



**ESKHA**  
**Escolas Shotokan**  
**Kase Ha**



# **SHOTOKAN KARATE-DO** **INTERNATIONAL COURSE**

**Espinho - Portugal**

**Pavilhão Napoleão Guerra - Anta / Espinho**

GPS: 41°00'16.1"N, 8°36'14.5"W | 41.004483, -8.604034

**Friday, 10th June 2022 to**

**Sunday, 12th June 2022**

Friday Schedule: 6th Kyu above - 18:30 - 20:00

Saturday and Sunday Schedule:

All grades

10:00 - 11:30

3rd Kyu above and Dans

11:30 - 13:30

*Allowed Assistance Sunday 10:00 - 11:30*

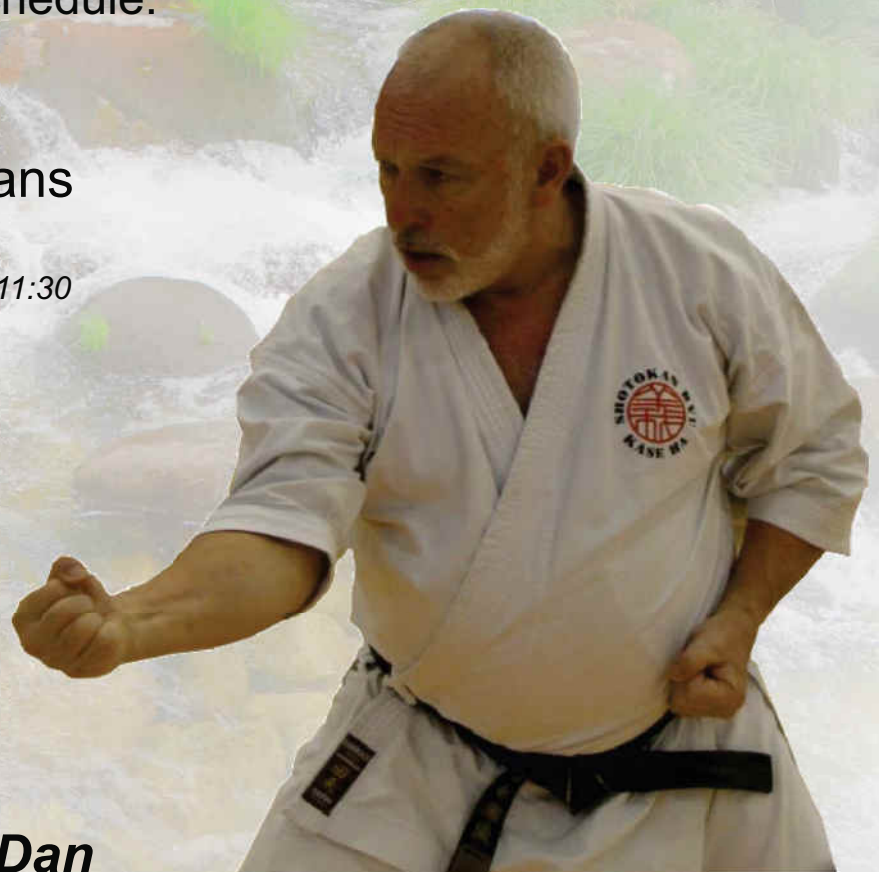
**Dan Examinations:**

Saturday 13:45



**Shotokan Ryu**  
**Kase Ha**

**Sensei Dirk Heene 9° Dan**



Contacts:

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Support:



**ESPINHO**  
CÂMARA MUNICIPAL



**HAJIME**  
KARATE



# ESKHA

## Escolas Shotokan Kase Ha



### SHOTOKAN KARATE-DO INTERNATIONAL COURSE

#### Espinho - Portugal

*Friday, 10th June 2022 to  
Sunday, 12th June 2022*

Course Fee:  
To be announced.

Course dinner:  
It will take place in a restaurant  
in Espinho nearby the sea.

Pick up service may be arranged.

Hotels:  
Hotel Praiagolfe, Espinho  
Hotel Solverde, Espinho  
Hotel Apartamento Solverde, Espinho  
Espinho Guesthouse, Espinho  
Hotel Mar Azul, Espinho

There are also possibilities of local  
accommodation.

About Espinho:  
Espinho is a traditional fishing town  
with a very beautiful beach, it's a very  
quiet and peaceful town where you  
can enjoy a very pleasant walk along  
the beach and visit traditional shops.



Travelling:

By car:

To the training place:

Anta / Espinho City Sportshall

Rua da Mina

Anta - Espinho – Portugal

GPS: 41°00'16.1"N, 8°36'14.5"W

41.004483, -8.604034

To Espinho (proposed staying town):

Rua 6

Espinho – Portugal

GPS: 41.009544, -8.645179

+41° 0' 34.36", -8° 38' 42.64"

By plain:

Oporto Airport (Francisco Sá Carneiro Airport)

Additional information for participants travelling by plain  
and staying in Espinho:

- To arrive Espinho:

○Metro from the Airport station in the Violet (E) line to  
Campanha station.

○Train from Campanha station to Espinho station.

- Transport to the training place may be arranged from  
Espinho.



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