



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, 19th June 2026 to

Sunday, 21st June 2026



Shotokan Ryu
Kase Ha



Sensei Dirk Heene 9° Dan

Friday

6th Kyu above
18:30 - 20:00

Time schedule:

Saturday

All Grades
10:00 - 11:30
3th Kyu above and Dans
11:30 - 13:00
Dan Examinations - 13:15

Sunday

All Grades
10:00 - 11:30
Assistance allowed!
3th Kyu above and Dans
11:30 - 13:00

Support:



+351 912 114 091 / filipe.sancho@gmail.com



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Sunday, 21st June 2026*

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.



Support:

