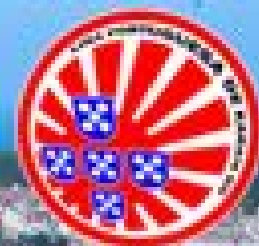


# KARATE OPEN VILA DE CASCAIS 06-07.11.2021

MULTIUSOS DOS SALESIANOS DE MANIQUE

ORGANIZAÇÃO



APOIOS:



CASCAIS





## Dear Participants

As President of the National karate Portugal Federation, it is with great satisfaction and extreme pride that I confirm the realization of the "III Cascais Open" to be held in Cascais - Portugal on 06 and 7<sup>th</sup> November, 2021.

To the organization, the Portuguese Karate League, in the person of its responsible FNK-P, once again thanks a tournament that contributes to future successes of European and World projection of the participants and to the promotion and development of National and International karate, demonstrating that Karate is dynamic in Portugal, and certainly represents a sporting value for all.

Congratulations for the commitment and professionalism that they demonstrate in their accomplishment and the desire that this event be a success.

I greet all participants, leaders, coaches, referees, practitioners and their families, who take this opportunity to gratify the modality, in parallel with the competitive results obtained.

I invite you all to join in this event and I thank you for your presence and welcome you.

Carlos Silva

President of FNKP

# Welcome

It is with pleasure that we invite you to the 4th Karate Open Town of Cascais that will be held on October 30th, 2021.

For the 3rd time Cascais will have an International Karate Open, where we hope to welcome some of the elite athletes of the sport.

The Liga Portuguesa de Karate Do (LPK) and with the support of the National Federation of Karate Portugal (FNKP) jointly organize this international level competition, offering the best conditions for the success of the event to be appreciated across borders.

We look forward to your presence as well as the wishes of enjoying our Town of Cascais.

# Cascais

Cascais, where they passed from Romans to Muslims. In the second half of the twelfth century, Cascais was a small village of fishermen and farmers, becoming, due to its privileged geographical location by its bay, in a fishing port concurred.

In 1364, Our king D. Pedro I passed Cascais from village to town.

The town of Cascais is one of the most popular Portuguese tourist destinations for both locals and foreigners, enjoying a mild climate, beaches, landscapes, hotel and gastronomic offer.



# Accommodation

We advise all athletes and coaches the O Século where you can enjoy a discount during your stay;

This accommodation is an 5-minute walk from the beach. Rooms have private balconies with views of the Atlantic Ocean.



