

MAIA INTERNATIONAL KARATE OPEN

MIKKO



PORTUGAL

KATA & KUMITE U10, U12, U14, U16, U18, +16, +18

(kata) (kumite)

KATA TRISSOMIA 21



**28-29
NOVEMBER
2026**



**PAVILHÃO MUNICIPAL
DE GUEIFÃES
MAIA - PORTUGAL**



REGISTRATIONS
www.karate-hub.com



main

Welcome to MIKO!

Over the past 23 years, MIKO – Maia International Karate Open has established itself as a leading event on the national Karate scene, contributing to the promotion and recognition of the sport.

This year's edition continues its commitment to a high-quality competition, bringing together the best national athletes alongside competitors from abroad, helping to raise the competitive level of the event.

MIKO also stands out for its unique atmosphere. The elevated central tatami, combined with the spectacular lighting and sound show, transforms every bout into a special moment, both on and off the tatami.

An event of this scale would only be possible thanks to the dedication of a great team and the support of the organisations and partners who believe in MIKO. To Maia City Council, the Parish Councils of Águas Santas and Cidade da Maia, the Moreira da Maia Volunteer Firefighters, and our sponsors, we extend our sincere thanks.

I wish all participants every sporting success and hope that, once again, this will be a great celebration of Karate.

Best regards,

António Moreira

President of CK Maia



Dear Participants,

It is with great pleasure that, on behalf of the National Karate Federation of Portugal (FNK-P), I welcome the 23rd edition of the Maia International Karate Open, taking place on 28 and 29 November 2026.

The FNK-P congratulates the Maia Karate Club on organising yet another edition of this important international tournament, which contributes to the promotion and development of Karate in Portugal and provides an opportunity for sporting growth for all participants.

The success of a competition of this scale is the result of the commitment and professionalism of everyone involved. I would like to express my appreciation and gratitude to all of them.

To all athletes, coaches, officials, referees, technical staff and families, I wish you an enjoyable and memorable experience, filled with enthusiasm, sportsmanship and pride in being part of this great celebration of Karate.

A very warm welcome to you all, and I wish you every success!

Carlos Silva

President of the FNK-P



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

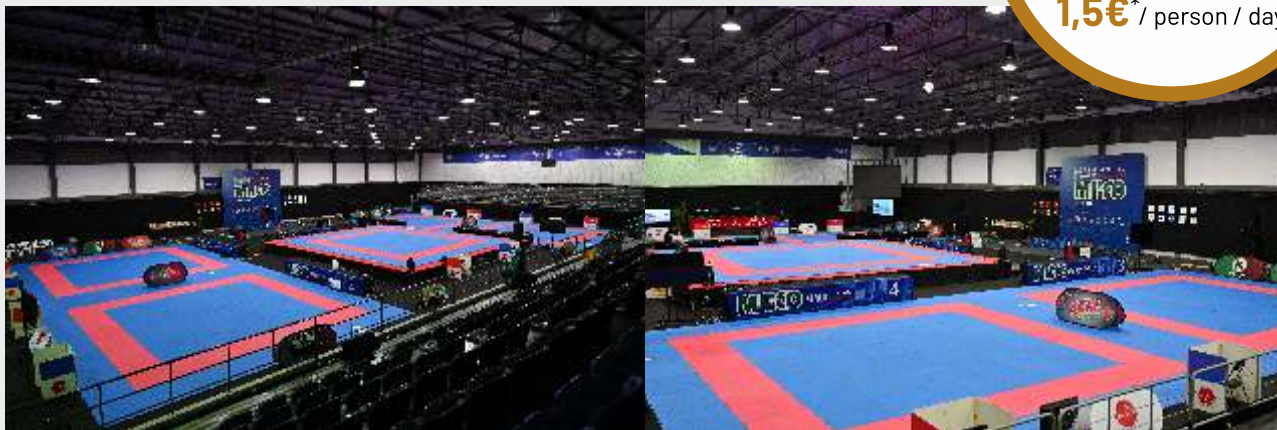
Zip Code: 4470-447 Maia

GPS: 41.215419, -8.599181



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

1,5€* / person / day



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

CALENDAR

25 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)

15 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 - 15 Nov.	25€	30€	5€

Coaches will be subject to control under federative rules.

