



**Saturday, March 8, 2025**



**Pfeiffer Gym, Sonoma Valley High School  
20,000 Broadway, Sonoma, CA**

**For Information and Registration:**

<http://www.HRKSonoma.com/tournament>

Call : (707) 225-4829

Email: [info@hrksonoma.com](mailto:info@hrksonoma.com)

**Traditional and Sport Poomsae  
Kyorugi (Daedo and hand-scored)  
Weapons / Demonstrations**

## FROM THE TOURNAMENT DIRECTOR

Dear Grandmasters, Masters, Instructors, Coaches, and Taekwondoins:

It is with great pleasure and honor that I invite you to participate in our annual Sonoma Invitational Taekwondo Championship on Saturday, March 8, 2025. Registration is \$80 for one event, \$90 for two events or \$100 for three events; we offer grassroots Poomsae, Sport Poomsae (black belts only) and Kyorugi. Medals will be awarded for gold, silver and bronze in each division. Each participating school will receive a trophy and the best school (the one that brings the most students and who place the best) will receive the “Best School” trophy. We will also have separate divisions for the Taekwondo Silverbacks.

This year’s tournament is sanctioned by the Northern California Taekwondo Association (NCTA) and any points earned will count towards the NCTA Championship Series.

This Championship will include Poomsae for Color Belts and Black Belts for Taegeuk, Palgwe, ITF, and Tang Soo Do styles. Black belts may also compete in Sport Poomsae (digital scoring). For color belts in Kyorugi, the MatDaddy electronic scoring system will be used. For black belt Kyorugi the Daedo system will be used (competitors must bring their own socks; we will provide headgear and hogus). We are pleased that many of our referees are provided by The League of Professional Taekwondo Referees; all referees will be vetted in advance in order to ensure we have the best referees possible.

Demonstration teams are welcome to perform during lunch time and may perform at no charge. Please contact us in advance to be placed on the schedule.

We will strive to have four competitors per division and use a double-elimination method. Competitors will be matched, to the best our ability, based on their age, weight class, sex, and kup rank. We will strive to keep competitors from the same schools from competing in the same brackets.

Black belts will compete first since many of them also serve as judges and referees.

Competitors will be given their competitor card at registration. Spectator fee \$10 (in advance or at the door); coach fee \$20 (or \$30 at the door); instructors must sign up in advance (at no cost) to receive a badge.

The deadline for registration is Friday, March 7, 2025 at 12:00pm (noon); we cannot accommodate sign-ups on Saturday because the brackets will already have been made. Please register online at: <https://www.hrksonoma.com/championship>

Notable changes from last year:

- Order of competition: black belts go first and then youngest white belts, progressing in order of colored belts
- Kyorugi will begin immediately after Poomsae; we will break for lunch and opening ceremony

- We will be hosting seminars/refreshers for coaches, referees, judges, and parents/attendees (in person and Zoom)
- In order to accommodate attendance by the Grandmasters, the opening ceremony will be held at 12:00pm

We appreciate the support we received in our tournament last year and we would like to thank everyone for your support for this tournament and we look forward to seeing you on March 8, 2025. We will make this tournament as fair, enjoyable, on-time, and memorable as possible.

Sincerely,

Grandmaster Robert J. Morey  
 Lead Instructor/Founder  
 The Sonoma School of Martial Arts / Hwa Rang Kwan Sonoma  
 1247 Broadway, Sonoma, CA 95476  
 E: [robert@hrksonoma.com](mailto:robert@hrksonoma.com)  
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## **SCHEDULE OF EVENTS**

### **COMPETITION – ALL COMPETITORS**

**Saturday, March 8, 2025**

**Pfeiffer Gym, Sonoma Valley High School**

<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
7:30 AM	Silverbacks Competition	Ring 2
8:00 AM	Check-In (Mandatory) Each competitor, coach and master must come to the registration area to check in.	20,000 Broadway, Sonoma
8:30 AM	Referees/Judges Meeting (Mandatory)	Ring 1
8:45 AM	Poomsae Bracketing	Staging area
9:00 AM	Poomsae Competition begins (Sport Poomsae first) (Note that competition times are approximate)	Rings 1-4
12:00 PM	Opening Ceremony / Lunch / Demonstrations Black Belt Poomsae Survivor Competition	Ring 1
Immediately following Poomsae or 12:45pm	Kyorugi Bracketing Coaches Briefing	Staging Area Ring 1

Immediately  
following Kyorugi

Kyorugi Competition begins

Rings 1-4

Closing Ceremonies / Best School Award  
(Note that competition times are approximate)

## **REFEREES/JUDGES**

Attention all International, USATKD and prospective Referees:

Certified Referees who attend this tournament will receive the following benefits:

International Referees:       \$150 Stipend \*

All Referees/Judges:         \$100 Stipend \*

All Referees and Judges will be provided food and drinks at the venue during competition. We will be following all current USATKD Rules and Guidelines.

We truly look forward to your participation, realizing that the best way to improve the value of our events is to run them in a timely fashion with highly capable and experienced referees. We will do our absolute best to minimize downtime, keep the competitors flowing to the rings, and ensure that the day starts and ends on time. If you are available to be an official for our event, please contact Grandmaster Morey directly.

Please sign up online at: <https://www.hrksonoma.com/referees>