



Instituto Português de Artes Tradicionais Japonesas
葡萄牙日本武道院

SHOTOKAN KARATE-DO INTERNATIONAL COURSE

Cortegaça - Portugal

Saturday, 21 June 2014

Sunday, 22 June 2014

Schedule:

Brown and Black belts

9:00 - 11:00

All Grades

11:00 - 12:30

Dan Examinations

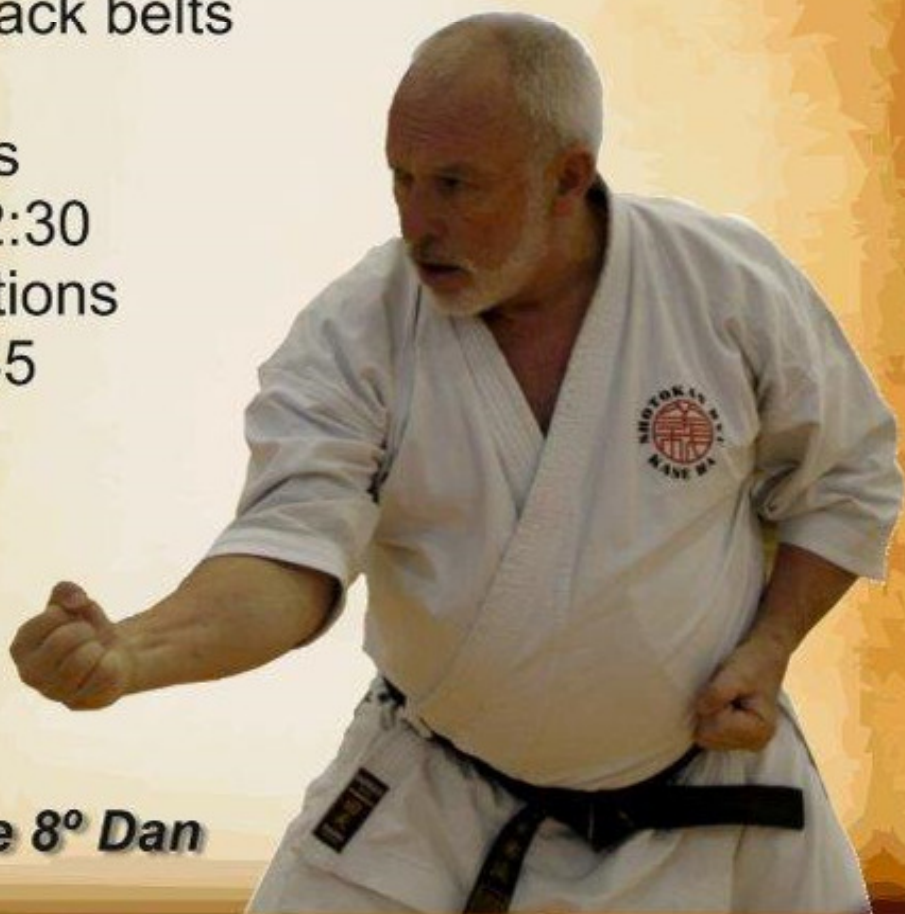
Saturday 12:45



Shotokan Ryu

Kase Ha

Sensei Dirk Heene 8º Dan



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Course Fees:

1 day – 25,00€.

2 days – 35,00€.

Course dinner:

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

Hotels:

Hotel Praiagolfe, Espinho

Hotel Solverde, Espinho

Hotel Apartamento Solverde, Espinho

Espinho Guesthouse, Espinho

Hotel Mar Azul, Espinho

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:

Pavilhão da CRECOR

Rua Futebol Clube Cortegaça

Cortegaça – Portugal

GPS: 40.942856, -8.640620

+40° 56' 34.28", -8° 38' 26.23"

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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