



Saturday, June 20, 2026



**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

**Traditional Pomsae
Kyorugi (Daedo and hand-scored)
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, June 20, 2026. Registration is \$80 for one event and \$90 for two events--we offer Poomsae 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, Tang Soo Do, and other styles. 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.

Online registration will be turned off on Friday, June 19, at 6:00pm but you may still sign up at the door on Saturday. 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
- We begin with Poomsae
- 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) prior to the tournament

- In order to accommodate attendance by the Grandmasters and dignataries, 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 June 20, 2026. 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
 18999 Sonoma Hwy., Suite 110, Sonoma, CA 95476
 E: robert@hrksonoma.com
 C: (707) 225-4829

SCHEDULE OF EVENTS

COMPETITION – ALL COMPETITORS

Saturday, June 20, 2026

Pfeiffer Gym, Sonoma Valley High School

TIME	EVENT	LOCATION
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 (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	Kyorugi Bracketing	Staging Area
12:45pm	Coaches Briefing	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

USAT/NCTA A-Class Referees: \$100 Stipend

USAT/NCTA D-B Class Referees: \$75 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>