

# **KSKA Natsu-GASSHUKU**

## **Espinho, Portugal**

### **10<sup>th</sup> to 12<sup>th</sup> May 2019**

Under the instruction of KSKA Shihankai

Dirk Heene, 8<sup>th</sup> Dan (Belgium)

Jim Martin, 8<sup>th</sup> Dan (Scotland)

Michaylo Fedyk, 7<sup>th</sup> Dan (England)

Pascal Petrella, 7<sup>th</sup> Dan (Germany)

Juan-Pablo Delgado, 5<sup>th</sup> Dan (Spain)

Nico Ibscher, 5<sup>th</sup> Dan (Germany)

Host:

**Kase Ha Shotokan Ryu Karate-Do Academy**

Organisation:

**KSKA Portugal - contact Sensei Filipe Sancho**

Email: [filipe.sancho@gmail.com](mailto:filipe.sancho@gmail.com) - Phone: +351 912 114 091

Course Venue:

Name of dojo: **Napoleão Guerra Sportshall (Pavilhão)**

Address: **Rua da Mina, 59, 4500-704 Espinho**

GPS: **41.004927, - 8.604332**

Training:

<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>19:00 – 21:00hr</b>	<b>10:00 – 11:30hr</b>	<b>10:00 – 12:00hr</b>
	<b>12:00 – 13:30hr</b>	

Registration opens one hour before the start of the training.

KSKA Passport:

Please present your KSKA passport to the Secretary upon registration for signature of attendance.

Grading:

**Saturday 14:00 – 16:00hr**

GDPR:

Please note that a group photograph will be taken during this course and could be published on the KSKA website and/or News Letter. Should you wish not to participate due to privacy reasons that is your prerogative and you should withdraw whilst the photograph is being taken. Other than the above, and as far as is reasonably practicable, the taking and publishing of video or photographs will be restricted, but the KSKA cannot not be held responsible for individual actions that fall outside of our control.

## Course-Dinner:

### **Course Dinner: Saturday 11<sup>th</sup> May 2019 at 20:00 hr.**

The course dinner will be held at: **Restaurante O Golfinho**,  
Rua (street) 2, Nr. 663, in Espinho, GPS: 41.007656, -8.645837

Academy members wishing to attend should notify Sensei Filipe Sancho before 3<sup>th</sup> May 2019 and inform the main dish you wish to eat. The cost for the dinner is €25 per person.

Menu: - Typical Portuguese starters.

- Vegetables Soup.
- Main dish: Typical Portuguese Seafood Rice or Grilled Veal with Cheese and Chips.
- Drinks included (red or white home mature wine, red or white home green wine, beer, juices and water).
- Desert: Pudding, Cold Cake, Biscuit Cake, Chocolat Mousse, Chocolat Cake or Fruit.
- Coffee

## Transportation:

### **Recommended airport: Porto (Opo).**

A pick up service is organised to transport participants from Porto airport to Espinho (PraiaGolfe Hotel) for Thursday, the 9<sup>th</sup> and Friday the 10<sup>th</sup>. The same pick up service will be at participants disposal from Espinho (PraiaGolfe Hotel) to the Sports Hall and back for Friday the 10<sup>th</sup>, Saturday the 11<sup>th</sup> and Sunday the 12<sup>th</sup>.

Still the same pick up service will be at participants disposal from Espinho (PraiaGolfe Hotel) to Porto airport on Sunday the 12<sup>th</sup> and Monday the 13<sup>th</sup>.

To make the pick up service more efficient the organisation wishes to transport the participants in groups, so please send us your flight schedule as soon as you have it confirmed, also the same principal will be followed for the transport between Espinho (PraiaGolfe Hotel) and the Sports Hall and back.

For the pick up service each participant is asked to pay a 25€ fee.

### From and to Porto airport by train (preferred airport due to accessibility for connections):

When not using the pick up service or car rental the organisation advises train solution to travel from Porto airport to Espinho and back.

Participants in this case must look for the Metro station at Porto airport, from there you must travel on the Purple line, E letter, to Campanhã station, that is also a railway station.

