to your market capacity. Your rate of growth will depend on your marketing investment, management skills, location and trade area networking.





TIGERROCK

FITS IN YOUR LIFE

OWNERS - MEMBERS - CERTIFIED LEADERS - PARENTS

CONTACT US

tigerrockopportunity.com

913-725-0777

YOUR LIFE IN TIGERROCK

EMPOWERMENT & BELONGING



THE TIGER-ROCK MEMBER DELTA

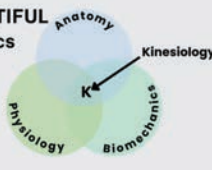
STYLE

SAFE - EFFECTIVE - BEAUTIFUL

Defining Characteristics

Essence Elements

HO-AM Form



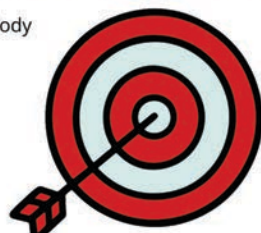
TIGERROCK FITS INTO YOUR LIFE

- 3 & 1 Periodization
 - Up to 3 Weeks of Training
 - 1 Week with flexible Event Schedule
- Member Scorecard
- Partner Training Culture
- Training Stations
- Small Group Training and Events
- Pod System
- Attendance 2x a Week



LEGACY - CHOICE - LIFESTYLE

Body



Judges Break Area

Judges have a break area in the event space's northeast corner. Here, they can eat lunch, have snacks, and rest for a bit in between assignments. There is a time for lunch built into the schedule in between the morning and afternoon flights. Water and snacks will be available in the space.



ONLY REGISTERED JUDGES ARE ALLOWED IN THIS SPACE

First Aid Protocol:

Observed Injury by Judges, Parents, or Competitors

Judges are required to stop the competition and ask have the first aid medical team to 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.
- In the event that the injury was caused by the other competitor the competitor will be automatically disqualified.

Required Tournament Clothing and Gear

- **Color Belts:** White TR Uniform Top, TR Approved Footwear (Mat Shoes or Socks), Current Season Dri-Fit, Belt, Speed Gloves, Sparring Gear (Green Belts & Higher- Listed Below)
- **Black Belt:** Red TR Uniform Top (Black if certified), TR Approved Footwear (Mat Shoes or Socks), Current Season Dri-Fit, Belt, Speed Gloves, Sparring Gear (Listed Below)
- **Sparring Gear (Green Belts and Higher):** Sparring Gloves, Sparring Kicks, Sparring Helmet, Mouthpiece, Groin Protector, Forearm/Elbow Pad, Shin Pad, TR Approved Footwear (Mat Shoes or Socks)
- Jackets will be off and the current season dri-fits will be worn during XP Weapons (belt on) and Board Breaking (belt on).
- Speed Gloves and TR Approved Footwear will be required for White Belts and higher during Player 2 Sparring and Board Breaking.



Mini Vacation

Turn the Championships into a Mini Vacation for you and your family!



Things to Do:

Take advantage of being in Huntsville for the National Championship and go out to see some local sights!

Some fun activities for the family may include the U.S. Space & Rocket Center, Huntsville Botanical Garden, Huntsville Museum of Art, the Hubert Family Farm, and so much more!

Plus enjoy the many different restaurants within walking distance of the convention center. Use the link below to view some activities in the Huntsville area!

[Huntsville Activities](#)



Three Days of Celebration and Challenge Creating Memories of a Lifetime!



Thursday: High Rank Testing & Champion Ceremony

National Testing	Champions Ceremony
<u>Group A: 8:00 AM</u> 3rd Degree Black - L3 (Current Rank) <u>Group B: 9:30 AM</u> 4th Degree Black L1 (Current Rank) 4th Degree Black L2 (Current Rank) <u>Group C: 11:00 AM</u> 4th Degree Black L3 (Current Rank) 5th Degree Black L1 (Current Rank) 5th Degree Black L2 (Current Rank) 6th Degree Black (Current Rank)	<u>Group A: 2:00 PM</u> 3rd Degree Black - L3 (Current Rank) <u>Group B: 3:30 PM</u> 4th Degree Black L1 (Current Rank) 4th Degree Black L2 (Current Rank) <u>Group C: 5:00 PM</u> 4th Degree Black L3 (Current Rank) 5th Degree Black L1 (Current Rank) 5th Degree Black L2 (Current Rank) 6th Degree Black (Current Rank)

