



KSKA AKI-GASSHUKU

Espinho, Portugal

7th to 9th October 2022

Under the instruction of KSKA Shihankai

Dirk Heene, 9th Dan (Belgium)

Jim Martin, 8th Dan (Scotland)

Michaylo Fedyk, 7th Dan (England)

Pascal Petrella, 7th Dan (Germany)

Juan-Pablo Delgado, 6th Dan (Spain)

Nico Ibscher, 6th Dan (Germany)

Host:

Kase Ha Shotokan Ryu Karate-Do Academy

Organisation:

KSKA Portugal - contact Sensei Filipe Sancho

Email: filipe.sancho@gmail.com - Phone: +351 912 114 091

Course Venue:

Name of dojo: Napoleão Guerra Sports Hall (Pavilhão)

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

GPS: 41.004927, - 8.604332

Training:

Friday	Saturday	Sunday
19:30 – 21:30hr	10:00 – 11:30hr	9:00 – 11:00hr
	11:45 – 13:15hr	

Grading:

Saturday 13:30 – 15:30hr

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.

Course Fee:

Non-KSKA Members: 60€ full course or 15€ per training

KSKA Members: No Charge

GDPR:

Please note that a group photograph will be taken during this course and could be published on the KSKA website and/or Newsletter. 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 so 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.

General Assembly:**Saturday 8th October 2022 at 19.00 hr. Venue to be confirmed.****Course-Dinner:****Saturday 8th October 2022 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 30th September 2022 and inform the main dish you wish to eat.

The cost for the dinner is **€30 per person** and should be paid at the same time of registration at the Gasshuku.

Menu: - Typical Portuguese starters

- Vegetable 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, Chocolate Cake or Fruit
- Coffee

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

Please note that flights to Porto can be less expensive when booking early.

A transportation service is arranged for participants with collections from Porto airport travelling to Espinho (Exe Praia Golfe Hotel) on Thursday 6th and Friday 7th Oct.

The same service will also be available departing from the hotel to the Sports Hall and return on Friday 7th, Saturday 8th and Sunday 9th Oct.

For returns to Porto (Opo) airport then transportation will be available leaving the Exe Praia Golfe Hotel on Sunday 9th and Monday 10th Oct.

To maximise the efficiency this service the organisation will need to transport people in groups, so please send in your flight schedule just as soon as possible.

The cost for transportation is **25€ per person**.

Traveling from and return to Porto airport by train:

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

Participants in this case should look for the Metro station at Porto airport. From there you should travel on the Purple line, E letter to Campanhã station. From Campanhã Railway station you should travel by train to Espinho.

The reverse trip is equally possible.

Trains run approximately every 40 minutes.

Accommodation:**Choice of Hotels:**

Recommended hotel:

Exe Praia Golfe Hotel

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

Single reservations should be made directly with the hotel using the email;
reservas@exepraiagolfe.com.

For group reservations email; grupos@exepraiagolfe.com,

And to mention the code word “**Gasshuku22**”.

The hotel is likely to ask for a credit card to guarantee your reservation, this is normal procedure with payment to be made on checkout.

Special prices per night are agreed with the hotel, breakfast and free access to the SPA are included. Please note these prices can only be guaranteed for reservations made before the 1st of September, after this date then prices may vary depending on demand:

Single STD APA - €75 (city view).
Single SUP APA - €85 (side sea view).
Single PRE APA - €95 (frontal sea view).

Double STD APA - €90 (city view).
Double SUP APA - €100 (side sea view).
Double PRE APA - €110 (frontal sea view).

Alternately, several other hotels can also be found in Espinho.

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

COVID:

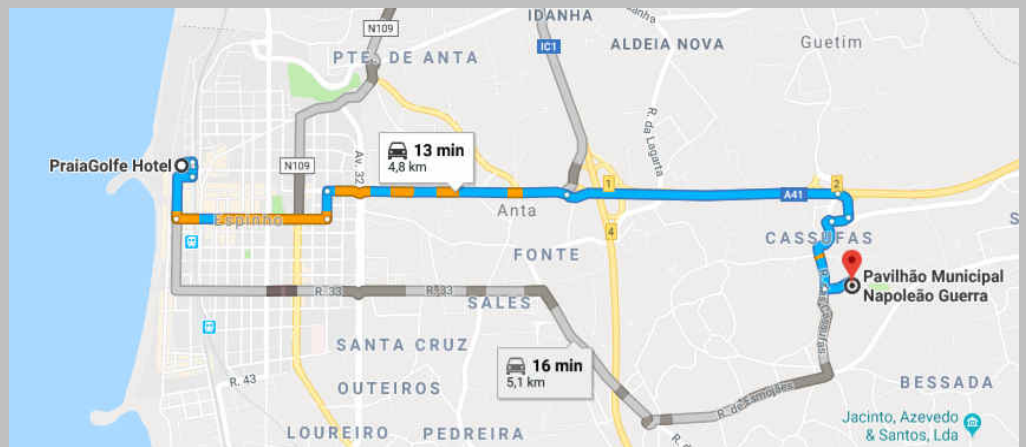
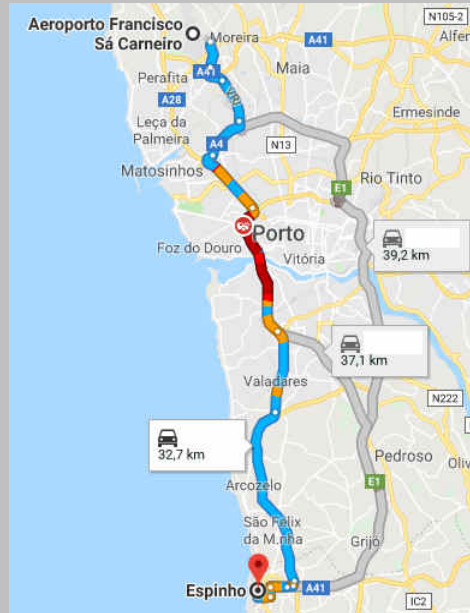
Please keep yourself updated on Covid restrictions as they apply to Portugal and in your own country. For the moment there are no registrations in force.

Participants need to be fully vaccinated or provide proof of a negative Covid test that is taken on the day of training.

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.

Additional Info:



Espinho is a touristic town that is known mainly for the beach and sea activities, including surfing.

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

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