



# *37º European Shotokan Karate-Do Championships*



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# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



*Dear Friends,*

*ESKA has entrusted the hosting of our 37th championship to the Liga Portuguesa de Karate Shotokan (LPKS).*

*We have been privileged to enjoy the hospitality of our hosts in Portugal on 4 previous occasions and we look forward to renewing our appreciation of traditional Portuguese hospitality.*

*Thank you to the organizing committee of LPKS for all their hard work in staging the championships.*

*We look forward to welcoming member delegations along with their competitors, officials and spectators to the municipality of Gondomar.*

*Every year at these championships we are privileged to witness the most outstanding examples of traditional Shotokan karate from the many countries comprising ESKA. We expect the same in 2024.*

*Our championships are characterised by the fiercely competitive nature of matches on the tatami and the high value placed on mutual respect and standards of etiquette. Once more we look forward to an exciting event which will bring to Gondomar the very best of traditional European Shotokan karate.*



*Richard Poole  
President  
European Shotokan Karate-do Association*



# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



Welcome to the 37nd championships  
of the European Shotokan Karate-do Association



Dear friends and esteemed colleagues,

Welcome to the 37th European Shotokan Karate-do Championships!

The Liga Portuguesa de Karate-do Shotokan (LPKS) is proud to host and organize, once more, the European Shotokan Karate-Do Championships.

The beautiful city of Gondomar will be your host for this year's event.

Throughout the year, our team has been fully supported by the Council and local Parish and their specialised Sports' Divisions. These public authorities fully believe in our team's organisational capabilities, as well as how important this event is in both the national and international panoramas, to help build the increasingly more important bridges between the young people of our assorted countries.

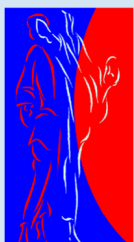
In this town, athletes, delegations and public alike will find every comfort they need. I sincerely believe that this event will be yet another step in not only preserving, but also undoubtedly augmenting the number of karateka practising and embracing our Shotokan Karate-do.

On a more personal note, a special commendation ought to be made to the Portuguese National Team, for both their true commitment to the sport and their understanding of the honour and duties of representing their country. Additionally, we must also highlight:

- All the athletes who gave their all on the trials, but who were not selected to the squad.
- The coaching staff, who leads and guides the athletes and supports their efforts in such exemplary manner.
- The Associations who, directly or indirectly, have contributed to make this event a reality.
- CKS Porto (the local branch of the hosting team), whose perseverance and organisational skills have ensured we achieved all our goals in a timely manner, leading us to foresee an excellent championship.
- All referees with their contribution for an exemplary Championship. You have our thanks, and we wish you success in all your endeavours. Your contribution to the rise in the numbers of Shotokan karateka is both indispensable and increasingly evident.



José Rocha Ferreira  
President  
Portuguese Shotokan Karate League



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# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November

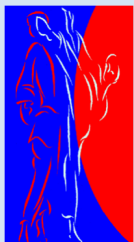


*Oporto by the night*

### ***Portugal, a paradise by the seaside***

*Portugal is the westernmost country in mainland Europe and it is comprised of continental Portugal and the archipelagos of Madeira (3 islands) and the Azores (9 islands). Lisbon, its capital city: it has the highest population density and it houses the country's government.*

*Portugal's warm climate, its 3000 hours of sunlight per year and 850 km of fantastic beaches bathed by the Atlantic Ocean, the world-renown D.O.P wines and gastronomy, the friendliness of the Portuguese people, and its convenient location only a few hours away from the major European cities make this country the perfect destination for every season. The country also offers a great diversity of landscapes, with a variety of leisure and cultural activities adding to its attraction.*



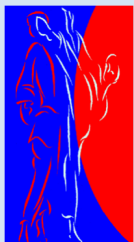
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**Organization Email:** [eska2024.gondomar@gmail.com](mailto:eska2024.gondomar@gmail.com)

**Website ESKA2024:** <https://eska-2024.com/en/>

# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



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### *Gondomar city of gold*

*Gondomar is a Portuguese city located in the sub-region of the Porto metropolitan area, belonging to the northern region and the District of Porto. It is the seat of the municipality of Gondomar, which has a total area of 131.86 km, 164,257 inhabitants in 2021 and a population density of 1,246 inhabitants per km<sup>2</sup>, subdivided into 7 parishes.*

