



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

SHOTOKAN KARATE-DO INTERNATIONAL COURSE

Espinho - Portugal

Espinho / Anta Napoleão Guerra Sportshall

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

Friday, 17th June 2016 to

Sunday, 19th June 2016

Friday Schedule:: 7th Kyu above - 18:30 - 20:00

Saturday and Sunday Schedule:

Brown and Black belts

9:00 - 11:00

All grades

11:00 - 12:30

Permitted Assistance Sunday 11:00

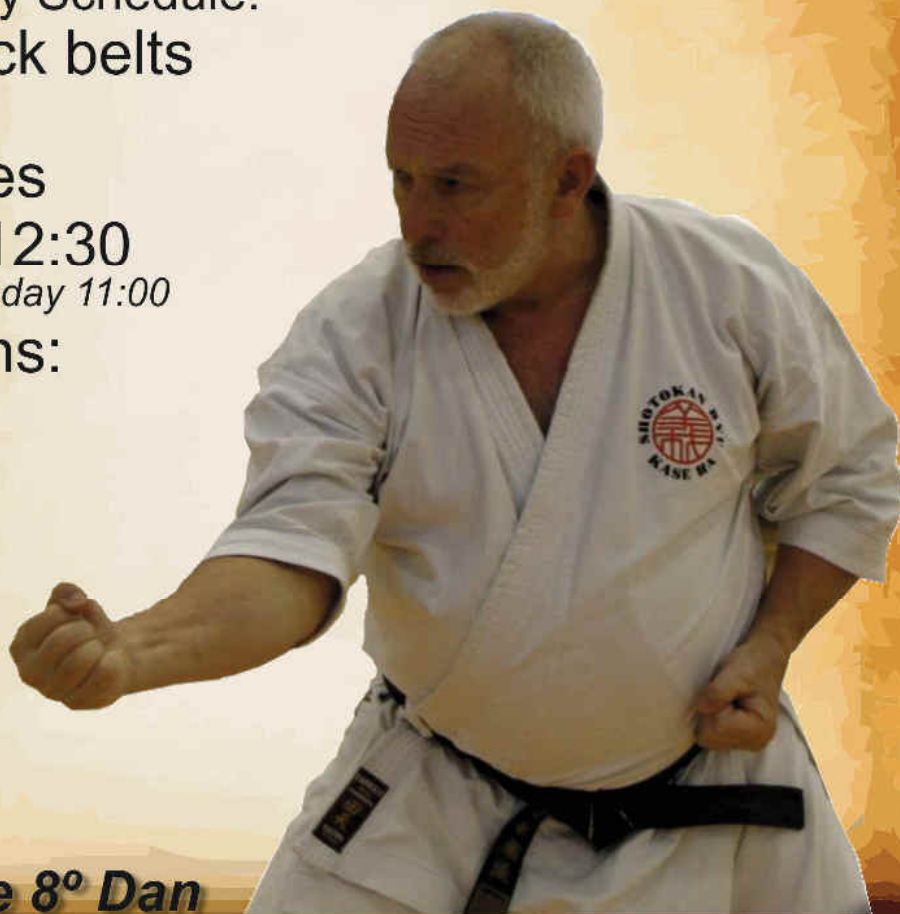
Dan Examinations:

Saturday 12:45



**Shotokan Ryu
Kase Ha**

Sensei Dirk Heene 8° Dan



Contacts:

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ESPINHO
CÂMARA MUNICIPAL

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Friday, 17th June 2016 to
Sunday, 19th June 2016

Course Fees:

1 day – 15,00€.

3 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

There are also possibilities of local housing

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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Support:

