

MAIA INTERNATIONAL KARATE OPEN

MIKOKO

29-30 NOVEMBER 2025

 PORTUGAL



KATA & KUMITE U10, U12, U14, U16, U18, +16, +18
(kata) (kumite)

KATA DOWN SYNDROME

PAVILHÃO MUNICIPAL DE GUEIFÃES - MAIA - PORTUGAL
registration: www.karate-hub.com



maia

Dear friends,

Welcome!

The MIKO – Maia International Karate Open has been, for twenty one years, a remarkable sporting journey and a precious vehicle in the promotion of Karate.



The consequence of this reality was the gradual achievement of recognition by sports agents that the Maia International Karate Open is one of the most prestigious competitions in the context of martial arts in national terms.

If the responsibility arising from the status achieved by the event is great, the certainty is no less that, thanks to a remarkable team, the organization will also be at an exemplary level. Portugal and, in particular, Maia deserve it.

And the organizational capacity will certainly increase the dissemination of what really matters: Karate. In this sense, the presence of the best Portuguese athletes and several important names on the world stage is assured. This is the same as saying that the least you can expect is an excellent technical level.

From what was said above, all that remains is for the public turnout to be, at least, similar to those in previous years to obtain an almost perfect harmonization between the promotion of Karate, coexistence between all those involved (athletes, judges, coaches, managers...) and interaction with public.

And as a competition of this magnitude does not only arise as a result of the good will of a few "heroes", it is urgent to thank the institutions whose support is crucial for the holding of the Maia International Karate Open, namely, the Maia Municipal Council, the Parish Council of Águas Santas, the Parish Council of the city of Maia, the Volunteer Firefighters of Moreira da Maia and our sponsors. Thank you for your solidarity.

With best wishes to everyone who joined us, please accept a friendly hug.

Much success!

António Moreira

President of CK Maia

Dear participants,

As President of the Portuguese National Karate Federation, it is with great satisfaction and extreme pride that I confirm the holding of the 22nd Maia Internacional Karate Open – Portugal, on the 29th and 30th November 2025.

FNK-P would like to thank Clube Karate da Maia for holding this International Tournament, which contributes to the promotion and development of national karate, constituting added sporting value for all participants and for the sport's future successes.

Congratulations on the commitment and professionalism you demonstrated in carrying it out and the desire for this event to be a success.

I greet all participants, managers, coaches, referee technicians, athletes and their families, who take advantage of this opportunity to enhance the sport, in parallel with the competitive results obtained.

I therefore invite everyone to join this event and I thank you in advance for your presence and welcome you.

Carlos Silva

President of FNK-P

(Portuguese National Karate Federation)



MAIA

WELCOME TO MAIA!

Maia is a Portuguese city in the District of Porto, North region and sub-region of Greater Porto, with around 35,625 inhabitants.

It is the seat of a city with an area of 83.14 km² and 140,859 inhabitants (2008), subdivided into 17 parishes. The municipality of Maia is limited to the north by the municipalities of Trofa and Santo Tirso, to the east by Valongo, to the southeast by Gondomar, to the south by the city of Porto, to the southwest by Matosinhos and to the northwest by Vila do Conde.

History

The area where the city is currently located has been populated for millennia, and remains have been found dating back to the Paleolithic. In many of the mountains in the region there were settlements from the Iron Age. Attracted by the rich soil and abundance of resources, the Romans also left visible marks of their occupation here.

In the middle of the 13th century, the maiato court extended from the city of Porto to Ave river and from the sea to the mountains. In 1304, however, the lands of Maia were integrated into the Porto terminus, losing administrative and political autonomy. In 1360, the first grantees were established in the region and, in that year, D. Pedro I donated the lordship of Azurara, with the judgment of Maia, to Infante D. Dinis, his son.

The history of this municipality is also closely linked to the founding of nationality. Some authors even argue that Prince Afonso Henriques (that became the first King of Portugal) was educated here, alongside the Mendes da Maia family, to which belonged the Archbishop of Braga D. Paio Mendes and the famous warrior Gonçalo Mendes da Maia, the "Lidador", so called by having entered into constant fearless fights against the Saracens.

At the beginning of the 16th century, it was up to D. Manuel I to grant the charter, which provided for the rents and fees to be paid to the donees of the reguengos of Maia, as well as the way to exercise the most common penalties and justice. Between the years 1700 and 1836, the municipality was made up of 44 parishes and encompassed the entire maritime strip between Leça and Ave rivers. With the administrative reforms that began in 1836, it became an autonomous municipality, but reduced in area and number of parishes. In 1857, it even became extinct and it was on 1868 it was restored.

