KARATE

OPEN VILA DE CASCAIS

by SMAI™

24 OCT 2026 | COMPLEXO DESPORTIVO ALCABIDECHE

FEDERAÇÃO NACIONAL KARATE PORTUGAL

CASCAIS
Para toda a vida

JUNTA DE FREGUESIA DE ALCABIDECHE

SMAI™

Vitalis

Dear Participants

It is with pleasure that we invite you to the Karate Open Vila de Cascais that will take place on October 24, 2026.

For the 8th edition Cascais will have an International Karate Open, where we hope to receive some of the elite athletes of the modality.

The Portuguese League of Karate Do (LPK) and with the logistical support of the National Federation of Karate Portugal (FNKP) organize this competition at an international level, offering the best conditions for the success of the competition to be appreciated across borders.

We look forward to your presence as well as your wishes to be able to enjoy our village of Cascais.

Welcome

It is with pleasure that we invite you to the 10º Karate Open Town of Cascais that will be held on October 24th, 2026.

For the 9 º 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:
Fundação "O Século" - Preferential prices for all teams
Web: www.oseculo.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

Place and Date



Date

Oct-24 -2026

Schedule

09:00 – Beginning

20:00 – Closing ceremony

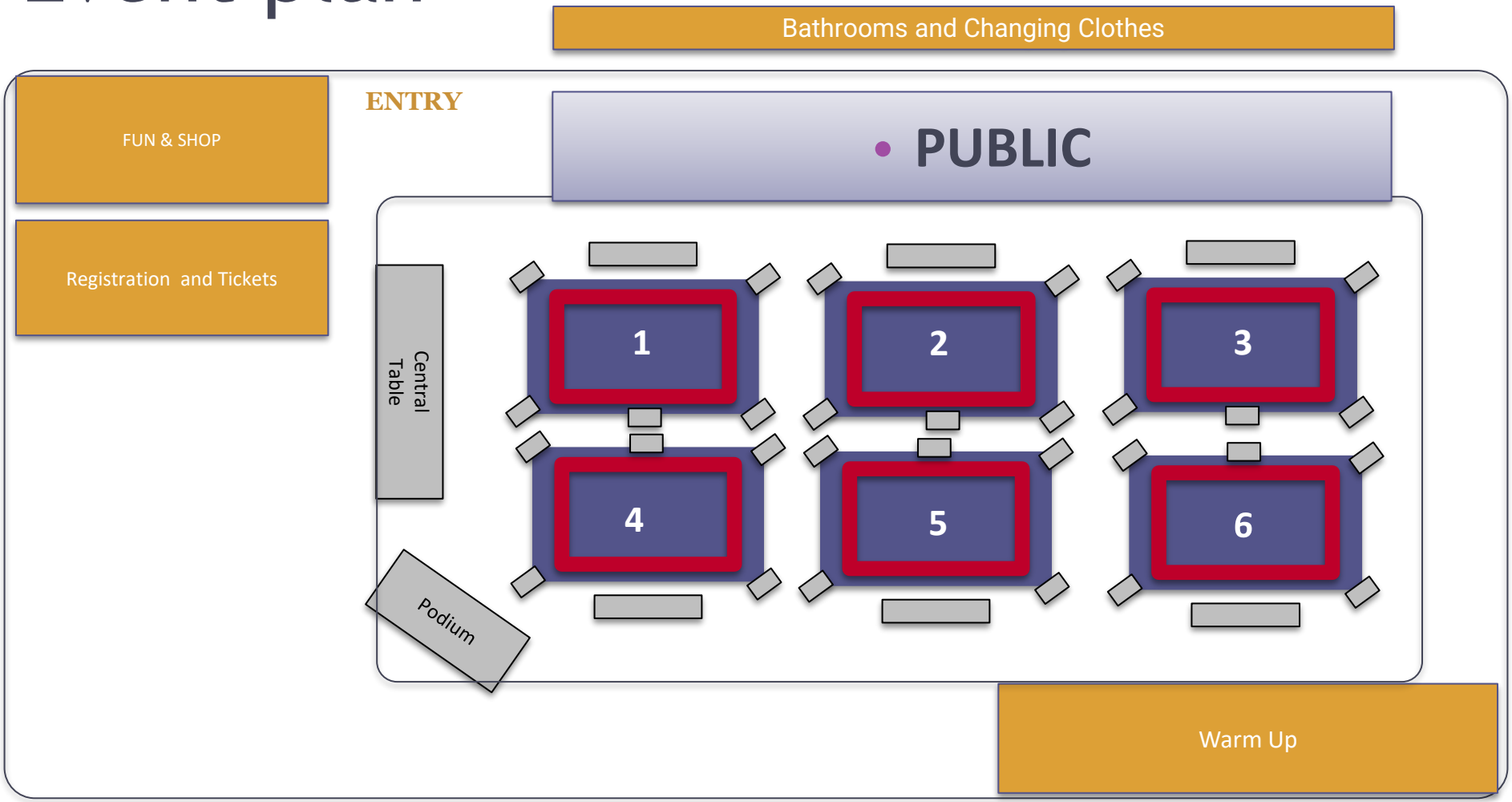
Place:

Complexo Desportivo de Alcabideche

Address: Rua do Pombal 350 A

Postal Code: 2645-047 Alcabideche

Event plan


Bathrooms and Changing Clothes
FUN & SHOP
ENTRY
PUBLIC
Registration and Tickets
Central Table
1
2
3
4
5
6
Podium
Warm Up

Registration and Costs

- All athletes and coaches must sign up through our Email :

  https://karate-hub.com ou https://kimura.pt

- **Athletes - The registration fee will be € 22,50 per participation in Kata or Kumite;**
- **(after 09th until 16 October/2026 the value is 25€ 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 09th, 2025 (Limited registration)

Categories

Male					
KATA	Degree	Age	KUMITE	Age	Weight
	1º	Until 9 years old		10 and 11 years old	- 40 Kg e + 40 Kg
	2º	10 and 11 years old		12 and 13 years old	-40 Kg; - 50 Kg ; +50 Kg
	3º	12 and 13 years old		14 and 15 years old	- 57 Kg;- 63Kg ; -70Kg, +70 Kg
	4º	14 and 15 years old		16 and 17 years old	- 61 Kg;-68 Kg ; -76 Kg + 76 Kg
	5º	+ 16 years old		+ 18 years old	-67 Kg; - 75 Kg e + 75Kg

The draw after it has been made will be posted on our website(WWW.LPKARATE.COM) and on our facebook page (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	- 42 Kg; -47 Kg; +47Kg
	3º	12 and 13 year old		14 and 15 year old	-47 Kg;- 54 Kg +54 Kg
	4º	14 and 15 year old		16 and 17 year old	- 53Kg; -59 Kg;+59Kg
	5º	+ 16 year old		+ 18 year old	-55Kg ;-61 kg; + 61 Kg

Competition Rules

. The rules of arbitration shall be those of the FNK-P / WKF, the same in the Youth League/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 minute 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.

- There will be a prize for the 3 teams with the most points earned in the competition, entitled to a trophy;
- All mandatory protections according to FNKP/WKF

Tickets

. All spectators will pay for access, except for athletes and coaches;

. The accesses will be available at the entrance of the pavilion;

- Value . 2 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 – Available 24h every day

- Liga Portuguesa de Karate Do

  Phone: (+351) 962 770 250

  E-mail: LIGAPORTUGUESAKARATE@GMAIL.COM