ESKHA
Escolas Shotokan Kase Ha

SHOTOKAN KARATE-DO
INTERNATIONAL COURSE

Espinho - Portugal

Napoleão Guerra Sports Hall - Anta / Espinho

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

Friday, 21st June 2024 to

Sunday, 23rd June 2024

**Shotokan Ryu
Kase Ha**

Sensei Dirk Heene 9º Dan

Time schedule:

Friday	Saturday	Sunday
6th Kyu above	**All Grades**	**All Grades**
18:30 - 20:00	10:00 - 11:30	10:00 - 11:30
	3th Kyu above and Dans	*Assistance allowed!*
	11:30 - 13:00	**3th Kyu above and Dans**
	Dan Examinations - 13:15	11:30 - 13:00

Contacts:
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+351 912 114 091
filipe.sancho@gmail.com

Support:

LUMINWALL
MATERIAL ELÉTRICO

ESPINHO
CÂMARA MUNICIPAL

HAJIME
KARATE

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Friday, 21st June 2024 to
Sunday, 23rd June 2024

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:
  o Metro from the Airport station in the Violet (E) line to Campanha station.
  o Train from Campanha station to Espinho station.
- Transport to the training place may be arranged from Espinho.

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