After the proclamation of the Republic in 1910, Maia (elevated to town in 1902) had, for some time, the philosopher tribune Leonardo Coimbra as administrator.

On August 23, 1986, Maia was finally elevated to the category of city.





ADDRESS

The well-known Maia tournament is now in its 22nd edition. It was on April 25th of the year 2000 that the Maia Karate Club decided to hold its first event at the Pavilhão Municipal do Corim, thus part of the April 25th celebrations (Portugal Liberty Day).

From year to year, the event has grown, and in 2010 it presented record numbers with participation of over 1200 competitors and more than 100 teams, thus becoming the most participatory event ever in Portugal. International participation is a certainty and for this reason the name of the event was changed from 'Tournament 25th of April' to 'Maia International Karate Open'.

This year's edition will take place at the Gueifães Municipal Arena, with a capacity of 1000 people, satisfying the needs of our athletes and the public present.

The show is guaranteed!



Pavilhão Municipal de Gueifães (Arena)

Address: Rua da Ponte do Vasco

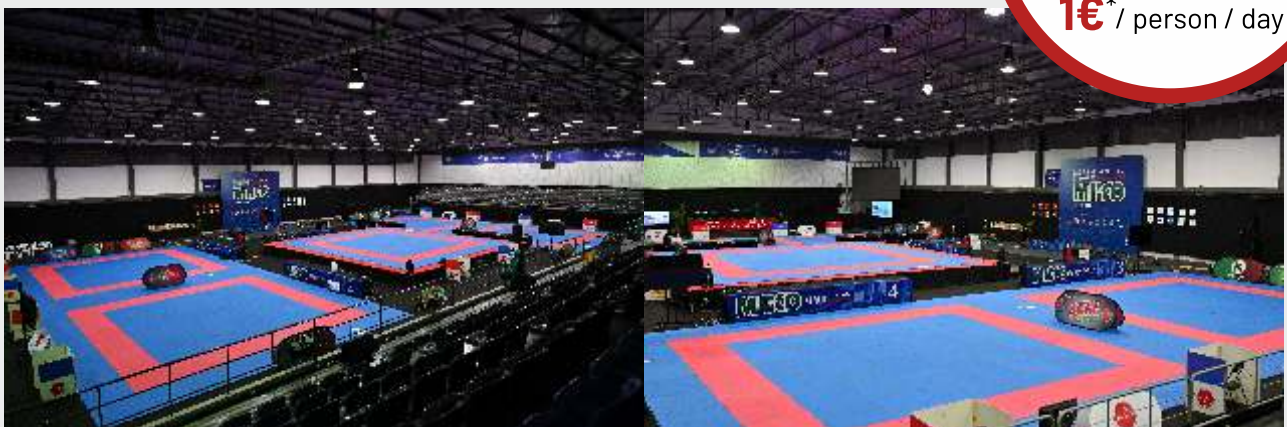
Zip Code: 4470-447 Maia

GPS: 41.215419, -8.599181



Entrance fee for the public, except athletes, coaches and referees:

1€* / person / day



* This amount goes to the benefit of the Volunteers Firefighters from Moreira da Maia.

CALENDAR

22 AUGUST - Registrations open at www.karate-hub.com

31 OCTOBER - Deadline for registration at a reduced price (from this date, €5 will be added to each registration)

16 NOVEMBER - Deadline for registrations

23 NOVEMBER - Draws publication

25 NOVEMBER - Timetable publication

Registrations:
karate-hub.com

Please Note:

- Coaches **must** print the draws, the organization will not provide it;
- **Attention:** the registrations will remain suspended until the payment;
- Complaints related to registrations or draws will not be accepted on the event days;
- All athletes must have up-to-date sports insurance;
- **The organization is not be responsible for accidents occurring during the event.**

REGISTRATIONS

- All teams must register on the official website www.karate-hub.com
- All athletes must pay a registration per participation.
- All coaches must pay the registration.
- Only those registered in the +35 years old category (Kata) will be allowed to register in another category (Kata +18 years old). Everyone else will only be able to register in the category corresponding to their age and weight.

	U10 / U12 / U14 / +35 / Tr21	U16 / U18 / +16 / +18	Coach
Until 31 Oct.	20€	25€	5€
1 - 16 Nov.	25€	30€	5€

Coaches will be subject to control under federative rules.