*The city's landmark, Monte Crasto, constitutes a natural fortress on high ground, 194 meters high, thus becoming one of the city's main viewpoints, from where you can reach stunning views over the Douro River and the municipalities of Gondomar, Porto and Vila Nova de Gaia.*

*The Douro River influences the municipality's gastronomy, where shad and lamprey are its most emblematic products.*

*In addition to these segments, the rich cultural heritage and traditions stand out, where the ancient arts of working with filigree and carving are maintained. Goldsmithing is the municipality's main activity. Given the tradition of the people of Gondomar, this is the art that best characterizes Gondomar, earning it the title of "Capital of Goldsmithing".*

*The municipality of Gondomar is crossed or bathed by the Douro River, Rio Tinto, Rio Torto, Rio Sousa and Rio Ferreira. The highlight goes to the Douro River, which along its banks is approximately 37 km long. This important resource gives it strong tourist potential in terms of Nautical and Nature Tourism. In this context, the river beaches stand out, which, due to their unique landscape setting, stand out as centers of great attractiveness during the bathing season, including Praia da Lomba, Praia de Zebreiros, Praia de Melres and Praia de Marecos. In addition to the beaches, Gondomar also has beautiful landscapes in its territory in the context of mountains*



# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



### How to get there

The closest airport is Airport Francisco Sá Carneiro, destination of many low-cost flights from a several European countries.

#### Distance from the airport to hotels:

HQ HOTEL - 20KM / AXIS HOTEL – 14KM / AC PORTO HOTEL – 16KM

### Accommodation

#### Official Hosting Team Sponsored Hotels

##### Taking into account

Porto's current popularity and location in relation to the city which has again been voted Best European Destination.

Accommodation bookings must be finished by September 15th, at the latest. After this date, it is not possible for the hosting team to guarantee neither the total availability and cooperation of the hotels, nor the agreed upon fixed rates.

Additionally, by November, Porto hosts a series of International Fairs and Exhibitions, which, coupled with the rising tourism in Porto, ensures that any hotels in town will be very busy.

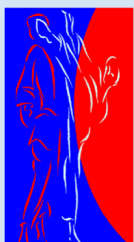
**Reservations will be made directly with the hotels, pay attention to complying with hotel instructions and following the rules for booking each hotel with the Promocode.**

**ATTENTION: Before making payment, confirm that the value presented by the hotel is that indicated by the organization, we are not responsible for any mistake.** We provide the hotel link and contact email.

**We do not provide an appointment list, as reservations will be made on the Hotel Websites, by e-mail, or any other way requested by the Hotel.**

You should book accommodation as soon as possible, as I mentioned before, Porto is a city very popular with tourism, which can make accommodation difficult.

**“The deadline for hotel reservations is September 15th”**



# 37<sup>o</sup> European Shotokan Karate-Do Championships Gondomar, Portugal 22 – 24 November



## Official headquarters of the organization Hotel Pestana Douro Riverside

Pestana Douro Riverside is a 5-stars Hotel and member of Preferred Hotels & Resorts, located on the right bank of the Douro River, 10 minutes away from the center of Porto. A fascinating setting for your stay!

It offers a stunning view of the Douro, ideal for individual or family stays. It has comfortable rooms and suites, as well as a grill restaurant, a rooftop with bar and infinity pool, a gym, massage rooms and an indoor pool.

The Pestana Douro Riverside is located on the premises of an old soap and candle factory, the still visible testimony of which is the large brick chimney that stands in front of the reception. The hotel thus combines the most modern technology with the heritage of a historic factory.

### **PESTANA HOTEL \*\*\*\*\* (ESKA2024 HQ)**

#### **Nightly rates, with breakfast included**

Single - 130,00€ (1 PAX)

Double - 130,00€ (2 PAX)

(Tourist taxes 2,00€ per day per person)