All payments must be made **by November 15th**, 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.

27th November (friday): from 19h to 20h.

28th November (saturday): from 8h to 10h and from 14h to 15h.

29th November (sunday): from 8h to 9h.

WEIGHT-IN

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

27th November (friday): from 19h to 20h.

28th November (saturday): from 9h30 to 12h and from 14h to 15h.

29th 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.

PRESS

PRESS AND PHOTOGRAPHER ACCREDITATION

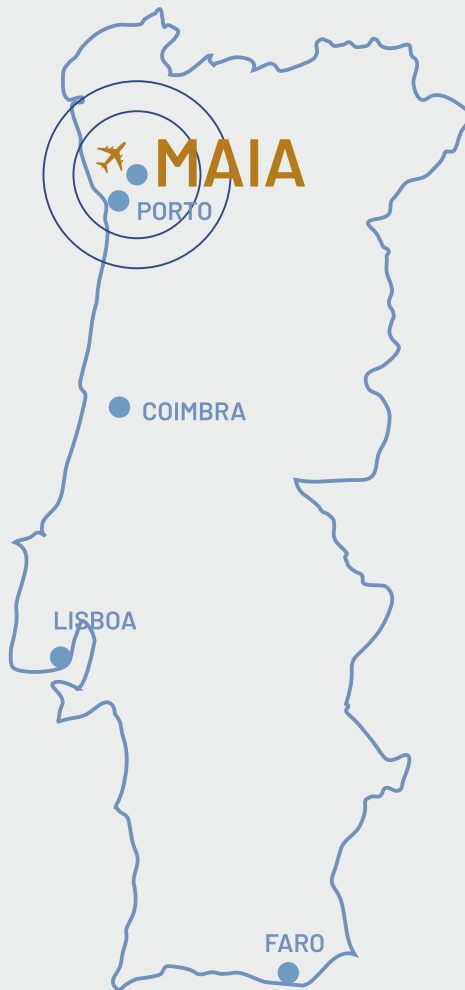
Access to the venue for journalistic or photographic coverage is restricted to duly accredited professionals. Journalists and photographers wishing to provide independent coverage of the event must apply for accreditation **by 25 November, upon presentation of a valid professional press credential, namely CCPJ, CNID or AIPS.**

The organisers reserve the right to review and approve accreditation requests, taking into consideration the venue's access and operational conditions.

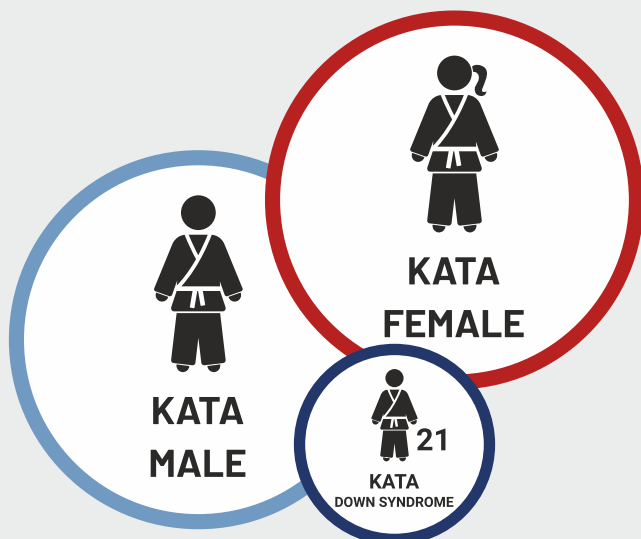
Entry to the venue for photographic coverage will not be permitted to individuals who do not hold one of the professional credentials listed above or who have not obtained prior accreditation from the organisers.

AIRPORT ✈️

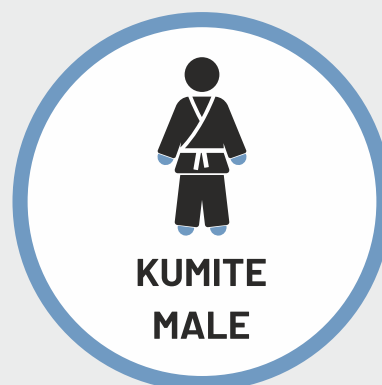
Francisco Sá Carneiro International Airport (Oporto) is 10 km far from the Arena of Gueifães, taking just 15 minutes by car or taxi.



