

II INTERNATIONAL KARATE OPEN CHAMPIONSHIP

Organize an event of this dimension isn't an easy task and demands that everybody give their best so that everything runs in perfection. But alone we aren't able to assure all the aspects and, as such, we have to count with the support of everyone, are they singular people or public and/or private entities, that believe in us.

Then we would like to use this chance to be thankful to all that had supported us last year, therefore they allowed that the dream of an international championship could be materialize. We are also want to say thank you to the people that bet on us this year so that the 2009 international championship can be so good or even better than the previous one.

Thus being, and in consequence of the first edition, we are going to carry through on the next 24th May the II International Open Karate Championship.

For Associação de Karaté do Porto in its all and for me in particular, it's an honour to be able count with your presence and your athletes in this championship.

Yours Truly



Sónia Soares
Presidente da Direcção

António Gomes
Director Técnico da AKP



www.akporto.com

Email: akporto@hotmail.com

II INTERNATIONAL KARATE OPEN CHAMPIONSHIP

Message from International Technical Adviser

As Founder and International Chief Instructor for Dhammika Karate-Do Kai Kan International it is a pleasure to see the growth of the organization in Portugal and the rest of the world. Our institution of karate is now recognised by the World Karate Federation and it's practiced in European, Asian and African countries also.

Sensei Antonio Gomes is developing Dhammika Karate-Do in Portugal with great enthusiasm and he has been very successful. This tournament is the result of his hard work and dedication and the growth of this tournament and his organization illuminates a bright future for him and for karate in Portugal.

On behalf of all our members throughout the world I want to wish you all an interesting and pleasant day.

Taking part in Belt promotions test in Karate gives you the motivation to learn more about karate daily to build up your physical and mental improvements.

But by taking part in Karate Championships you can value your knowledge and find the mistakes which you need to develop for the reality of Traditional way to use karate as a self defence.

If some one practising Karate for many years without taking part on any Championship it will be like **“a man wearing nice expensive cloths every day without looking at himself even once in a mirror”**.

Therefore every one who take-part this Championship today I wish a very successful and experience day for the future.

Shihan Athula Minithanthri -7th Dan

European Co-Ordination /Chief Instructor –

Japan Karate-Do Seiko Kai

Founder – Dhammika Karate-Do Kai Kan International



www.akporto.com

Email: akporto@hotmail.com

*II INTERNATIONAL
KARATE OPEN
CHAMPIONSHIP*

CALENDAR / CALENDARIO

Saturday 23 th / Sábado 23

15:00 h

Registration: From this moment until at 17:00h you will be able to sign in for the championship and collect your credentials.

Inicio de inscripciones y recogida de credenciales. Tendreis tiempo desde este momento hasta el a las 17:00 h para formalizar vuestra participación en el campeonato.

17:00 h

End of sign in process. By this time you should all have your credentials to be able to compete on Sunday.

Finalización del proceso de inscripciones. Llegado este momento todos los participantes del campeonato deberan disponer ya de sus credenciales para poder participar el domingo.

Sunday 24 nd / Domingo 24

9:00 h

Championship begins.

Inicio del campeonato.

19:00 h

Championship ends

Final del campeonato

20:00 h

Sayonara Party

Cena-fiesta de despedida

**- THIS TIME TABLE COULD SUFFER SLIGHT CHANGES -
- ESTE CALENDARIO PUEDE ESTAR SUJETO A CAMBIOS DE ÚLTIMA HORA-**

www.akporto.com

Email: akporto@hotmail.com

*II INTERNATIONAL
KARATE OPEN
CHAMPIONSHIPS*

THE ARENA / EL PABELLON



Main entrance to the Arena
Entrada principal del Pabellón

Fiche Technique:

Type Floor: Synthetic

Illumination: Mixing

Support Installations: Medical Office, administrative Room

Benches: Cher's

N° Health-Resorts: Athlete: 4, Judges: 1 and monitors: 1

Contact:

Adress: Rua do Meiral - Canidelo

Zip Code: 4400 – 501 Vila Nova de Gaia

District: Porto

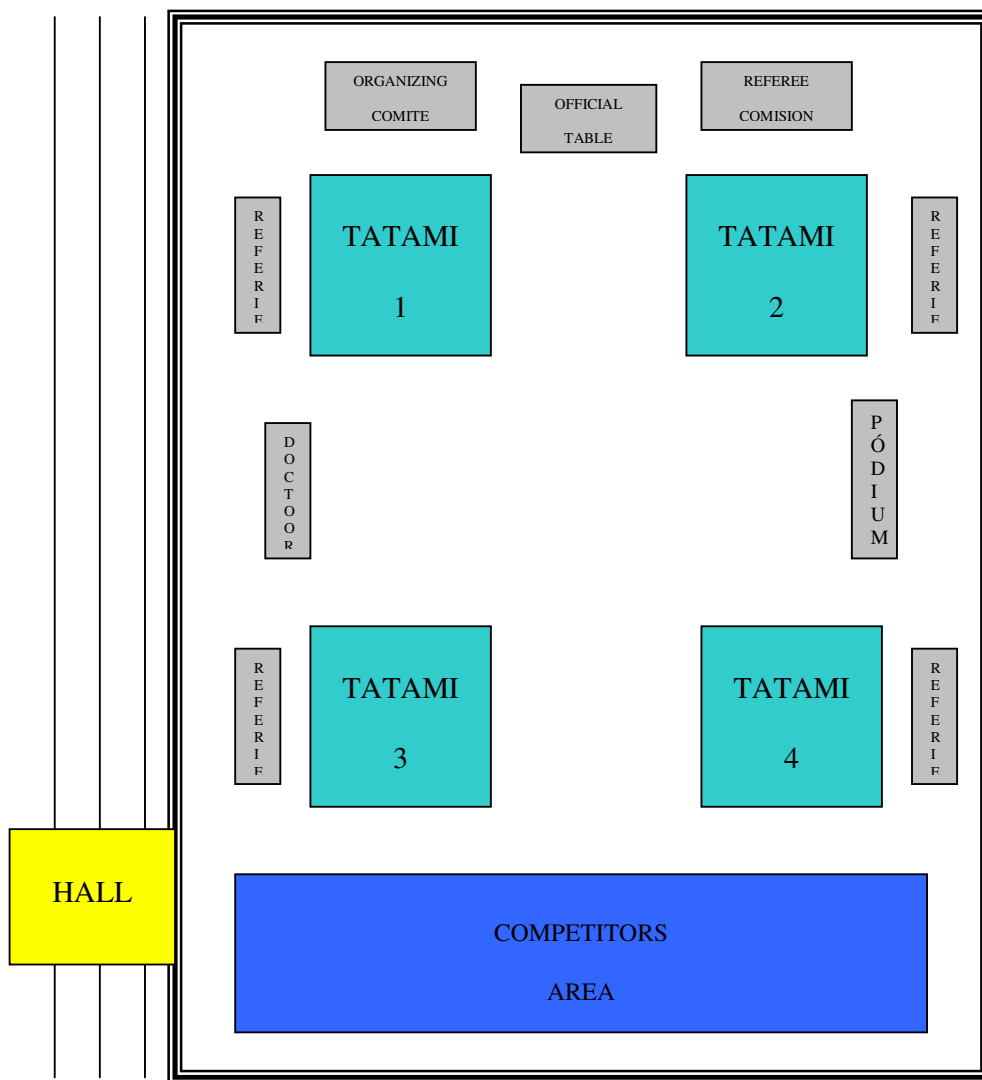
Country: Portugal

www.akporto.com

Email: akporto@hotmail.com

II INTERNATIONAL
KARATE OPEN
CHAMPIONSHIP

THE ARENA / EL PABELLON



www.akporto.com

Email: akporto@hotmail.com

II INTERNATIONAL KARATE OPEN CHAMPIONSHIP

THE ARENA / EL PABELLON



How to get to Gaia

By Plane

The Francisco Sá Carneiro Airport is located in an important industrial and commercial area of the country, about 19 km (12 miles) to the north of Vila Nova de Gaia.