## Contacts:

**Colonia o Século - Preferential prices for all teams**

**Web:** [www.seculo.pt](http://www.seculo.pt)

**Code Reservation:** Liga Portuguesa de Karate Do

## Localização:

**Avª Marginal, nº 4350 S. Pedro do Estoril 2765-582 ESTORIL**

**Telf:Tel.:+351 214 647 770| Fax.+351 214 670 796**

**Email:** [turismo@oseculo.pt](mailto:turismo@oseculo.pt)

# Place and Date

## Date

Nov-06 and 07 -2021

## Schedule

09:30 – Beginning

12:30 – Lunch

18:30 – Closing ceremony

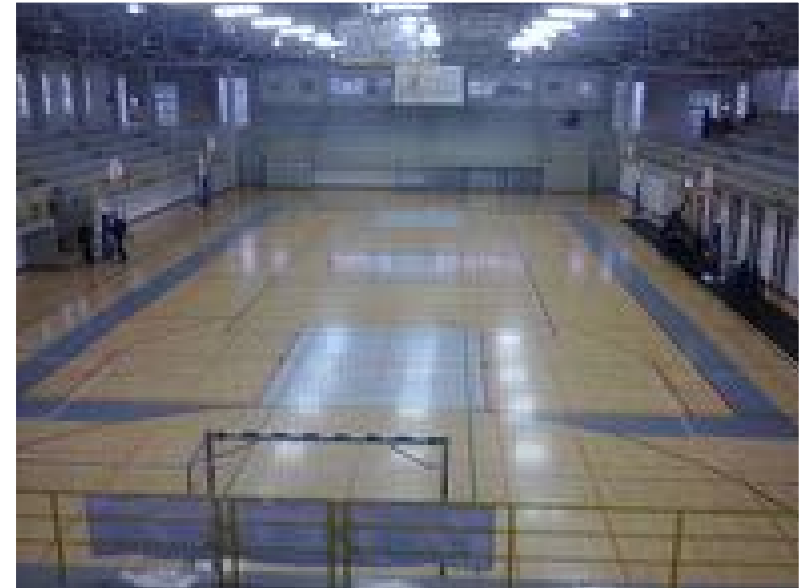
## Place

**Multiusos dos Salesianos de Manique**

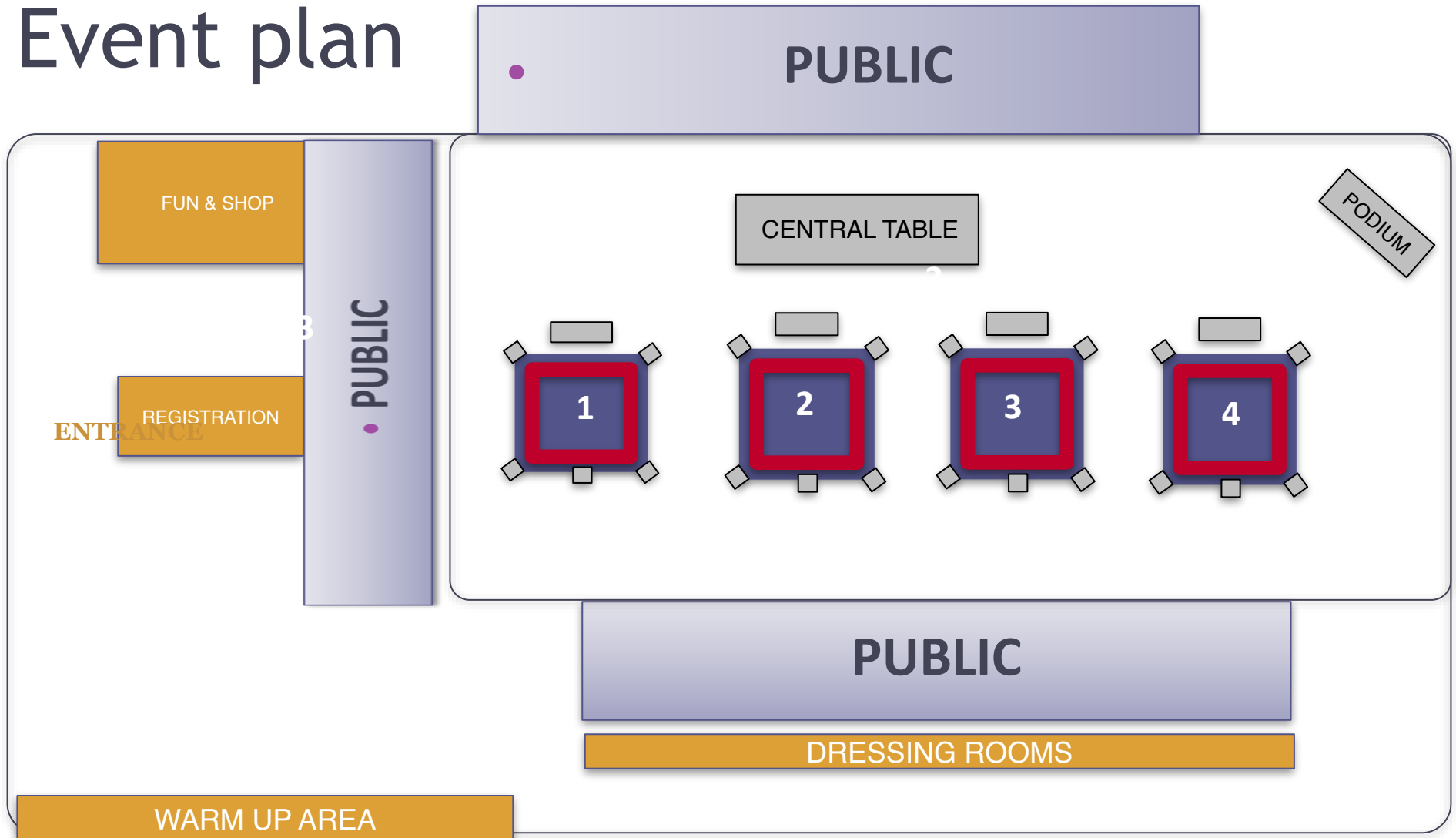
**Address:** Rua dos salesianos 1

**Postal Code:** 2645-438 Alcabideche

**Coordinates:** 38°73'60.21"N 9°36'13.68"W



# Event plan



# Registration and Costs

- All athletes and coaches must sign up through our Email :  
[www.kimura.pt/opencascais](http://www.kimura.pt/opencascais) ou [cascaisopen.kimura.pt](http://cascaisopen.kimura.pt)
- **Athletes** - The registration fee will be € 15 per participation in Kata or Kumite;
- **(after 21<sup>th</sup> October until 30<sup>th</sup> October the value is 20€ per participation in Kata or Kumite)**
- **Coaches** - The registration fee will be € 5 for each mentioned coach who will be given identification for access to the competition area , only over 18 years old ,one coach each 5 competitors ;
- All registrations will only be considered when accompanied by the justification referring to the bank transfer and send by email.



# Payment

- Payment can be made by bank transfer to the following account:
- Name: LIGA PORTUGUESA KARATE DO
- Account: 0020004802530 - EUR - Conta Extracto
- IBAN: PT50 0035 0020 00004802530 34
- BIC SWIFT CGDIPTPL
- **DEADLINE FOR REGISTRATION:** October 30th, 2021 (Limited registration)

# Categories

Male					
KATA	Degree	Age	KUMITE	Age	Weight
	1º	Until 9 years old		10 and 11 years old	- 42 Kg e + 42 Kg
	2º	10 and 11 years old		12 and 13 years old	- 50 Kg e + 50 Kg
	3º	12 and 13 years old		14 and 15 years old	- 63 Kg e + 63 Kg
	4º	14 and 15 years old		16 and 17 years old	- 68 Kg e + 68 Kg
	5º	+ 16 years old		+ 18 years old	- 75 Kg e + 75Kg

