



Tiger Rock Columbia

One mobile-friendly page for academy reminders, upcoming dates, class schedule details, and shared photo highlights.

THIS CYCLE

At a glance

No cycle highlights yet

Add a few content blocks in the admin dashboard and they will show here automatically.

WEAPONS

Weapons Training

Current weapon: Kama Academy

Weapons Training

17
OCT

Sat, Oct 17 | 12:00 PM - 1:00 PM |
Academy

Weapons Training

07
NOV

Sat, Nov 07 | 12:00 PM - 1:00 PM |
Academy

Weapons Training

21
NOV

Sat, Nov 21 | 12:00 PM - 1:00 PM |
Academy

Required Belt Stripes to Test

Junior, Youth, and Adult Students

These are the belt stripes students need to earn, listed from first to last. Students and parents can use this list to see which stripes remain before testing eligibility.

Board Breaking



Green, blue, brown, and red belts earn this stripe by preparing for their board-breaking requirement.

Stances



White belts earn this stripe first while building the foundation for testing readiness.

Blocks



White and yellow belts earn this stripe by showing the required blocking skills for their rank.

Ho-am Form



Students review and demonstrate the Ho-am form material required for their belt level.

Contact Skills



Students demonstrate the current contact-skill requirements for their belt level.

One Steps



Students demonstrate the one-step combinations assigned to their belt level.

Release Skills



Students demonstrate the release-skill techniques assigned to their belt level.

Sparring



Green, blue, brown, and red belts earn this stripe by showing their required sparring readiness.

Belt Tie



Yellow belts earn this stripe by showing they can tie their belt correctly and independently.

R15E JOURNEY

The 15 Step RISE Program

How high will you R15E?

TIGER-ROCK
RISETM
MARTIAL ARTS

Focus | Believe | Practice

Level 3: Grow

Green Belt



Growth comes through focus, belief, and practice: paying attention to the right inputs and taking action toward goals.

Challenge | Compete | Conquer

Level 4: Achieve

Blue Belt



Students learn to challenge themselves for opportunities, even when it's hard, and honor the people who inspire them.

Obs

Level 3

Brown



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Level 4

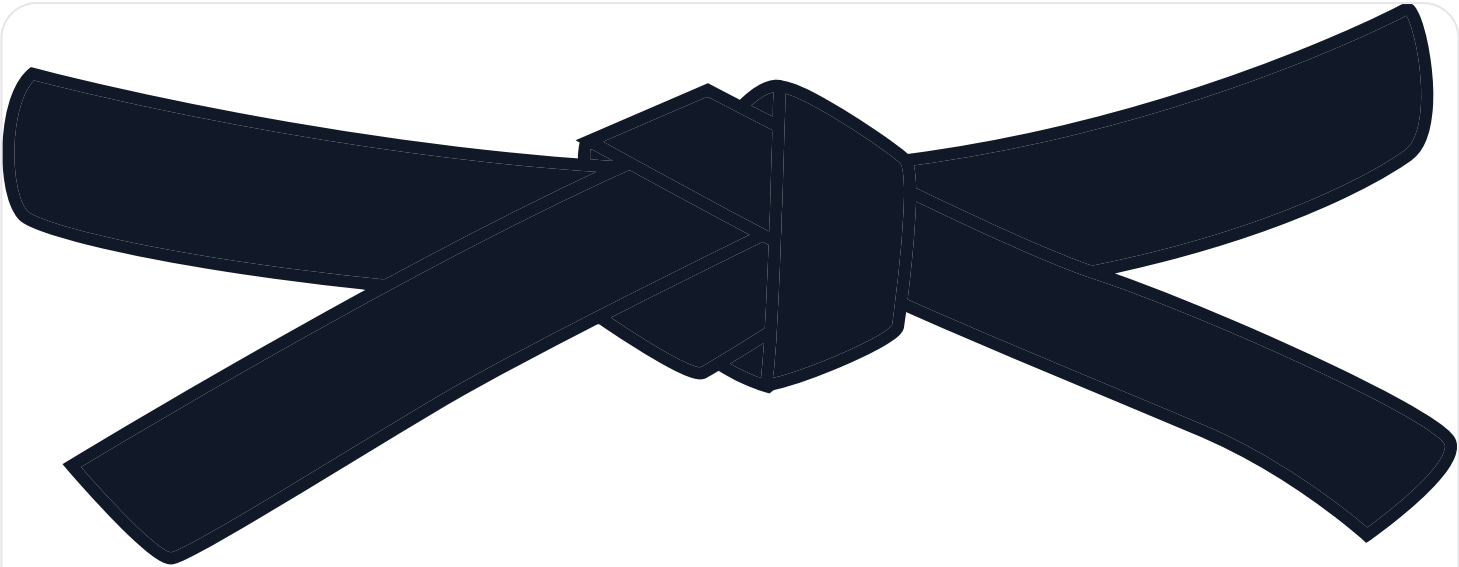
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Black



