

KSKA Natsu-GASSHUKU

Espinho, Portugal

10th to 12th May 2019

Under the instruction of KSKA Shihankai

Dirk Heene, 8th Dan (Belgium)

Jim Martin, 7th Dan (Scotland)

Michaylo Fedyk, 7th Dan (England)

Pascal Petrella, 6th Dan (Germany)

Juan-Pablo Delgado, 5th Dan (Spain)

Nico Ibscher, 5th Dan (Germany)

Host:

Kase Ha Shotokan Ryu Karate-Do Academy

Organisation:

KSKA Portugal - contact Sensei Filipe Sancho

Email: filipe.sancho@gmail.com - Phone: +351 912 114 091

Course Venue:

Name of dojo: **Napoleão Guerra Sportshall (Pavilhão)**

Address: **Rua da Mina, 59, 4500-704 Espinho**

GPS: **41.004927, - 8.604332**

Training:

Friday	Saturday	Sunday
19:00 – 21:00hr	10:00 – 11:30hr	10:00 – 12:00hr
	12:00 – 13:30hr	

Registration opens one hour before the start of the training.

KSKA Passport:

Please present your KSKA passport to the Secretary upon registration for signature of attendance.

Grading:

Saturday 14:00 – 16:00hr

GDPR:

Please note that a group photograph will be taken during this course and could be published on the KSKA website and/or News Letter. Should you wish not to participate due to privacy reasons that is your prerogative and you should withdraw whilst the photograph is being taken. Other than the above, and as far as is reasonably practicable, the taking and publishing of video or photographs will be restricted, but the KSKA cannot not be held responsible for individual actions that fall outside of our control.

Course-Dinner:

Course Dinner: Saturday 11th May 2019 at 20:00 hr.

The course dinner will be held at: **Restaurante O Golfinho**,
Rua (street) 2, Nr. 663, in Espinho, GPS: 41.007656, -8.645837

Academy members wishing to attend should notify Sensei Filipe Sancho before 3th May 2019 and inform the main dish you wish to eat. The cost for the dinner is €25 per person.

Menu: - Typical Portuguese starters.

- Vegetables Soup.
- Main dish: Typical Portuguese Seafood Rice or Grilled Veal with Cheese and Chips.
- Drinks included (red or white home mature wine, red or white home green wine, beer, juices and water).
- Desert: Pudding, Cold Cake, Biscuit Cake, Chocolat Mousse, Chocolat Cake or Fruit.
- Coffee

Transportation:

Recommended airport: Porto (Opo).

A pick up service is organised to transport participants from Porto airport to Espinho (PraiaGolfe Hotel) for Thursday, the 9th and Friday the 10th. The same pick up service will be at participants disposal from Espinho (PraiaGolfe Hotel) to the Sports Hall and back for Friday the 10th, Saturday the 11th and Sunday the 12th.

Still the same pick up service will be at participants disposal from Espinho (PraiaGolfe Hotel) to Porto airport on Sunday the 12th and Monday the 13th.

To make the pick up service more efficient the organisation wishes to transport the participants in groups, so please send us your flight schedule as soon as you have it confirmed, also the same principal will be followed for the transport between Espinho (PraiaGolfe Hotel) and the Sports Hall and back.

For the pick up service each participant is asked to pay a 25€ fee.

From and to Porto airport by train (preferred airport due to accessibility for connections):

When not using the pick up service or car rental the organisation advises train solution to travel from Porto airport to Espinho and back.

Participants in this case must look for the Metro station at Porto airport, from there you must travel on the Purple line, E letter, to Campanhã station, that is also a railway station.

From Campanhã railway station you must travel by train to Espinho.

The reverse trip is equally possible to do.

You may start this complete trip every 40 minutes approximately

Accommodation:

Choice of Hotels:

Recommended hotel:

PraiaGolfe Hotel

Rua (street) 6, PraiaGolfe building, in Espinho,
GPS: 41.009738, -8.64510

Reservations must be done directly with the hotel to the email comercial2@praiagolfe.com, mentioning the code word "Gasshuku".

Special prices agreed with the hotel per night, breakfast and SPA included:

Single STD APA - €70 (city view).
Single SUP APA - €75 (side sea view).
Single PRE APA - €80 (frontal sea view).

Double STD APA - €80 (city view).
Double SUP APA - €85 (side sea view).
Double PRE APA - €90 (frontal sea view).

Several other hotels can be found in Espinho.

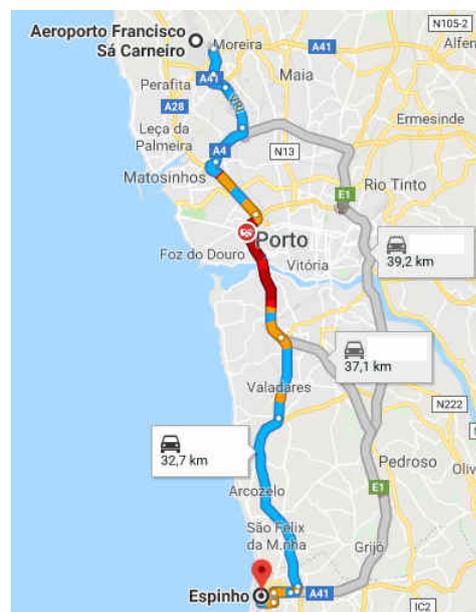
Economic local accommodation can be found at Airbnb website or directly with Sensei Filipe Sancho.

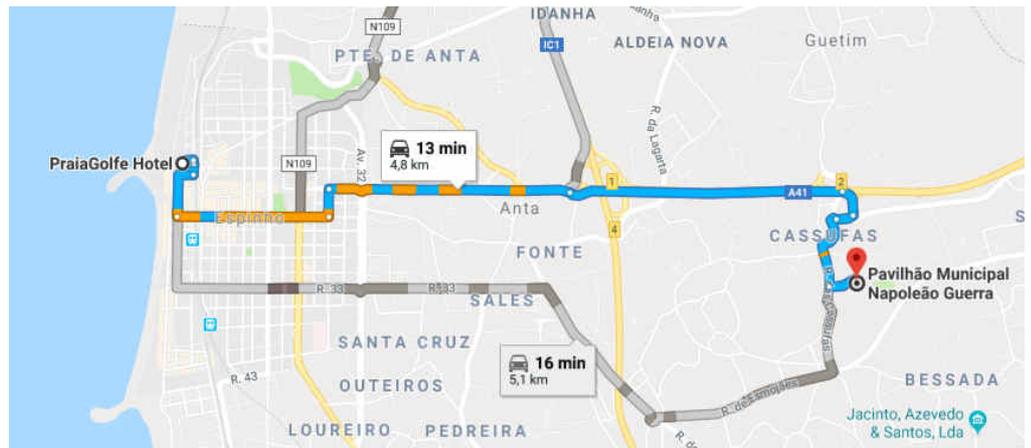
Course Fee:

Non-KSKA Members €60 whole course or €15 per session
KSKA Members No Charge

KSKA Note:

The course organiser and/or Kase Ha Shotokan Ryu Karate-Do Academy cannot be held responsible for any loss, damage or injury that may occur during the Gasshuku.





Espinho is a touristic town mainly for the beach and sea activities, like enjoy the sun or catching some waves surfing.

Nearby you can visit the Santa Maria da Feira medieval castle.

In Porto and Gaia you can visit the Porto wine caves and enjoy a drink nearby the Douro river.