



BE TRANSFORMED

We believe in training for our journey as both a martial artist and a citizen. The 15 levels of our belt rank system symbolizes the steps that we take to **R15E** to every occasion, transforming the world for good.

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 how high our **R15E** can be.



Learn more about Tiger-Rock Martial Arts at TRMATexas.com!

BE TRANSFORMED



TIGER-ROCK

Experiences that empower your life

Adults Program

Add an exciting new dimension to your life! In addition to world-class martial arts training, Tiger-Rock Martial Arts provides Elite Counter Aggression Training for adults!

Improve your confidence, mental toughness, physical strength, flexibility, coordination, and your well-being in a safe, yet challenging environment. It will be a rewarding experience like none other!

- ✓ Improve fitness
- ✓ Reduce your stress level
- ✓ Strengthen your mind & body



Building skills that last a lifetime

Tiger Cubs Program

Ages 4-5 and some 6 year olds

Children benefit from our age and developmentally appropriate Tiger-Rock curriculum which develops both sides of the body while improving focus and impulse control. Our Tiger Cubs increase their confidence and improve their coordination in a fun and safe environment.

- ✓ Balance
- ✓ Control
- ✓ Fun

Juniors Program

Ages 6-11

Nobody sits on the bench here! The Tiger-Rock Juniors program develops self-esteem, confidence, discipline, self-control, and helps to positively channel energy. Through extra effort and focus, Junior students realize that they can be successful in martial arts and in life!

- ✓ Focus
- ✓ Confidence
- ✓ Discipline

Teens Program

Turn the most formidable years into a time of positive influence and strong character! Tiger-Rock Martial Arts training program for Teens surrounds the student with the good influences of like-minded peers and positive reinforcement! Teens learn the benefits of functional fitness and responsible citizenship in a rewarding environment!

- ✓ Rewarding
- ✓ Positive
- ✓ Challenging

