



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, 23th June 2023 to

Sunday, 25th June 2023



**Shotokan Ryu
Kase Ha**

Sensei Dirk Heene 9° Dan



Time schedule:

Friday

6th Kyu above
18:30 - 20:00

Saturday

All Grades

Baía beach - 9:00 - 10:00
Sports Hall - 10:30 - 11:30
3th Kyu above and Dans
11:30 - 13:30

Dan Examinations - 13:45

Sunday

All Grades

10:00 - 11:30
Assistance allowed!

3th Kyu above and Dans
11:30 - 13:30

Contacts:

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

Apoios:



HAJIME
KARATE



ESKHA

Escolas Shotokan Kase Ha



SHOTOKAN KARATE-DO INTERNATIONAL COURSE

Espinho - Portugal

*Friday, 23th June 2023 to
Sunday, 25th June 2023*

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:

○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.



Contacts:

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

Support:



HAJIME
K A R A T E