



17th World Shotokan Karate-Do Championships



WORLD SHOTOKAN
KARATE-DO ASSOCIATION
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17th World Shotokan Karate-Do Championships

Matosinhos, Portugal 22nd - 24th September 2023



Welcome to the 17th championships of the World Shotokan Karate-do Association

Dear friends and colleagues,

Welcome to the 17th championships of the World Shotokan Karate-do Association.

It is a privilege for WSKA to once again experience the hospitality of the Liga Portuguesa Karate-do Shotokan (LPKS) association as we did in 2019 prior to the COVID pandemic.

Since joining WSKA the LPKS have become one of the most successful Shotokan karate organizations in the world as demonstrated by their competitive success in both ESKA and WSKA. We look forward to seeing if this success will be challenged in 2023.

As usual we expect a very high standard of Shotokan karate and that this championship will be characterized by both the fiercely competitive nature of the matches and the mutual respect shown by competitors to each other and to the match officials.

We very much appreciate the hard work of president Mr José Ferreira and the LPKS championship organising committee in hosting this event in the beautiful seaside city of Matosinhos. Portugal is a very popular venue for visiting WSKA member countries in large part because of its reputation for marvellous restaurants and the hospitality of the local population.

We are grateful to all those who have contributed to the success of this championship, in particular the referees, judges and table officials, the medics but most of all to the competitors and their coaches.

To all we wish the very best of luck in these championships.

Richard Poole
President
World Shotokan Karate-do Association





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Dear friends and colleagues,

Welcome to the 17th World Shotokan Karate-do Championships!

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

The beautiful city of Matosinhos, European City of Sport 2025, will be your host for this year's event.

Throughout the year, our team has been fully supported by the City Council and its specialised Sports Division. 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.

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 both preserving and augmenting the number of karateka practising and embracing our style.

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 unites their efforts in an exemplary manner.
- The Associations who, directly or indirectly, have contributed to make this event a reality
- CNKD (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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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, is 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 World 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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Matosinhos, the town by the sea

Matosinhos is one of the biggest boroughs in the Porto metropolitan area, located in the North of Portugal. Nestled next to the City of Porto, Matosinhos is a seaside port, bathed by the Atlantic Ocean. Although it boasts great industrial development, it also tries to marry technology to tradition.

Land of memories and tradition

Fresh seafood, a new wave of architecture, pilgrimages, monuments and historical re-enactments. Traditional food, contemporary architecture and a vast coastal line. Matosinhos has this and much more.

The traditional food is the touchstone of the town: the fish, the seafood and the meat recipes of the parts of the borough furthest away from the sea - their evocative scents are memorable and mouth-watering. Matosinhos is the centre of all social life in the North: lunches, dinners, live music shows, conferences, sports; it all circles back to this lovely seaside town.

On architecture, Álvaro Siza Vieira is and remains a symbol - the world-renown architect was born and raised in Matosinhos. The town and its sounds and smells figure prominently in his early memories and they inspired his works greatly. His works are proudly displayed, boasted of and taken care of, almost as National Monuments: (among others), The Boa Nova Tea House and The Leça Swimming Pool, nestled amongst the rocky shore so as – as the author once said – not to mar the horizon and spoil the view. Tourists from all over the world come to explore not only his works, but also the ones by Fernando Távora, Alcino Soutinho, and Souto Moura.

Take a walk by the sea, enjoy the minimalistic sea walkway designed by Souto Moura and behold the legendary Matosinhos beach, brimming with magic, legends and symbolism – the cradle of many pilgrimages and traditional, religion-based festivities. However, you come to visit, do fall in love with Matosinhos.





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How to get there

The closest airport is Airport Francisco Sá Carneiro, destination of many low-cost flights from several World countries. The airport is 15 minutes away from Matosinhos and 30 minutes away from Porto.

Accommodation

Official Hosting Team Sponsored Hotels

Taking into account

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

Additionally, by September, Matosinhos 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.

Accommodation bookings must be finished by July 20th, 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.

All contacts will be made by email to:

info@wska2023.pt

*"The deadline for hotel reservations is
July 20th"*





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Official headquarters of the organization



HOTEL TRYP ****

Stay at the centre of it all

The recently refurbished Tryp Porto Expo Hotel is a modern 4-star unit located by Exponor, just 1.5 km away from the beach, 3 km from Norte Shopping, 5 km from Porto International Airport and just a few minutes away from the city centre, right by the IC1 highway and with good access to the A1 (Lisbon), A3 (Braga/Valen a) and A4 (Vila Real) motorways.

With 4 different styles to choose from (family, fitness, premium and standard), the Hotel Tryp Porto Expo has 117 rooms and 3 Suites. Rooms for non-smokers and with access for disabled guests, bathroom with hair dryer, air conditioning, satellite TV and video, direct-dial telephone with fax and computer connection socket, refrigerated bar, safe, electronic locks, and room service.

TRYP EXPO HOTEL ** (WSKA2017 HQ)**

Nightly rates, with breakfast included

Single - 120,00€ (1 PAX)

Double - 140,00€ (2 PAX)

"The deadline for hotel reservations is July 20th"



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Porto Mar ***

About Our Hotel

Friendly staff welcome you into our sleek monochrome Lobby at modern Holiday Inn Express Porto-Exponor, just 8 minutes' drive from Francisco de Sá Carneiro Airport and Porto City Centre. Our location opposite the Exponor convention centre means you can linger over a complimentary buffet breakfast and still make it to your morning meeting in time. Just in front of the hotel the 601 bus will take you to Porto City Centre in 20 minutes.

Relax with a flat-screen TV in your contemporary Guest room at Holiday Inn Express Porto-Exponor. You can catch up on email with wireless Internet at the well-lit desk, and make yourself at home with complimentary tea and coffee.

Porto Mar HOTEL ***

Nightly rates, with breakfast included

Single - 90,00€ (1 PAX)

Double - 125,00€ (2 PAX)

Triple - 155,00€ (3pax)



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About Our Hotel Sea Porto Hotel is strategically located in the heart of Matosinhos. In clear view of the Port of Leixões and its logistics platform, it is half a mile from the award-winning Cruise Terminal. Inspired by the sea and the naval and port tradition, this hotel combines comfort and modernity with a rich historical, cultural and gastronomic heritage for those visiting the city on business or leisure. Warm atmosphere, comfort, light and security are the characteristics you will find.

Sea Porto Hotel ***

Nightly rates, with breakfast included

Single - 115,00€ (1 PAX)

Double - 135,00€ (2 PAX)

Triple - 160,00€ (3 PAX)



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Transfers

Transfers will be made by 75 or 55 seat buses, 15 seat minibuses, 9 seat vans and 5 seat cars, based on the needs of the participating teams.

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 22nd to 24th September buses will be available to transport all the hotels in the organization to the championship venue, at times to be defined.
4. During the course of the event, transportation will be provided to and from the organization's hotels, with schedules to be defined and with requests to be made to the organization.
5. Transportation will be guaranteed for training in the sports pavilion for participants staying at the organization's hotels, with time to be defined.
6. The transportation to Sayonara Party will be offered to the participants staying in the hotels of the organization, 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: 35,00€
Estimated price**





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Opening ceremony ESKA 2017

Sport's Centre

The Matosinhos Sport's and Conference Centre has increasingly become more relevant in its support of sports and social and cultural events, as well as the institutions which organize them.

The Centre is a multifaceted venue, perfect for a wide variety of events: workshops, product presentation sessions, summits, concerts, conferences, conventions, meetings, sports events, exhibitions, formal dinners, galas, seminars, symposiums and virtually any other type of event demanded by the social, cultural and business worlds.

Address: Rua Nova do Estádio, 244,

Senhora da Hora, Matosinhos

Phone number: +351 22 936 40 90

GPS Coordinates - Lat: 41°11'6.73"N Long: 8°40'5.72"W





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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 September:

Meeting organising committee representatives 19:00 h
Director of competition/President WSKA

Wednesday 20th September:

Referee Commission Meeting	09:00h – 11:00h
Referee course	12:00h – 17:00h
Signs/signals, behaviour, essentials, recording, video clips discussion	
Technical committee meeting	18:00h – 19:00h

Thursday 21st September:

Meeting Executive Board	09:00h – 11:30h
Referee course written examination. (Clips) questionnaire competition rules	09:00h – 11:30h
Coaches Meeting	14:00h – 15:00h
(*) Referee course examination for candidates who perform kata	13:00h – 16:30h
Judging kata and kumite with competitors	
(*) Referee Course Kata Standardisation (referee/judges must attend, coaches invited)	17:00h – 19:00h

Friday 22nd September:

Referee course examination results 1st part	09:00h – 10:00h
Congress	09:00h – 11:30h
Referee alignment meeting	11:30h – 12:00h
Opening Ceremony at	16:00h

Championships:

Friday 22nd September - Cadet events	13:30h
Saturday 23rd September - Youth & Junior events	09:00h
Sunday 24th September - Senior events	09:00h

(*) indicates that Gi's will be required





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Categories

A Youths 14 and 15 Years of age

- | | | |
|---|--------------------------|-----------------|
| 1 | Male individual Kumite | (4 per country) |
| 2 | Male individual Kata | (4 per country) |
| 3 | Female individual Kumite | (4 per country) |
| 4 | Female individual Kata | (4 per country) |

nb: 14/15 year olds can participate in Cadet Kata categories (but not Kumite)

B Cadets 16 and 17 Years of age

- | | | |
|---|--------------------------------|-----------------|
| 1 | Female Cadet Individual Kata | (4 per country) |
| 2 | Female Cadet Individual Kumite | (4 per country) |
| 3 | Female Cadet Team Kumite | (3 person team) |
| 4 | Male Cadet Individual Kata | (4 per country) |
| 5 | Male Cadet Individual Kumite | (4 per country) |
| 6 | Male Cadet Team Kumite | (3 person team) |

Note: Cadets can participate in Junior Kata and Kumite categories

C Juniors 18, 19 and 20 Years of age

- | | | |
|---|---------------------------------|-----------------|
| 1 | Female Junior Individual Kata | (4 per country) |
| 2 | Female Junior Individual Kumite | (4 per country) |
| 3 | Female Junior Team Kumite | (3 person team) |
| 4 | Male Junior Individual Kata | (4 per country) |
| 5 | Male Junior Individual Kumite | (4 per country) |
| 6 | Male Junior Team Kumite | (3 person team) |

Note: Juniors can participate in Senior Kata and Kumite categories

D Seniors 21 Years and above

- | | | |
|---|---------------------------------|-----------------|
| 1 | Female Senior Individual Kata | (4 per country) |
| 2 | Female Senior Individual Kumite | (4 per country) |
| 3 | Female Senior Team Kata | (3 person team) |
| 4 | Female Senior Team Kumite | (3 person team) |
| 5 | Male Senior Individual Kata | (4 per country) |
| 6 | Male Senior Individual Kumite | (6 per country) |
| 7 | Male Senior Team Kata | (3 person team) |
| 8 | Male Senior Team Kumite | (5 person team) |

E Team Kata

- | | |
|---|-----------------------------------|
| 1 | Female Junior (14 -20 Years) |
| 2 | Female Senior (18 years and over) |
| 3 | Male Junior 14 - 20 Years |
| 4 | Male Senior (18 years and over) |





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Travel Information

1 - Public transports

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

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

Táxi: <http://www.taxismatosinhos.pt/>

2 – Current Local Time in Matosinhos, Portugal

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

3 - How is the weather in September?

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

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

4. Emergency Phone Number 112

http://www.112.pt/Guias/Paginas/Guia_Util_112.aspx

Tourism Police Station

+351 222 081 833

5. Immigration and borders service (Visa Information System)

<http://www.sef.pt/portal/V10/EN/aspx/page.aspx>

6. What to do of interest in Matosinhos

<https://www.tripadvisor.pt/Attractions-g652092-Activities-Matosinhos>

7. What to do of interest in Porto

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

8. Where to eat in Matosinhos

The most economic

<https://www.zomato.com/pt/porto/matosinhos-centro-restaurantes?cft=0>

The Best

<https://www.tripadvisor.pt/Restaurants/matosinhos>

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

<http://www.hotelmalaposta.com/en/porto/porto-nightlife>

10. Nearest shopping

<https://www.marshopping.com/en-gb> 1 Km from Hotel TRYP/Holiday Inn

<https://www.norteshopping.pt/en/home-2/> Next to Hotel MOOV

