



MEDICAL CERTIFICATE

Name competitor: _____

Birthdate: _____

Country: _____

Date of medical: - ____ / ____ / 2026

1. General Health:

The above mentioned competitor is in overall good health and does not have any medical conditions that would hinder participation on in the Open Kyokushin Portugal.

2. Physical Fitness:

The above-mentioned competitor possesses an adequate level of physical fitness and strength to participate in the 4th Kyokushin World Championship without significant risks to their health.

3. Heart Health:

The heart rate, blood pressure, and cardiac health of the above mentioned competitor are within normal limits and do not pose an obstacle to participating in the Open Kyokushin Portugal.

4. Medical on Use:

The above-mentioned competitor is not currently taking any medical on that would affect their participation in the Open Kyokushin Portugal. 2024.

Date: _____

Signature of Physician: _____