To get to Vila Nova de Gaia, you should take the N107 main road to Matosinhos, and then the EN1 / A1 highway to Vila Nova de Gaia.

Francisco Sá Carneiro Airport

Telephone nº: +351 22 943 24 00

Fax nº: +351 22 948 45 97

URL: www.ana.aeroportos.pt

By Boat

A.P.D.L.

Administração dos Portos do Douro e Leixões

Av. da Liberdade

4450 - 716 Leça da Palmeira

Telephone nº: +351 22 995 30 00
(Ext. 2060)

Fax nº: +351 22 995 50 62

URL: www.apdl.pt

By Train

- Northern Railway Line

The country's main railway line goes through Vila Nova de Gaia. The central station is called "Estação das Devesas".

For further information, please go to www.cp.pt

By Car

- North: A3
- South (Lisbon): A1
- South coast: IC1
- Inland North: A4

Setting out from the **North**, you may choose between the A3 highway (from Braga/Vila Real to Porto) and the IC1 main road (from Valença/Viana do Castelo to Porto).

Setting out from the **South**, the best options are the A1 highway or the EN1 mainroad (from Lisbon/Santarém/Coimbra/Aveiro to Porto).

Setting out from the **inland area**, there are several options (always in the direction of Porto):

- Covilhã (E339), Seia (N231),
- Viseu (IP5), Albergaria a Velha (A1)
- Salamanca (N620), Vilar Formoso (IP5) ,
- Castelo Branco (IP2), Perdigão (IC3) , Aveiro (A1)
- Bragança (IP4), Amarante (A4), Porto (A3)

*II INTERNATIONAL
KARATE OPEN
CHAMPIONSHIP*

CATEGORIES / CATEGORIAS

KATAS

Male	Female
Children - 7 / 8 years	Children - 7 / 8 years
Children - 9 / 10 years	Children - 9 / 10 years
Children – 11 / 12 years	Children – 11 / 12 years
Cadets – 13 / 14 years	Cadetes – 13 / 14 years
Juniors – 15 / 17 years	Juniors – 15 / 17 years
Seniors - + 18 years	Seniors - + 18 years

KUMITE

Male	Female
Children – 11 / 12 years	Children – 11 / 12 years
Cadets – 13 / 14 years	Cadets – 13 / 14 years
Juniors – 15 / 17 years	Juniors – 15 / 17 years
Seniors - + 18 years	Seniors - + 18 years

FEES

1 or 2 Category -	10 €
-------------------	------

www.akporto.com
Email: akporto@hotmail.com

*II INTERNATIONAL
KARATE OPEN
CHAMPIONSHIP*

HOSTING POSSIBILITIES / POSIBLES HOSPEDAJES

Hotel Casabranca ****

Rua da Bélgica, 96 - Canidelo
4400 - 044 Vila Nova de Gaia
Telephone nº: +351 22 772 74 18
Fax nº: +351 22 781 36 91
URL: www.casabranca.com
E-Mail: reservas@casabranca.com



Hotel Mercure Porto Gaia****

Rua Manuel Moreira Barros, 618 D
4400-346 Vila Nova de Gaia
Telephone nº: +351 22 374 08 00
Fax nº: +351 22 374 08 01
URL: <http://www.accorhotels.com>
E-Mail: h3347@accor.com



Hotel Novotel Porto Gaia ***

Lugar das Chãs - Afurada
4400 - 499 Vila Nova de Gaia
Telephone nº: +351 227 728 700
Fax nº: +351 227 728 701
URL: <http://www.accorhotels.com>
E-Mail: h1050@accor.com



Hotel Ibis Porto Gaia **

Rua Mártires de S. Sebastião, 247 - Afurada
4400 - 499 Vila Nova de Gaia
Telephone nº: +351227 728 200
Fax nº: +351 227 728 201
URL: <http://www.ibishotel.com>



ParK Hotel *

Rua da Bélgica, 3172
4400-049 Vila Nova de Gaia
Telephone nº: +351 22 012 51 00
Fax nº: +351 22 012 51 99
URL: www.parkhotel.pt
E-Mail: geral@parkhotel.pt