From Campanhã railway station you must travel by train to Espinho.

The reverse trip is equally possible to do.

You may start this complete trip every 40 minutes approximately

## Accommodation:

## Choice of Hotels:

Recommended hotel:

### **PraiaGolfe Hotel**

Rua (street) 6, PraiaGolfe building, in Espinho,  
GPS: 41.009738, -8.64510

Reservations must be done directly with the hotel to the email [comercial2@praiagolfe.com](mailto:comercial2@praiagolfe.com), mentioning the code word "Gasshuku".

Special prices agreed with the hotel per night, breakfast and SPA included:

Single STD APA - €70 (city view).  
Single SUP APA - €75 (side sea view).  
Single PRE APA - €80 (frontal sea view).

Double STD APA - €80 (city view).  
Double SUP APA - €85 (side sea view).  
Double PRE APA - €90 (frontal sea view).

Several other hotels can be found in Espinho.

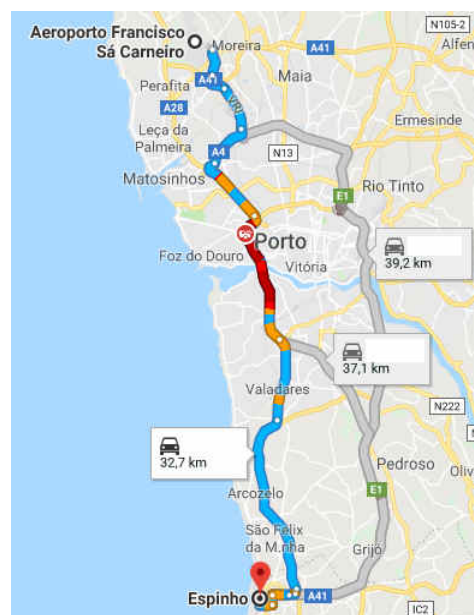
Economic local accommodation can be found at Airbnb website or directly with Sensei Filipe Sancho.

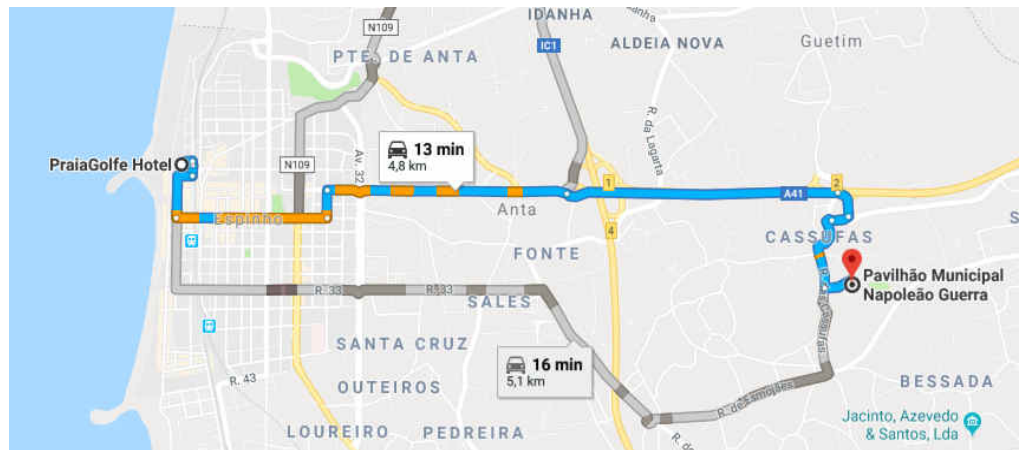
## Course Fee:

**Non-KSKA Members      €60 whole course or €15 per session**  
**KSKA Members            No Charge**

## KSKA Note:

*The course organiser and/or Kase Ha Shotokan Ryu Karate-Do Academy cannot be held responsible for any loss, damage or injury that may occur during the Gasshuku.*





Espinho is a touristic town mainly for the beach and sea activities, like enjoy the sun or catching some waves surfing.

Nearby you can visit the Santa Maria da Feira medieval castle.

In Porto and Gaia you can visit the Porto wine caves and enjoy a drink nearby the Douro river.