**Distance from the hotel to Sport Center – 5 Km**

**RESERVATIONS WILL BE MADE DIRECTLY WITH THE HOTEL**

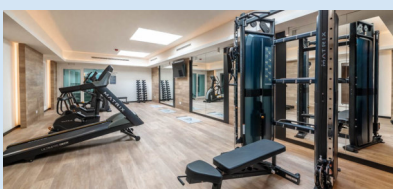
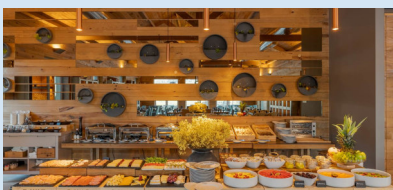
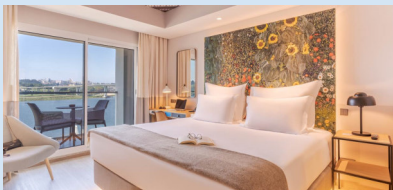
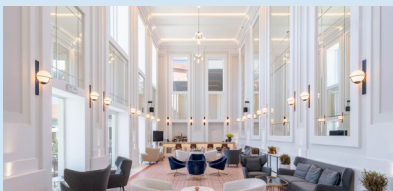
Reservations must be requested to:

[groups.porto@pestana.com](mailto:groups.porto@pestana.com)

Reservation code ID: ESKA

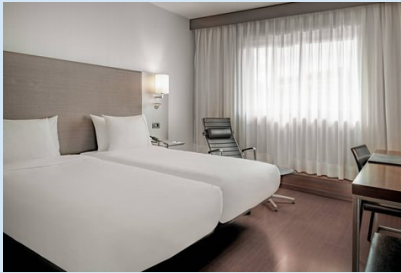
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(After this date we do not guarantee the prices shown)





# 37<sup>o</sup> European Shotokan Karate-Do Championships Gondomar, Portugal 22 – 24 November



## AC HOTEL PORTO BY MARRIOTT

AC Hotel Porto By Marriott 4-stars is next to Centro Comercial Dolce Vita. This hotel features fitness classes, a fitness center and sauna, as well as WiFi throughout the property.

Clérigos Church + Clérigos Tower and Bolhão Market are every 10 and 15 minutes by car from the hotel. The hotel is located in the Campanhã district of Porto, 3 km from the city center. The hotel has easy access to shopping and shops.

### AC HOTEL BY MERRIOT \*\*\*\*

#### Nightly rates, with breakfast included

Single - 72,00€ (1 PAX)

Double - 82,00€ (2 PAX)

Triple - 102,00€ (3 PAX)

(Tourist taxes 2,00€ per day per person)

**Distance from the hotel to Sport Center – 9 Km**

**RESERVATIONS WILL BE MADE DIRECTLY WITH THE HOTEL**

Reservations must be requested to:

[reception.porto@acmarriott.com](mailto:reception.porto@acmarriott.com)

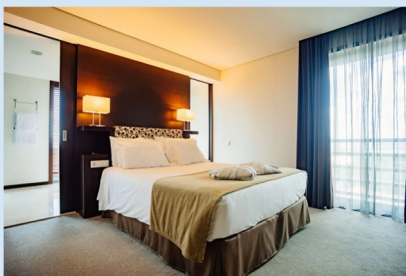
Reservation code: ESKA ID:1322466

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# 37<sup>o</sup> European Shotokan Karate-Do Championships Gondomar, Portugal 22 – 24 November



## AXIS PORTO BUSINESS & SPA HOTEL

The Axis Porto Business & SPA Hotel 4-Stars is located in the heart of the university complex, in one of the best accessible areas of Porto, close to the ring road and access to the A3 motorway, very close to Hospital S. João. This Hotel in Porto has a privileged location and accessibility, both for those who want to use the Metro (S. João 700 meters) and for those who have their own transport.

**AXIS HOTEL \*\*\*\***

### Nightly rates, with breakfast included

Single - 78,00€ (1 PAX)

Double - 86,00€ (2 PAX)

Triple - 120,00€ (3 PAX)

(Tourist taxes included)

**Distance from the hotel to Sport Center – 12 Km**

**RESERVATIONS WILL BE MADE DIRECTLY WITH THE HOTEL**

Reservations must be requested to:

<https://www.axishoteis.com/axis-porto.html>

Reservation Promocode: ESKA2024

Contact E-mail: [grupos@axishoteis.com](mailto:grupos@axishoteis.com)

***"The deadline for hotel reservations is September 15th"***

(After this date we do not guarantee the prices shown)

# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



### Transfers:

1. All participants staying in the hotels of the organization will have a special price on the transfers.
2. The round trips from Francisco Sá Carneiro airport to the hotels of the organization will be guaranteed.
3. From 22th to 24th November buses will be available to transport all the hotels in the organization to the championship venue, at times to be defined.
4. During the championship, minivans will be available for trips to hotels, with schedule to be defined.