*II INTERNATIONAL
KARATE OPEN
CHAMPIONSHIP*

Youth Hostels

Pousada da Juventude do Porto

Rua Paulo da Gama, 551
4150 - 589 Porto
Telephone nº: +351 22 617 72 57
Fax nº: +351 22 617 72 47
URL: <http://www.pousadasjuventude.pt>
Email: porto@movijovem.pt



Parque de Campismo de Salgueiros *

Rua do Campismo, 263/5 - Canidelo
4400 - 397 Vila Nova de Gaia
Telephone nº: +351 227 810 500
Fax nº: +351 227 810 500
URL: www.canidelo.net
Email campingsalgueiros@canidelo.net



www.akporto.com

Email: akporto@hotmail.com

II INTERNATIONAL KARATE OPEN CHAMPIONSHIP

TOURISM / TURISMO

Tours



Whoever visited Gaia in the past and now returns will certainly notice the city's growth and modernisation.

However, this process of modernisation was accomplished without affecting the city's genuine identity and old customs, to be found in the feasts, in the regional gastronomy and monuments.

Because of this, Vila Nova de Gaia is the place where modernity and tradition, comfort and charm meet. Visiting Gaia will surely be a memorable experience - come and find out!

By Boat

The cruises in the Douro have won this river international renown. From all over the world, people come to admire its beauty, colour and magic, aboard a comfortable cruiser.

The cruise companies offer different programmes: from one-hour tours covering the six bridges (called "Seis Pontes") to two-days (or more) trips to Régua, Pinhão, Barca d'Alva, Monastery of Alpendorada and Ferradosa. While sailing, you have the opportunity to enjoy the beautiful greenery of the riverbanks of the Douro and the Atlantic Ocean is the limit.

For special occasions, the cruise companies may offer a typical lunch or dinner aboard. This is a unique opportunity for you to try the regional gastronomy, surrounded by beauty and quiet.

www.akporto.com

Email: akporto@hotmail.com

II INTERNATIONAL KARATE OPEN CHAMPIONSHIP

Barcadouro

Rua Rei Ramiro, 870 - Edifício Via Gaia - 1º G
Telephone nº: +351 22 372 24 15
Fax no: +351 22 372 31 16
Email: geral@barcadouro.pt - reservas@barcadouro.pt
URL: www.barcadouro.com

Ferreira & Rayford/Douro Azul

Rua S. Francisco, 4-2º Dto. Porto
Telephone nº: +351 22 339 39 50
Fax nº: +351 22 208 32 40
Email: reservas@douroazul.com
URL: www.douroazul.com - douroazul@ip.pt
(Cais de Gaia)



Rota Ouro do Douro

Avenida Diogo Leite, 438 - 2º - Santa Marinha
Telephone nº: +351 22 375 90 42
Fax nº: +351 22 375 90 43
Email: rotadodouro@clix.pt
URL: www.rotadodouro.com

Turisdouro / Douroacima

Rua dos Canastreiros, 40/42
4050-140 Porto
Telephone nº: +351 22 200 64 18
Fax nº: +351 22 200 88 56
Email: geral@douroacima.pt
Site: www.douroacima.pt
(cais em Gaia)



Portowellcome

Avenida Diogo Leite, 408 º Santa Marinha
4400-111 Vila Nova de Gaia
Telephone nº: +351 223 747 320
Telem: +351 91 698 6257
Email: info@portowellcome.com
URL: www.portowellcome.com

www.akporto.com

Email: akporto@hotmail.com

*II INTERNATIONAL
KARATE OPEN
CHAMPIONSHIP*

By Bus

A half-day guided tour around the historic centres of Vila Nova de Gaia and Oporto, which gives you the chance to admire monuments with different architectural features. It also includes a visit to a Cellar, where you can taste the delicious Port Wine.