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Photo highlights



Black belt pre-test highlight art.

Family dates and reminders

17
OCT

Weapons Training
Sat, Oct 17 | 12:00 PM - 1:00 PM | Academy

07
NOV

Weapons Training
Sat, Nov 07 | 12:00 PM - 1:00 PM | Academy

21
NOV

Weapons Training
Sat, Nov 21 | 12:00 PM - 1:00 PM | Academy

25
NOV

Thanksgiving Break
Wed, Nov 25 | All day | Academy
Academy closed November 25-28 for Thanksgiving break.

30
NOV

Training Resumes

Mon, Nov 30 | Academy

Regular training resumes after Thanksgiving break.

05
DEC

Tiger Rock Holiday Party

Sat, Dec 05 | Location to be determined

Holiday party location to be determined.

12
DEC

Awards Ceremony

Sat, Dec 12 | 1:00 PM - 3:00 PM |
Grace Life Church, 501 Clemson
Rd, Columbia, SC 29229

All Tiger Cubs at 1:00 PM. All
White-Blue belts at 1:00 PM. All
Brown-Black belts at 1:45 PM.

14
DEC

Training Resumes

Mon, Dec 14 | Academy

Regular training resumes after the
December testing and awards
weekend.

23
DEC

Holiday Break

Wed, Dec 23 | All day | Academy

Academy closed December 23,
2026 through January 4, 2027.

Class times

Monday

5:00 PM - 5:30 PM

Tiger Cubs: White-Green

5:30 PM - 6:00 PM

Tiger Cubs: Blue-Black

6:00 PM - 7:00 PM

Junior: White-Yellow

7:00 PM - 8:00 PM

Adults: All Ranks

Youth: All Ranks

Tuesday

5:00 PM - 6:00 PM

Junior: Green-Blue

6:00 PM - 7:00 PM

Junior: Brown-Black

7:00 PM - 8:00 PM

Adults: All Ranks

Youth: All Ranks

Wednesday

5:00 PM - 6:00 PM

Junior: White-Yellow

6:00 PM - 7:00 PM

Junior: Green-Blue

7:00 PM - 8:00 PM

Junior: Brown-Black

Thursday

5:00 PM - 6:00 PM

Junior: Brown-Black

6:00 PM - 7:00 PM

Junior: Green-Blue

7:00 PM - 8:00 PM

Adults: All Ranks

Youth: All Ranks

Friday

5:00 PM - 5:30 PM

Tiger Cubs: White-Green

5:30 PM - 6:00 PM

Tiger Cubs: Blue-Black

6:00 PM - 7:00 PM

Junior: White-Yellow

Saturday

9:00 AM - 10:00 AM

Junior: White-Yellow

10:00 AM - 11:00 AM

Junior: Brown-Black

Junior: Green-Blue

11:00 AM - 12:00 PM

Adults: All Ranks

Youth: All Ranks

12:00 PM - 1:00 PM

Weapons: Adults

Weapons: Juniors

Weapons: Youth

Sunday

No classes scheduled.

Training expectations

Bring all sparring gear

Students must have all sparring equipment for every class day. If gear is missing, the student will not be allowed to spar. Elbow Pads and Shin Pads must be on before entering the training floor.

Full training attire required

Tiger Rock pants or shorts, Tiger Rock shirt, belt, Tiger Rock socks, and mat shoes are required for every class.

Training is 45 minutes

Each session runs 45 minutes. Please arrive 15 minutes early and be ready to start on time.

Arrive 15 minutes early

Students should be on the mat, geared up, and ready to begin when class starts.

Daily attendance check-in

Make sure to sign in for attendance every training day.