All payments must be made **by November 16th**, sending proof to miko.openmaia@gmail.com

NIB: 0035 2075 0000 2458 2306 7

IBAN: PT50.0035.2075.0000.2458.2306.7

SWIFT CODE: CGDIPTPL



ACCREDITATION

All Coaches must collect their credentials at the Arena in a specific area.

28th November (friday): from 19h to 21h

29th November (saturday): from 8h to 10h and from 14h to 15h

30th November (sunday): from 8h to 9h

WEIGHT-IN

Weigh-in will be carried out in the warm-up area, in a separate room.

28th November (friday): from 19h to 21h.

29th November (saturday): from 9h30 to 12h and from 14h to 15h.

30th November (sunday): from 9h to 11h30.



For a good event preparation, please check the weights of the registered athletes, before the publication of the final draws.

There will be no changes after the release of the draws.

Please note:

- Each athlete must weight-in at least **until one hour before** its competition.
- From the publication of the final draws, if the athlete is out of weight he/she will be eliminated.
It will not be possible to change the category.

WARM-UP

There will be two preparation areas for the competitions:

Warm-up: floor -1.

Warm-up pre-competition: floor 0, with a specific warm-up area for each tatami.

ATTENTION: Athletes must be in the warm-up area **one hour before** their competition. Any athlete who does not appear in the warm-up area at the time of the call will be automatically excluded.

MEALS

For all those interested, the organization will provide lunches, in the arena bar or in the Gueifães school canteen which is located next to the arena.

REFEREES

All Referees must discuss their participation in the event with the organization, so that they can make lunches reservations, book accommodation if necessary and possible participation in cost allowances.

PRIZES

Medals 1st, 2nd e 3rd places.

Participation medals for U10 and U12.

+18: Prize Money in metallic value.

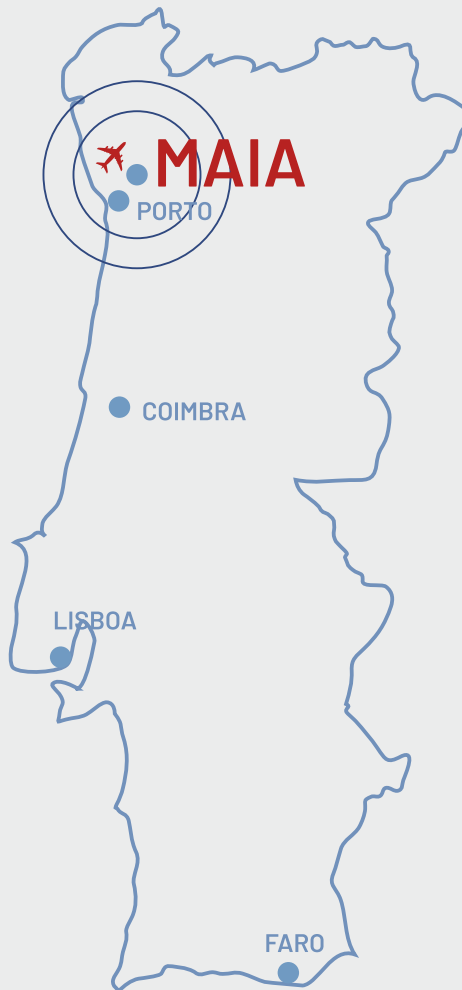
LIVESTREAM

The Maia International Karate Open will be broadcast live to the karate community.

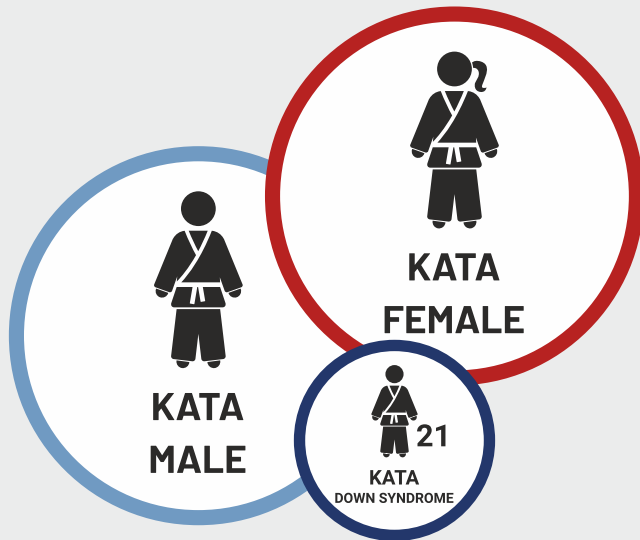
The transmission address will be provided later.

