

# KARATE

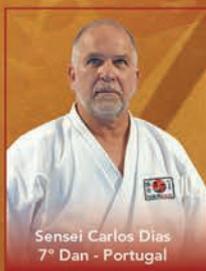
## 3º EUROPEAN

### MASTER STAGE SHOTOKAN

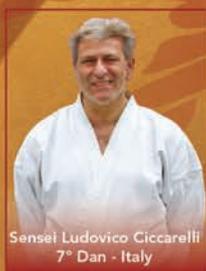
18-19 MARCH | SANTARÉM 2023

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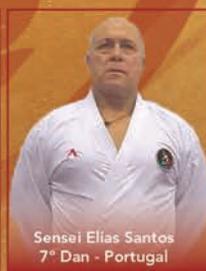
空手道松涛館



Sensei Carlos Dias  
7º Dan - Portugal



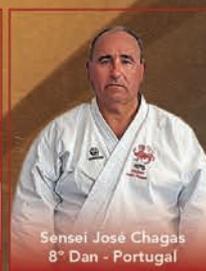
Sensei Ludovico Ciccarelli  
7º Dan - Italy



Sensei Elias Santos  
7º Dan - Portugal



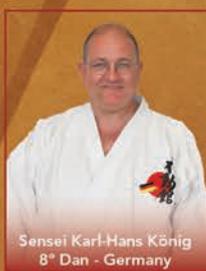
Sensei Fabrizio Castellani  
7º Dan - Italy



Sensei José Chagas  
8º Dan - Portugal



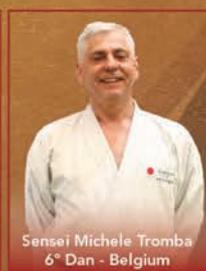
Sensei Vincenzo Serao  
7º Dan - Italy



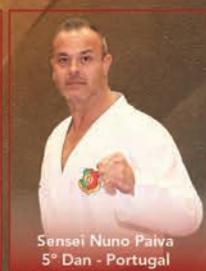
Sensei Karl-Hans König  
8º Dan - Germany



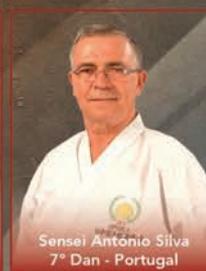
Sensei Aljoša Lipavc  
6º Dan - Slovenia



Sensei Michele Tromba  
6º Dan - Belgium



Sensei Nuno Paiva  
5º Dan - Portugal



Sensei António Silva  
7º Dan - Portugal



Sensei Gaetano Leto  
8º Dan - Swiss

PORTUGAL



ITALY



GERMANY



BELGIUM



SLOVENIA



SWITZERLAND



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BULLETIN 2ª VERSION

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# 松 涛 館 空 手 道

## Contents

Greetings	3
Organization Committee	4
Invited countries & Senseis	9
Santarém City	13
Organization	13
Public Transportation	14
History	14
Historical Attractions	14
Gastronomy	17
Fairs & Feasts	18
Discover Lisbon	18
General Informations	20
Transportation / Transfer Services	21
Santarem Sport Complex	22
Official Hotels / Residentials	23
General Program   18 - 19 march 2023	24
Inscriptions	25

**we are  
WELCOME you.**

 **Amicalekarate**  
PORTUGAL-MARTIAL-ARTS  
松涛館空手道アミカル



**OSS!**

## Organization Commitee



**KARATE**  
**3º EUROPEAN**  
**MASTER STAGE SHOTOHAN**  
18-19 MARCH | SANTARÉM 2023

PORTUGAL

Centro de Karate Amicale Santarém | Amicale Karate - Portugal Martial Arts

Adress: Av. Bernardo Santareno nº 15 R/c Dir, 2005-177 Santarém



### President

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Whatsapp



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Amicalekarate  
PORTUGAL-MARTIAL-ARTS

PRESIDENT

Amicale Karate

Dr. Carlos Rodrigues Dias



**KARATE**  
**3º EUROPEAN**  
**MASTER STAGE SHOTOHAN**  
18-19 MARCH | SANTARÉM 2023

PORTUGAL

*Welcome to Santarém, Portugal.*

Dear friends,

On behalf of the Association Amicale Karate – Portugal Martial Arts, I have the honour to invite you to visit our country and participate in the 2<sup>ND</sup> European Shotokan Karate Master Stage to be held on our city of Santarém - Portugal from 18th to 19th march of 2023.

It is for us a cause of great pride and satisfaction, with an enchanted atmosphere of friendship and sportsmanship, to organize this great sports event and we are fully convinced that we will provide you a memorable training with a high level European Shotokan Karate Masters.

Brief, we want to welcome everyone with all the affection and dedication that you deserve showing you how beautiful our country is in particularly this region of Portugal (Ribatejo). Santarém is an historical Portuguese city, half an hour up way from Lisbon by train or bus.

We have the full and unconditional support of the Santarém city hall in the person of our Mayor Dr. Ricardo Ribeiro Gonçalves, and Support President of our Portugal Karate Federation.

All I wish is to provide you an excellent staying as well as an healthy stage, ensuring you this way all the necessary conditions to achieve your goals. Our Organization will do everything in order that, on your way back home, you will never forget the pleasant training moments spent with us.

I want to congratulate the whole Organizing Committee for their efforts to organize this European Shotokan Karate Stage.

With the our best regards,

President

Shihan Carlos R. Dias 7th Dan





# KARATE 3º EUROPEAN MASTER STAGE SHOTOHAN 18-19 MARCH | SANTARÉM 2023

PORTUGAL



Mayor  
Santarém City  
Dr. Ricardo Gonçalves

Santarém is pleased for being the host of the 3<sup>rd</sup> European Master Stage of Shotokan Karate highlighting the effort and the dedicated work from the structure which have been achieved success on a regional and national level!

The City benefits from the participation of athletes from other european countries, revealing the continuity of a marking journey on the sportive space at a global scale.

On the 18th and 19th of March 2023, Santarém will receive a sportive event relevant on an international scale, where Shotokan Karate comes to assume it self as a promotor in the approach of people and nations, in the union of physical borders and in the promotion of team spirit on a global perspective.

This Master Stage allows local people and all that visit us the opportunity to witness exceptional Karate, to meet sportsmen holders of enriching traditions, costumes and cultures, and sharing particularly joyful moments with us.

To Amicale Karaté team members I leave my best regards, expressing my will to continue the work which have been done, since this way it is possible to send a message to the new generations that with willpower, dedication and work, the results will come one day!

To the Master Stage sponsors, I offer my gratitude for supporting the sportive cause and the organizing event team.

To the athletes, relatives and other personalities who visit Santarém I wish you a pleasant stay here, hoping that you keep pleasure memories form this region which is historically known for being welcoming.

I take this opportunity to recommend you a visit throughout our vast historical, artistic and cultural patrimony and to invite you to enjoy our gastronomy.

We wish the best happiness and success to the mentors of this important european event and to all participants!

*Ricardo Gonçalves*



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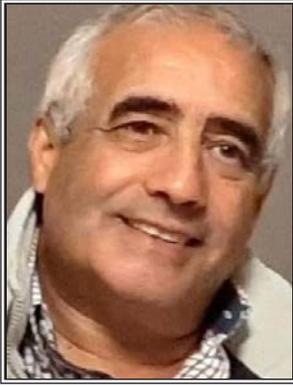
# KARATE

## 3º EUROPEAN

### MASTER STAGE SHOTOKAN

18-19 MARCH | SANTARÉM 2023

PORTUGAL



President  
Union of Parishes of the city of Santarém  
Dr. Diamantino Cordeiro Duarte

It is with renewed pride that the city of Santarém is the place for the 3rd Edition of the European Master Stage Shotokan, on the 18th and 19th of March!

This is already a sporting event of enormous relevance for our city and to which the Union of Parishes of the City of Santarém provides all possible support, so that all athletes, technicians and participants can have the best sporting experience and human.

The city of Santarém is a city with 800 years of history, with many strengths and reasons to be visited, such as its cultural and historical heritage, its gastronomy, its natural landscape where the Tagus River is inserted, its traditions and its people, who know how to welcome those who visit us so well.

The Union of Parishes of the city of Santarém hopes, in advance, that this edition will be even more successful and that all participants feel welcome in our city!

Visit Santarém, a city with 800 Years of History and Culture to discover!