Friday: Traditional/Open Competition

All competitions will last approximately 1 hour & 30 Min

8:00AM

- Adult Male (Ages 16+) All Levels 4th, 5th*, 6th* Degree
- Adult Females (Ages 16+) All Levels 4th, 5th*, 6th* Degree
- Teen Male (Ages 12-15) All Levels 4th Degree

9:30AM

- Adult Male (Ages 16+) All Levels White-3rd Degree
- Adult Females (Ages 16+) All Levels White-3rd Degree
- Teen Female (Ages 12-15) All Levels 3rd & 4th Degree
- Teen Male (Ages 12-15) All Levels 3rd Degree

11:00AM

- Teen Males (Ages 12-15) All Levels White-2nd Degree
- Teen Female (Ages 12-15) All Levels White-2nd Degree
- Junior (Ages 6-11) All Levels 2nd & 3rd Degree

2:00PM

- Tiger Cubs All Ranks
- Junior (Ages 6-11) All Levels White, Yellow, Red & 1st Degree

3:30PM

- Junior (Ages 6-11) All Levels Green, Blue & Brown

5:00PM

- National Competitor of the Year

Seminars:

- 9:30 Personal Safety
- 2:00 Dr. Kimm

**5th and 6th Degree Black Belts are automatic AllStars and compete in Allstar on Friday instead of Saturday*

Saturday: AllStar Competition

All competitions will last approximately 1 hour & 30 Min

8:00AM

- Adult Male (Ages 16+) All Levels Green-4th Degree
- Adult Female (Ages 16+) All Levels Green-4th Degree
- Teen Males (Ages 12-15) All Levels 4th Degree

9:30AM

- Teen Male (Ages 12-15) All Levels Green-3rd Degree
- Teen Female (Ages 12-15) All Levels Green-2nd Degree
- Junior (Ages 6-11) All Levels 3rd Degree

11:00AM

- Teen Female (Ages 12-15) All Levels 3rd-4th Degree
- Junior (Ages 6-11) All Levels 1st-2nd Degree
- Junior (Ages 6-11) All Levels Green Belt

2:00PM

- Junior (Ages 6-11) All Levels Brown & Red Belts
- Junior (Ages 6-11) All Levels Blue Belt

3:30PM

- XP Weapons

Seminars:

- 9:30 Dr. Kimm
- 2:00 Personal Safety

Pod Directors

- Pods Directors are responsible for the Competition Rings in their designated Pods.
- Pod Directors will have a walkie talkie with a direct line to EMS and security.
- Attire
 - Black Tiger-Rock Official Polo and Tiger-Rock Pants



Tournament Team Judging System National Tournament

Each judging team consists of one Chief Judge and one Associate Judge

Team Judging

- Improved outcomes realized with fewer judges and greater simplicity
- High level understanding of the TR proprietary defining style characteristics, experiences and judging system by judges
- Top Tier Judges are created through study, practice and role playing during every cycle leadership seminar

How Compete/Defend/Advance Events Differ

1. Compete (Tournament): matched against others, best prevails
2. Defend (3A Defense): react & survive using green/yellow/red strategies
 - a. Green: scan your surroundings
 - b. Yellow: don't hesitate, react, trust gut feelings, trust your power
 - c. Red: run/hide/fight
3. Advance (Test): performance from baseline to our style standards



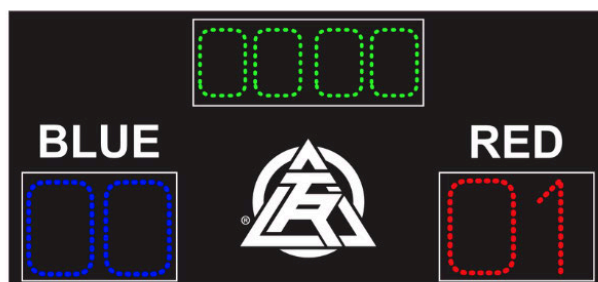
Chief
Score Judge



Associate
Mistake/Strike Judge

Ho-Am Form Judging System

- Chief: responsible for the artistic performance score based on the TR defining characteristics with a focus on the 5 elements
- Associate: responsible for identifying up to one mistake per competitor
 - Mistakes are defined as leaving a technique out or adding a technique in
 - Mistakes are not defined as the type of stance performed or the level of strike/block/punch (artistic performance does this)
- Chief Judge decides winner based on:
 - Neither of the competitors make a mistake, the best artistic performance that demonstrates the TR defining characteristics (5 elements) wins
 - One competitor makes a mistake and the other did not the competitor not making a mistake wins
 - Both competitors make a mistake the best artistic performance that demonstrates the TR defining characteristics (5 elements) wins
- After both competitors finish their form the Chief Judge conferences with the Associate Judge as follows:
 - Tell me who made a mistake and who did not
 - Both judges share very short comments with each other.
 - The Chief Judge makes the final decision
- The Chief Judge announces the winner by raising the appropriate flag and/or indicating #1 (one) on the electronic scoreboard
- The competitors walk together to the Chief Judge, bow, face each other and bow then are dismissed.
- Chief Judge congratulates both competitors



Winner

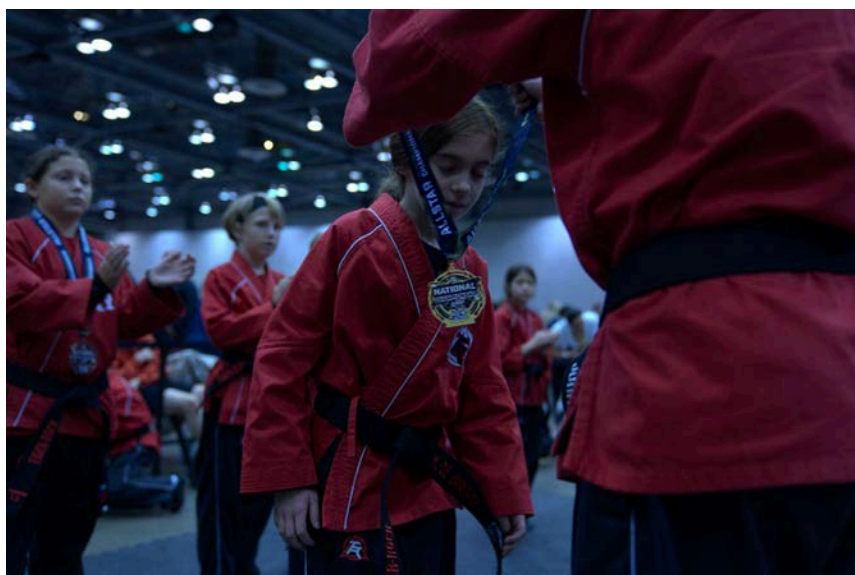
Judge Criteria to Determine Winners

Displays of style defining characteristics and lack of mistakes:

- Balance Posture Alignment
- Extended Plane Dynamic Force
- Controlled Acceleration and Timing
- Staged-Flow Transition
- Mindfulness

Chief and Associate Work Together on Following

- Match ups/line up/bow/start/return
- Announce winner/records winner/advances bracket



Sparring Judging System

Judge(s) both judges can call break

Both Judges call score points and strike points when prompted

Chief Judge after break is called, calls for

- Score point(s) only for what judge sees first for only one competitor then calls for
- Strike Point only for what judge sees first for only one competitor

Tabulation of Score Points and Strike Points

- Chief and Associate judges individually call what they see first
- There are no ties, all scores are counted as seen first
- Each judge can call a score point for one competitor when prompted then follow with a strike point when prompted.

