



GOODWILL

TAEKWONDO CHAMPIONSHIP



DECEMBER 6, 2025 • 9AM

**GENERAL ADMISSION \$15 CASH ONLY
CHILDREN 4 & UNDER FREE**

REGISTER NOW

EARLY REGISTRATION DEADLINE 11/29/25

ALL STYLES WELCOME

KARATE • KENPO • TAEKWONDO • KUK SOOL WON • KAJUKENPO • KUNG FU • HAPKIDO

SCHEDULE OF EVENTS:

8AM

REFEREE MEETING/LATE
REGISTRATION

9AM

**15 & OVER BLACK BELTS &
BLACK BELT CANDIDATES**
POOMSAE/KATA, SPARRING, RAPID
KICKING, BOARD BREAKING

10AM

**14 & UNDER BLACK BELTS &
BLACK BELT CANDIDATES**
POOMSAE/KATA, SPARRING, RAPID
KICKING, BOARD BREAKING

12PM

ALL BELTS
WEAPONS, COMBAT WEAPONS,
PAIRS POOMSAE, TAG TEAM
SPARRING

2PM

ALL COLOR BELTS
POOMSAE/KATA, SPARRING, RAPID
KICKING, BOARD BREAKING

**ASK YOUR INSTRUCTOR
FOR MORE INFORMATION**

WEBSITE: WWW.MATTOURNAMENTS.COM
CALL OR TEXT: 916-288-9830

MANDATORY PROTECTION EQUIPMENT:

- Head Gear
- Foot pads (dipped foam only)
- Hand pads (dipped foam only)
- Groin protector
- Mouth piece
- Chest protector

*All competitors must wear
acceptable martial arts
uniforms!*

DIVISIONS:

- Poomsae/Kata
- Point Sparring
- Weapons
- Rapid Kick
- Board Breaking
- Combat Weapons
- Tag Team Sparring
- Pairs Poomsae



LOCATION:

American River College

4700 College Oak Blvd, Sacramento, CA 95841
(Inside Hutchinson Gym)

1st, 2nd, 3rd Place Awards
In All Divisions