**PLEASE NOTE: THESE TRANSFERS WILL ONLY BE GUARANTEED FOR WHO STAY IN THE HOTELS OF THE ORGANIZATION.**

**Special price per person: 40,00€**

#### Payments will be made to:

**NAME:** CLUBE KARATE SHOTOKAN DO PORTO

**IBAN:** PT50 0033 0000 4532 8467 1460 5

**BIC/ Address SWIFT –** BCOMPTPL

**BANK:** MILLENNIUM BCP

**“Payments must be made by September 15th”**

**Organization Email:** [eska2024.gondomar@gmail.com](mailto:eska2024.gondomar@gmail.com)



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# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



### ***Sport's Center "Multiusos de Gondomar"***

The Multiusos de Gondomar, opened on June 29, 2007, was designed by the portuguese architect Álvaro Siza Vieira, being a reference work in national architecture.

The Multipurpose is made up of three sectors: the elliptical building – or central nave; the body of support services consisting of a compact and symmetrical group of changing rooms/toilets and a group of rooms of varying size, among which Sala D'Ouro stands out.

Multiusos has a central nave - measuring more than 6 thousand m<sup>2</sup> - designed to host major sports events, concerts/cultural events, congresses, conventions and fairs.

### ***Distance from hotels to the Sport's Center***

- HQ HOTEL PESTANA DOURO RIVER SIDE - 5 KM
- AC HOTEL PORTO BY MARRIOT - 9 KM
- AXIS PORTO BUSINESS & SPA HOTEL – 12 KM

Address: Avenida Multiusos | 4420-015 Gondomar

Coordinates GPS: 41°08'07.4"N 8°32'19.4"W



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# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



### Sayonara Party

*The Sayonara party will be hosted at the HQ Hotel Pestana Douro.*

*Dinner will be served as a buffet with meat, fish and vegetarian dishes (salads), juices and coffee.*

**Attention:** Alcoholic drinks are not included in the price.

*After dinner we will have a DJ until 2.00 am.*

**Price per person – 35,00€**



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#### Payments will be made to:

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**IBAN:** PT50 0033 0000 4532 8467 1460 5

**BIC/ Address SWIFT –** BCOMPTPL

**BANK:** MILLENNIUM BCP

Organization Email: [eska2024.gondomar@gmail.com](mailto:eska2024.gondomar@gmail.com)

Website ESKA2024: <https://eska-2024.com/en/>



# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



### Schedule and category

#### Training Facilities

The training facilities will be marked when the teams arrive. A map for marking will be available at the organization's hotels. You can also check with the organization.

#### Tuesday 19th November:

- Meeting organising committee representatives  
Director of competition/President ESKA.....18.00 - Hotel HQ

#### Wednesday 20th November:

- Referee Commission Meeting.....09.00 -11.00 - Sports Hall
- Referee course.....12.00 -16.30 - Sports Hall  
Signs/signals, behaviour, essentials,  
recording, video clips discussion
- Area Manager meeting.....16.30 - 17.30 - Sports Hall
- Technical committee meeting.....18.00 - 19.00 - Hotel HQ

#### Thursday 21st November:

- Meeting Executive Board.....09.00 - 11.30 - Hotel HQ
- Referee course.....09.30 - 11.30 - Sports Hall  
written examination. (Clips)  
questionnaire competition rules
- Coaches Meeting.....14.00 - 15.00 - Sports Hall
- (\*) Referee course examination.....13.00 - 16.30 - Sports Hall  
for candidates who perform kata  
Judging kata and kumite with competitors
- (\*) Referee Course Kata Standardisation.....17.00 - 19.00 - Sports Hall  
(referee/judges must attend, coaches invited)

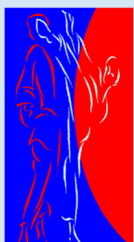
#### Friday 22nd November:

- Referee course examination results 1st part.....09.00 - 10.00 - Sports Hall
- Congress.....09.00 - 11.30 - Sports Hall
- Referee alignment meeting.....11.30 - 12.00 - Sports Hall