AIRPORT ✈️

Francisco Sá Carneiro International Airport (Oporto) is 10 km far from the Arena of Gueifães, taking just 15 minutes by car or taxi.



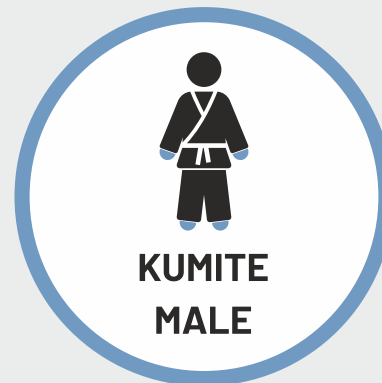
CATEGORIES



U10	Infantile
U12	Initiate
U14	Juvenile
U16	Cadet
+16	Senior
+35	Veteran
—	Down Syndrome



**KUMITE
FEMALE**



**KUMITE
MALE**

U10 Infantile	-30Kg / +30Kg
U12 Initiate	-30Kg / -37Kg / -44Kg / -54Kg / +54Kg
U14 Juvenile	-40Kg / -45Kg / -50Kg / -55Kg / +55Kg
U16 Cadet	-47Kg / -54Kg / -61Kg / +61Kg
U18 Junior	-48Kg / -53Kg / -59Kg / -66Kg / +66Kg
+18 Senior	-50Kg / -55Kg / -61Kg / -68Kg / +68Kg

U10 Infantile	-30Kg / +30Kg
U12 Initiate	-30Kg / -37Kg / -44Kg / -54Kg / +54Kg
U14 Juv.	-40Kg / -45Kg / -50Kg / -55Kg / -60Kg / +60Kg
U16 Cadet	-52Kg / -57Kg / -63Kg / -70Kg / +70Kg
U18 Junior	-55Kg / -61Kg / -68Kg / -76Kg / +76Kg
+18 Senior	-60Kg / -67Kg / -75Kg / -84Kg / +84Kg