The draw after it has been made will be posted on our website([WWW.LPKARATE.COM](http://WWW.LPKARATE.COM)) and on our facebook page ([WWW.FACEBOOK.COM/@LPKARATE](http://WWW.FACEBOOK.COM/@LPKARATE)). **Each event maximum 32 athletes**

# Categories

Female					
KATA	Degree	Age	KUMITE	Age	Weight
	1º	Until 9 year old		10 and 11 year old	- 38 Kg e + 38 Kg
	2º	10 and 11 year old		12 and 13 year old	- 45 Kg e + 45 Kg
	3º	12 and 13 year old		14 and 15 year old	- 50 Kg e + 50 Kg
	4º	14 and 15 year old		16 and 17 year old	- 53 Kg e + 53 Kg
	5º	+ 16 year old		+ 18 year old	-61 kg e + 61 kg

# Competition Rules

- . The rules of arbitration shall be those of the FNK-P / WKF, however, the organization shall safeguard the possibility of making such changes as it deems necessary, if any shall be mentioned at the Referees and Coaches' meeting;
- . The duration of each match will be 2 minutes, except those started 1. minutes according to the rules for FNKP Youth;
  - . No claims will be accepted for alleged errors of technical recovery;
- . The organization is not responsible for any accidents and their consequences that may occur in this competition. Thus, the athletes must be covered by the sport insurance;
- . The Organization shall provide the medical support compatible with the evidence;
  - . Only the accredited Coaches will have access to the spaces reserved for the competition.
  - . The Clubs have the responsibility to secure the rules in the moment issued by DGS to the competition , near we gone send more details about this matter.

# Tickets

- . All spectators will pay for access, except for athletes and coaches;
- . The accesses will be available at the entrance of the pavilion;
- Value . 1.5 LPK ,Each day ,with an offer of a bottle of water

# Contacts and information

- Police and emergency ... 112
- Hospital of Cascais

Address: Av. Brigadeiro Victor Novais Gonçalves  
2755-009 Alcabideche

Phone: [\(+351\) 214 653 000](tel:+351214653000) – Available 24h every day

- Liga Portuguesa de Karate Do

Phone: (+351) 962 770 250

E-mail: [LIGAPORTUGUESAKARATE@GMAIL.COM](mailto:LIGAPORTUGUESAKARATE@GMAIL.COM)