#### Championships:

- Friday 22nd November.....13.30 - Cadet events
- Saturday 23rd November.....09.00 - Youth & Junior events
- Sunday 24th November..... 09.00 - Senior & Veterans events

(\*) indicates that Gi's will be required



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# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



### Age categories

**YOUTH: 14 to 15 years** (age on the day of the competition - Youth can participate in Juniors Kata Team)

**CADETS: 16 to 17 years** (age on the day of the competition - Youth can participate in Cadet kata categories (Cadets can participate in Senior Kata Team)

**JUNIORS: 18 to 20 years** (age on day of competition - Cadets can participate in Junior categories)

**SENIORS: from 21 years** (age on day of competition - Juniors can participate in Senior categories)

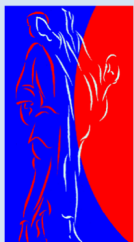
**VETERANS: from 40 years** (age on day of competition) - Veterans can participate in the senior individual kata event.

**KATA team categories – Female and Male:** (age on day of competition)

- **JUNIORS: from 14 up to 20 years** (1 per country, 3 x competitors)
- **SENIORS: from 16 years** (1 per country, 3 x competitors)

### List of Categories

- Youth Female Individual Kata (4 per country)
- Youth Female Individual Kumite (4 per country)
- Youth Male Individual Kata (4 per country)
- Youth Male Individual Kumite (4 per country)
- Cadet Female Individual Kata (4 per country)
- Cadet Female Individual Kumite (4 per country)
- Cadet Female Team Kumite (1 per country, 3 x competitors)
- Cadet Male Individual Kata (4 per country)
- Cadet Male Individual Kumite (4 per country)
- Cadet Male Team Kumite (1 per country, 3 x competitors)
- Junior Female Individual Kata (4 per country)
- Junior Female Individual Kumite (4 per country)
- Junior Female Team Kumite (1 per country, 3 x competitors)
- Junior Male Individual Kata (4 per country)
- Junior Male Individual Kumite (4 per country)
- Junior Male Team Kumite (1 per country, 3 x competitors)
- Junior Female Team Kata (1 per country, 3 x competitors)
- Junior Male Team Kata (1 per country, 3 x competitors)
- Senior Female Individual Kata (4 per country)
- Senior Female Individual Kumite (4 per country)
- Senior Female Team Kumite (1 per country, 3 x competitors)
- Senior Male Individual Kata (4 per country)
- Senior Male Individual Kumite (6 per country)
- Senior Male Team Kumite (1 per country, 5 x competitors)
- Senior Female Team Kata (1 per country, 3 x competitors)
- Senior Male Team Kata (1 per country, 3 x competitors)
- Veterans Female Individual Kata (4 per country)
- Veterans Male Individual Kata (4 per country)



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# 37<sup>o</sup> European Shotokan Karate-Do Championships

## Gondomar, Portugal 22 – 24 November



## Travel Information

### 1 - Public transports

Bus: <http://www.stcp.pt/en/travel/>

Metro: <http://www.metroporto.pt/>

### 2 – Current Local Time in Gondomar, Portugal

<https://www.timeanddate.com/worldclock/portugal/porto>

### 3 - How is the weather in November?

<https://www.tempo.pt/porto.htm>

### 4. Emergency Phone Number 112

[http://www.112.pt/Guias/Paginas/Guia\\_Util\\_112.aspx](http://www.112.pt/Guias/Paginas/Guia_Util_112.aspx)

### 5. Immigration and borders service (Visa Information System)

<https://www.sef.pt/pt>

### 6. What to do of interest in Gondomar

<https://www.cm-gondomar.pt/atividade-municipal/turismo/>

### 7. What to do of interest in Porto

<https://www.guiadacidade.pt/en/pois/m/13>

### 8. Where to eat in Gondomar

[https://www.tripadvisor.pt/Restaurants-g6855662-Gondomar Porto District Northern Portugal.html](https://www.tripadvisor.pt/Restaurants-g6855662-Gondomar_Porto_District_Northern_Portugal.html)

### 9. The night of Porto is one of the most famous in Europe

<https://catshostels.com/pt-pt/melhores-bares-noites-porto/>

### 10. Nearest shopping

<https://alamedashopping.pt/> Near to HOTEL AC-MARRIOTT, 5 min to HOTEL PESTANA DOURO