Independent Judges

- Each judge is independent of the other. What each sees and calls is counted. Judges do not have to agree, all scores are recorded.
- Example:
 - Chief Judge calls round kick to above the belt score point. The Associate Judge called the same kick a strike point kick below the belt. Each call what they saw when prompted.
 - Chief Judge calls score point for blue competitor and Associate Judge calls score point for the red competitor. Both score points count
 - Chief Judge calls strike point for blue competitor and Associate Judge calls strike point for the red competitor. Both strike points count
 - Both Judges call score point or strike point
 - Score Points: do not add judges scores together and if one judge calls 2 points and one judge calls 1 point, the competitor is awarded the lowest score of 1. No discussion is necessary about what technique was seen, just award the lowest number
 - Strike Points: do not add judges scores together

Electronic or Manual Scoreboard, Time Clock, Score Sheets

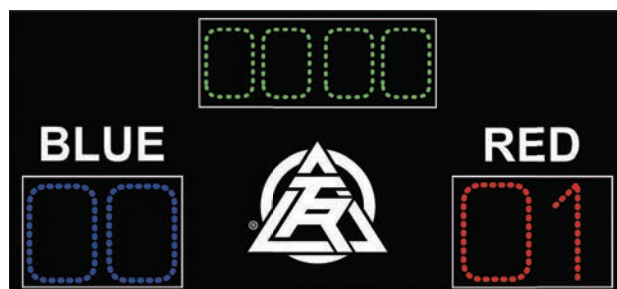
- Chief Judge
- Or assigns to red jacket

Disqualifications

- Chief Judge & Associate Judge both can call for disqualification
- Chief Judge & Associate Judge consult on disqualification however both must agree on the final decision
- Disqualification can be called at any time during the match for strikes, disrespect, taunting, arguing with judges or failure to follow the direction of either judge.

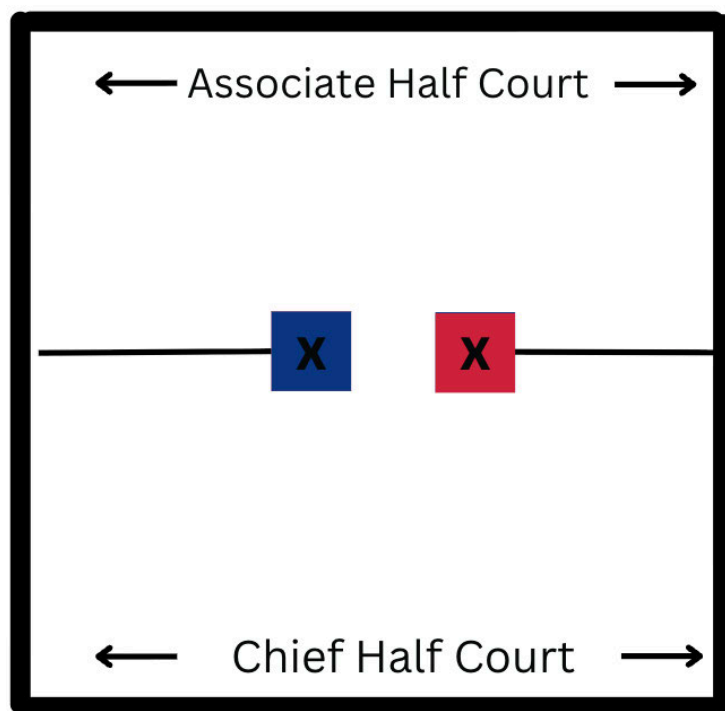
Judge Sequence

- Either Judge says Break
- Chief Judge says “Center up” to Competitors
- Chief Judge says “Judges Score Points”
 - Judge(s) raise flag for the competitor(s) who get score point(s)
 - Judge(s) raise flags with elbow bent at 90 degrees
 - Chief judge or red jacket advances the scoreboard with device or flip chart
- Chief Judge says “Judges Strike Points”
 - Judge(s) raise flag for the competitor(s) who get strike point(s) but point to the competitor’s feet who created the strike
 - Judge(s) raise flags with elbow bent at 90 degrees
 - Chief Judge or Red Jacket advances the scoreboard with device or flip chart



Judge Locations

- Chief: baseline left and right on their half of the competition mat (try not to cross over) and maintain distance from competitors
- Associate: baseline left and right on their half of the competition mat (try not to cross over) and maintain distance from competitors



Chief and Associate Work Together on Following

- Match ups/line up/bow/start/return
- Announce winner/records winner/advances bracket/award medals

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
 - Above the belt and below the neck or left/right side of body
 - 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 point 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