Diana Tours - Viagens e Turismo, Lda

Rua Delfim de Lima - Canelas

Telephone nº: +351 22 716 06 24 - 800 20 39 83 (free call, from Porto)

Fax nº: +351 22 716 06 26

Email: dianatours@dianatours.pt

URL: www.dianatours.com

By Mini-Bus

Diana Tours - Viagens e Turismo, Lda

Rua Delfim de Lima - Canelas

Telephone nº: +351 22 716 06 24 - 800 20 39 83 (free call, from Porto)

Fax nº: 351 22 716 06 26

Email: dianatours@dianatours.pt

URL: www.dianatours.com

Portowellcome

Avenida Diogo Leite, 408 - Santa Marinha

4400-111 Vila Nova de Gaia

Telephone nº: +351 223 747 320

Telem: +351 91 698 6257

Email: info@portowellcome.com

URL: www.portowellcome.com

www.akporto.com

Email: akporto@hotmail.com

II INTERNATIONAL KARATE OPEN CHAMPIONSHIP

TOURISM / TURISMO



Port Wine

The vineyards in the Douro trace their history back to ancient times. Archaeological discoveries and documented references prove the existence of viticulture in pre-historic times and its increase during the Roman occupation. This excellent wine is a collective cultural heritage of know-how and art that has been built up from generation to generation and a symbolic asset that represents Portugal throughout the world.

A.A. Cálem & Filho Lda.

Av. Diogo Leite, 26
4400 - 111 Vila Nova de Gaia
Telephone nº: 00351 22 374 66 60
Fax nº: 00351 22 374 66 99
URL: www.calem.pt
E-Mail: turismo@calem.pt / calem@calem.pt
Opening hours:

- 10 am ? 7 pm (everyday from May to October)
- 10 am ? 6 pm (everyday from November to April)

A. A. Ferreira, S.A.

Av. Ramos Pinto, 70
4400 - 082 Vila Nova de Gaia
Telephone nº: +351 22 374 61 06 / +351 22 374 61 07 / +351 22 374 6108
Fax nº: 00351 22 375 97 32
URL: www.sogrape.pt
E-Mail: ferreira.visitors@aaferreira.pt
Opening hours:

- 10h00 - 12h30 / 14h00-18h00 (everyday)

Croft Porto

Largo Joaquim de Magalhães nº23
4401 - 187 Vila Nova de Gaia
Telephone nº: 00351 22 377 29 65
Fax nº: 00351 22 374 28 99
E-Mail: ana.sofia@croft.pt
URL: www.croftport.com
Opening hours:

- 10 am - 6 pm (everyday, ali year round, except for December 25th and January 1st)

Sandeman

Largo Miguel Bombarda, 3
4400 - 222 Vila Nova de Gaia
Telephone nº: + 351 22 374 05 00 / +351 22 374 05 34 / +351 22 374 05 35
Fax nº: 00351 22 374 05 94
URL: www.sandeman.com
E-Mail: sandeman.visitors@sandeman.com
Opening hours:

- 10h00 - 12h30 / 14:00 - 18h00 (everyday from March to October)

www.akporto.com

Email: akporto@hotmail.com

II INTERNATIONAL KARATE OPEN CHAMPIONSHIP

TOURISM / TURISMO

The Rabelo Boat

As you cross the bridge Luís I to Vila Nova de Gaia, you may admire the Rabelo boats on the riverbank. They are the symbol of the famous Port Wine and the trademark of the Port Wine Cellars.

The Rabelo boat, which was invented in the 9th century, was used for transporting the products from the farms of the Douro for centuries. In 1792, the Companhia Geral da Agricultura e Vinha do Alto Douro Published numerous charters and documents concerning this type of boat, therefore establishing the identity of the Rabelo.

The purpose of its peculiar shape was to overcome the natural obstacles of the Douro river and to make the boatman's task easier.

The large amount of Port Wine produced in the farms required frequent transportation downriver. The journey lasted more than a week and the conditions were precarious, often leading to dangerous accidents.

Following the construction of the railway and the improvement of the public highway, the Rabelo boat gradually lost its importance. Finally, the dams along the Douro river brought its activity to a standstill.

Nowadays, this symbol of the Port Wine and trademark of the Cellars still competes fiercely for a place of honour in the regatta of S. João, organized by the Confraria do Vinho do Porto (Port Wine Brotherhood) on June 24th (municipal holiday).

www.akporto.com

Email: akporto@hotmail.com