CATEGORIES



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

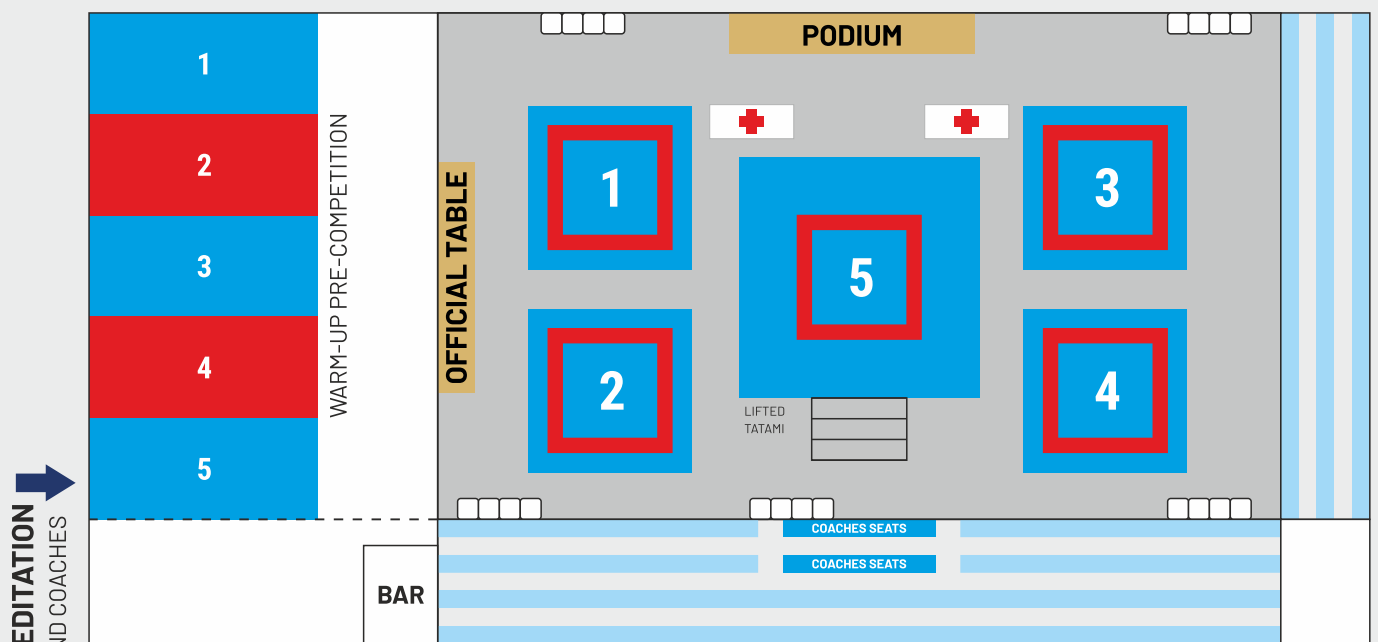


U10 Infantile	-30Kg / +30Kg
U12 Initiate	-30Kg / -37Kg / -44Kg / -54Kg / +54Kg
U14 Juvenile	-40Kg / -45Kg / -50Kg / -55Kg / +55Kg
U16 Cadet	-47Kg / -54Kg / -61Kg / +61Kg
U18 Junior	-48Kg / -53Kg / -59Kg / -66Kg / +66Kg
+18 Senior	-50Kg / -55Kg / -61Kg / -68Kg / +68Kg

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

PLAN

MUNICIPAL ARENA OF GUEIFÃES



ENTRANCE / ACCREDITATION
FLOOR -1: ATHLETES AND COACHES



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



PUBLIC ENTRANCE

PROGRAM (PROVISIONAL)

FRIDAY | 27th NOVEMBER

19h - 20h	Accreditation	Municipal Arena of Gueifães
19h - 20h	Weight-In	Municipal Arena of Gueifães

SATURDAY | 28th 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 | 29th 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.
- Protective equipment in accordance with the FNK-P/WKF regulations for 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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