



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, 21st June 2019 to

Sunday, 23th June 2019

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 11:00

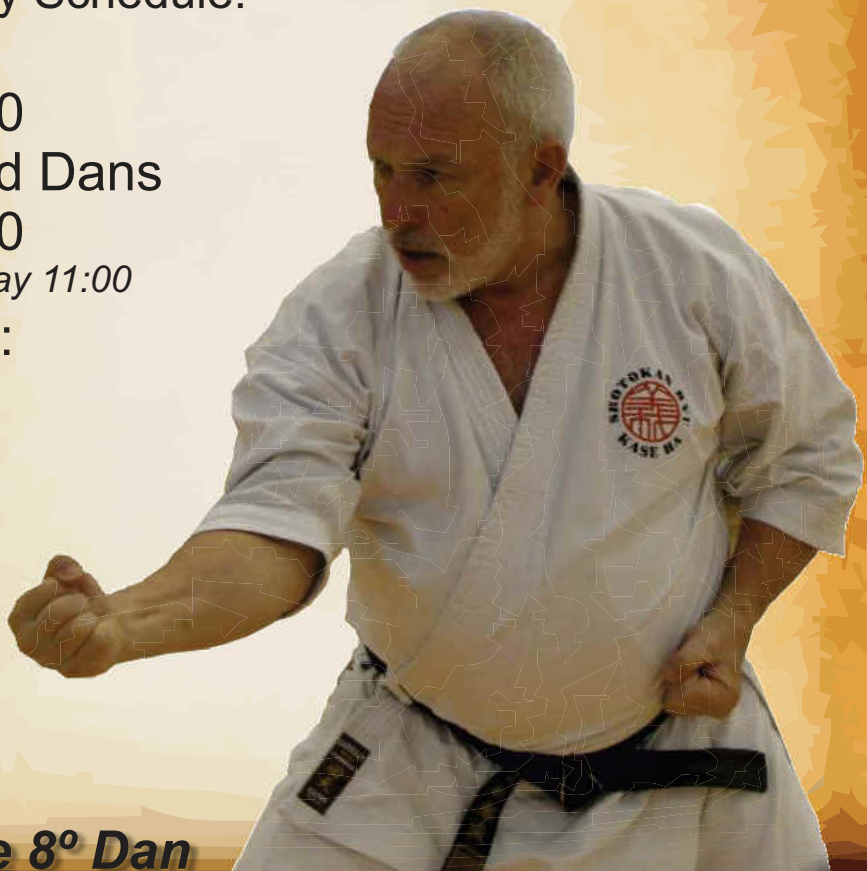
Dan Examinations:

Saturday 13:45



**Shotokan Ryu
Kase Ha**

Sensei Dirk Heene 8° Dan



Contacts:

Filipe Sancho
+351 912 114 091
filipe.sancho@gmail.com
www.ipatj.com

Support:





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Espinho - Portugal

Friday, 21st June 2019 to

Sunday, 23th June 2019

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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