Strikes

Results in 1 point award to the other competitor

- Technique to illegal target with light contact
- Technique to a legal target but with excessive contact levels
- Attack with elbows, knees, head
- Turning back to avoid being scored on
- Spin backfist
- Intentionally stepping off the mat to avoid being scored on, however, not a strike if unintentional or being kicked off the mat
- Deliberate pushing of opponent off mat
- Not stopping on a break command
- Arguing with the judges
- Disruptive behavior
- Unsportsmanlike conduct
- Tripping or sweeping



Player Two

Chief

- Point counting/time with electronic device or clicker/stop watch
- Directs their competitor while performing
- Switches with Associate at midway point

Associate

- Point counting with clicker
- Directs their competitor while performing
- Switches with Chief at midway point

Chief and Associate Work Together on the Following

- Match ups/line up/bow/start/return
- Announce winner/records winner/advances bracket

Player Two

Number of Points in 60 seconds for Gold, Silver, Bronze (best practice option of 2 bronze)

Player Two Sparring Combination

Begin from a left action sparring stance facing the Player Two Bag

- #2 Right Front Kick followed by a left crossing punch
 - Double step back
- #2 Left Front Kick followed by a right crossing punch
 - Double step back
- #3 Left Side Kick
 - Double step back
- #2 Right Round Kick followed by a left crossing punch
 - Double step back
- #2 Left Round Kick followed by a right crossing punch
 - Double step back
- Continue to repeat the Player Two Sparring Combination

Important Player Two Sparring Combination Guidelines

- White and Yellow Belts compete in Player 2 at Tournaments
- 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

Player Two: Tournaments

White and Yellow Belts 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)

Breaking

Chief & Associate (red jacket option)

- Share tasks
- Present medals



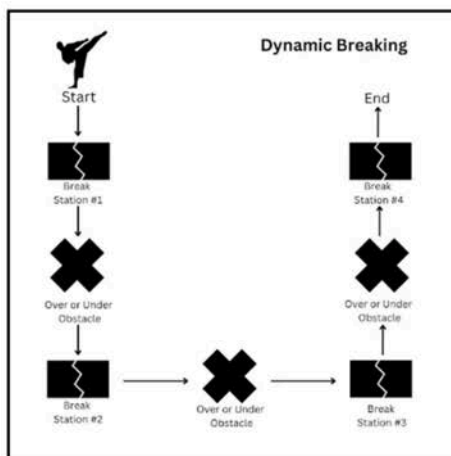
Gold Medal
4/4
Breaks



Silver Medal
3/4
Breaks



Bronze Medal
2/4
Breaks



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

TIGERROCK Tournament Performance Detail			
Current Rank	Form 55	Sparring	Dynamic Breaking System
WHITE	First 4 Lines	Player 2 Sparring (1 - 60 Second Round)	2 OF 4 - BRONZE 3 OF 4 - SILVER 4 OF 4 - GOLD
YELLOW	First 9 Lines	Player 2 Sparring (1 - 60 Second Round)	2 OF 4 - BRONZE 3 OF 4 - SILVER 4 OF 4 - GOLD
GREEN	First 13 Lines	Sparring	2 OF 4 - BRONZE 3 OF 4 - SILVER 4 OF 4 - GOLD
BLUE	First 22 Lines	Sparring	2 OF 4 - BRONZE 3 OF 4 - SILVER 4 OF 4 - GOLD
BROWN	First 30 Lines	Sparring	2 OF 4 - BRONZE 3 OF 4 - SILVER 4 OF 4 - GOLD
RED	First 38 Lines	Sparring	2 OF 4 - BRONZE 3 OF 4 - SILVER 4 OF 4 - GOLD
BLACK	Juniors: First 46 Lines Teen/Adult: All 55 Lines	Sparring	2 OF 4 - BRONZE 3 OF 4 - SILVER 4 OF 4 - GOLD

TIGERROCK PERFORMANCE							
Testing & Tournament Performance Detail							
Your Testing/Tournament Judge will determine which techniques & skills you will be asked to perform.							
Current Rank	Kick	Block	Life Skill	Coordination Skill	Strike	Stance	Escape Skill
TC-White	Front Side Crescent	High Middle Low	#1 LIFTING: 3 Rules of Focus - Focus my eyes, mind and body!	Balance 15 / 30 Hands Up Knees Up	Punch Hammer Flat Knife Hand	Base Sparring Power	Back Fall Single Grab Double Grab
TC-Yellow	Front Side Crescent	High Middle Low	#2 OBEY: Hunt's way, don't miss, headhunt' em, right away!	Balance 15 / 30 Hands Up Knees Up	Punch Hammer Flat Knife Hand	Base Sparring Power	Back Fall Single Grab Double Grab
TC-Green	Front Side Crescent	High Middle Low	#3 LEARN: Eyes on who? When I look at you, I learn before we touch!	Balance 15 / 30 Hands Up Knees Up	Punch Hammer Flat Knife Hand	Base Sparring Power	Back Fall Single Grab Double Grab
TC-Blue	Front Side Crescent	High Middle Low	#4 SPEAK: My Turn, Your Turn, Take Turn!	Balance 15 / 30 Hands Up Knees Up	Punch Hammer Flat Knife Hand	Base Sparring Power	Back Fall Single Grab Double Grab
TC-Brown	Front Side Crescent	High Middle Low	#5 PATIENCE: Patience is waiting, listening, understanding!	Balance 15 / 30 Hands Up Knees Up	Punch Hammer Flat Knife Hand	Base Sparring Power	Back Fall Single Grab Double Grab
TC-Red	Front Side Crescent	High Middle Low	#6 ATTITUDE: I know I can, I know I can, I will do it!	Balance 15 / 30 Hands Up Knees Up	Punch Hammer Flat Knife Hand	Base Sparring Power	Back Fall Single Grab Double Grab
TC-Black	Front Side Crescent	High Middle Low	#7 COURAGE: I am strong, I am brave, I have courage!	Balance 15 / 30 Hands Up Knees Up	Punch Hammer Flat Knife Hand	Base Sparring Power	Back Fall Single Grab Double Grab

Medals

Friday medals & Saturday “B” Bracket Medals



Saturday, A Bracket gets all-star medals





Recognition and Awards

Traveler Award

The Traveler Award honors academies whose leaders inspire action and unity. By mobilizing students to show up, no matter the distance, they create lasting memories and a strong sense of belonging. This commitment transforms events like our National Championship into defining moments and helps build a meaningful, connected community.

Will Be Announced Next Week

R15E Award

Tiger-Rock's R15E transformational culture is built and sustained by Tiger-Rock Certified Leaders. This certificate recognizes academies who are first in class at integrating the Certified Leader Program as a percentage of their membership.

Will Be Announced Next Week



National Artist of the Year Award (Monroe Trophy)



Friday 5 p.m.

The award is inspired by first generation Tiger-Rock martial art athletes Art Monroe, Craig Kollars and James Bailey whose fierce competitor spirit and artistic performance style continues to set the standard for the Tiger-Rock Nation.

Competitors from across the Nation gather annually during the July Nationals to compete in single elimination match ups in two divisions, 12-15 group & 16 & up group. Each academy is encouraged to choose one representative to represent their membership in either group but not both. Rotating trophies in the likeness of the founders are awarded to the winners. The competition format utilizes our Ho-Am progressive form to present the TR style defining characteristics, emotion, movement kinesiology and our artform.

The Ho-Am Style has the characteristics of the Siberian Tiger (majestic and steadfast) and Rock (timeless & resolute). The English to Korean translation of Ho-Am is Tiger-Rock.

By design it tells a story of our Nation's history, connecting past to present, as it challenges each student on their journey to simultaneously develop mind, body and heart.

2018 Brock Kollars/Evangeline Stephenson

2019 Blaise Stricker/Katherine Kanary 2021 Britt Harrell

2022 Cody Bushroe 2023 Benji Gossman 2024 Eli Desper

2025 Haley Hatchet and Ryan Nguyen

Certificate of Participation

The discipline and dedication required to compete at the National Championships is one shared by all participants in attendance.

For this reason, Tiger-Rock awards all championship competitors a certificate of participation as a mark of their achievement. Each participant will receive their certificate during their first rank competition.