22nd

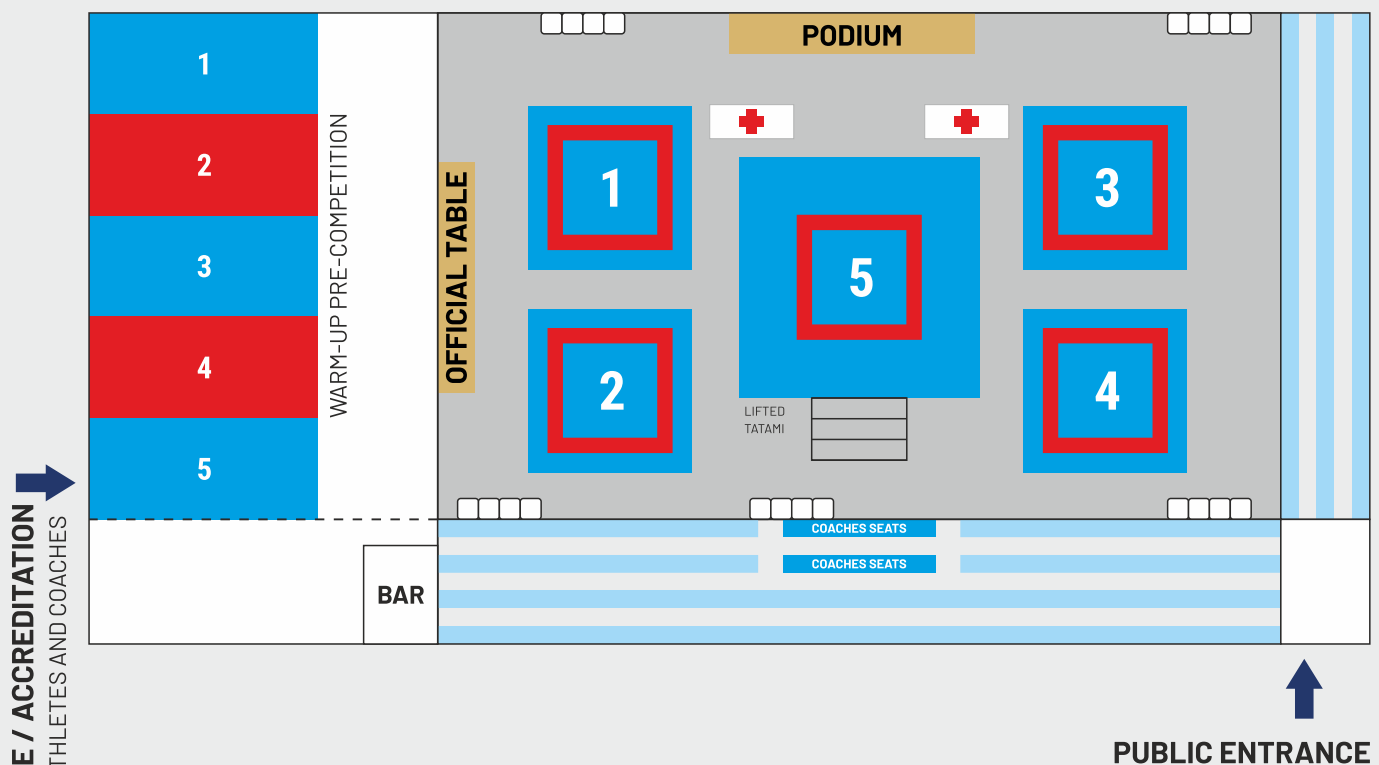
MAIA INTERNATIONAL

KARATE OPEN



PLAN

MUNICIPAL ARENA OF GUEIFÃES



FLOOR -1: ATHLETES ENTRANCE AND ACCESS TO WARM-UP AREA



PROGRAM (PROVISIONAL)

FRIDAY | 28th NOVEMBER

19h - 21h	Accreditation	Municipal Arena of Gueifães
19h - 21h	Weight-In	Municipal Arena of Gueifães

SATURDAY | 29th NOVEMBER

8h - 10h / 14h - 15h	Accreditation	Municipal Arena of Gueifães
9h30 - 12h / 14h - 15h	Weight-In	Municipal Arena of Gueifães
8h20	Referees Meeting	Municipal Arena of Gueifães
8h30	Coaches Meeting	Municipal Arena of Gueifães
8h45	Start of Kata U16, U18, +16, +35 & Down Syndrome	Municipal Arena of Gueifães
11h20	Start of Kumite U16	Municipal Arena of Gueifães
13h55	Finals and Prize Delivery	Municipal Arena of Gueifães
14h55	Start of Kumite U16, U18 and +18	Municipal Arena of Gueifães
20h05	Finals and Prize Delivery	Municipal Arena of Gueifães

SUNDAY | 30th NOVEMBER

8h - 9h	Accreditation	Municipal Arena of Gueifães
9h - 11h30	Weight-In	Municipal Arena of Gueifães
8h20	Referees Meeting	Municipal Arena of Gueifães
8h30	Coaches Meeting	Municipal Arena of Gueifães
8h45	Start of Kata U10, U12 and U14	Municipal Arena of Gueifães
11h15	Start of Kumite U10 and U12	Municipal Arena of Gueifães
13h10	Finals and Prize Delivery	Municipal Arena of Gueifães
14h05	Start of Kumite U12 and U14	Municipal Arena of Gueifães
17h40	Finals and Prize Delivery	Municipal Arena of Gueifães

RULES

The Maia International Open will take place under the rules of the Portuguese National Karate Federation (FNKP) and World Karate Federation (WKF), with the exception of the notes referenced below.

KATA

The kata rules will be those of the FNK-P/WKF.

Infantile (U10): Must perform at least two katas alternately from the list below and in the final they will be able to perform a free kata.

- Gekisai
- Fukyukata
- Taikyoku
- Heian
- Pinan

Please Note: Simple and direct qualifiers with repechages for third-placed athletes. In the final, they can perform free kata.

Initiate (U12): Must perform a basic kata in the first round; In the remaining rounds they will be able to perform katas from the WKF list; From the 4th round onwards they can repeat, as long as it is different from the previous one, alternately.

KUMITE

The kumite rules will be those of the FNK-P/WKF.

Infantile (U10): Combat time will be 1 minute without pauses, with a hantei decision.

Please note: The use of the Chest Protector and Shin Guards is not mandatory in the Infantile category (U10) nor in the Initiate category (U12).

In kumite, there must be a minimum of 6 competitors per category. If this number is not reached, the competitors will be transferred to the category above. If the category with less than 6 competitors is the one of the heaviest weight, it will be joined with the previous weight category.

INFO



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