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*Diamantino Duarte*





# KARATE

## 3º EUROPEAN

### MASTER STAGE SHOTOHAN

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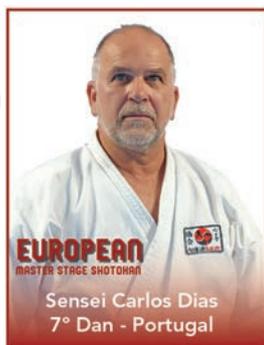
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PORTUGAL



### Sensei

Name: Carlos Rodrigues Dias

Dan: 7º Dan - Shotokan

President of Amicale Karate Portugal Martial Arts; He began practicing karate since 1973 until now; General Secretary of W.F.F. World Fudokan Federation – Sports karate; National Technical Director Amicale Karate; Trainer course grade II IPDJ, certificate number 16771; National and International Competitor with several titles in national and international competitions. Coach since 1980 until present in all competitions around the world. Coach of the Amicale Center of Santarém; National Technical Director Amicale Karaté; Current 7th DAN (Black Belt) Sichidan - Graduated on 10/04/2014 by the Technical Council of Federazione Italiana Karate (FIK) Italy; Homologation of 7th Dan by the National Federation of Karate - Portugal (Fnk-p) on 11/23/2015 Certificate nº 2222; Degree in Physical Education and Sport from the Faculty of Human Motors of Lisbon (Combat Sports Branch); Professor of Physical Education of the Official Secondary School;



GERMANY



### Sensei

Name: Karl-Hans König

Dan: 8º Dan - Shotokan

8º Dan Fudokan Karate (World Fudokan Federation WFF); 8º Dan Shotokan Karate (Kampkunst Kollegium Deutschland KKD); 5º Dan Shotokan Karate (Deutscher Karate Verband DKV); 3º Dan Shotokan Karate (Japan Karate Assoziation JKA); 3º Dan Kobudo (Kampfkunst Kollegium Deutschland KKD); Karate for over 45 years Kobudo for over 40 years; Member of the Technical Committee of the World Fudokan Federation WFF; Responsible people with disabilities Ikkaido and Tafisa of the World Fudokan Federation WFF; General Secretary of the European Fudokan Confederation EFC; President of the Fudokan Karate Academy Germany e.V. FKAD; President of the state association Ikkaido Baden Württemberg e.V. LIBW (inclusion); National trainer of the Federal Association Ikkaido Germany e.V. for inclusion; Vice President "Karate in Germany - umbrella organization of independent karate associations"; Head of Bokken in the German Kobudo Association e.V. DKV



PORTUGAL



### Sensei

Name: Elias Santos

Dan: 6º Dan - Shotokan

Practitioner of karate since 1975; National team athlete; Participation by national team in EKF / WKF World and European Championships; Absolute national champion; Veteran National Champion; 6th Dan of FNKP karate; IPDJ trainer course grade III; Coach since 1980; Technical Director of the National League of Karate Portugal; Coach of champions in all individual categories and teams (in 2011 national champion women's and men's senior teams) of the FNKP national championships; Coach of 4 medals at the EKF / WKF European Championships.

National Coach of Portuguese Federation Seniores and Sub21 Kumite.



ITALY



### Sensei

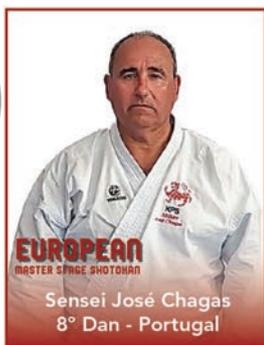
Name: Fabrizio Castellani

Dan: 7º Dan - Shotokan

Since 2013 Sensei Fabrizio Castellani is Rokudan within ISKF (International Shotokan Karate Federation ), Chief Instructor & Country Director for Italy. In 2015 He received the 7º DAN from FIK (Federazione Italiana Karate), now Sensei Castellani is President of the Technical Board of AKS Italia. Also in 2015 the Master obtained the qualification in “Coaching of high technical specialization”.



PORTUGAL



### Sensei

Name: José Chagas

Dan: 8º Dan - Shotokan

Technical Director of KPS; More than 30 years of teaching Karate; Federal Arbitrator for more than 20 years; Coach Level 1, FNK-P; Member of the FNK-P Arbitration Committee; Judge The International Kata of the European Karate Federation (EKF); International Referee of the European Karate Federation (EKF); FSKA International Referee; National Arbitrator LPKS;



ITALY



### Sensei

Name: Ludovico Ciccarelli

Dan: 7º Dan - Shotokan

He began practicing karate in 1968. He is a pupil of M ° Yoshikazu Sumi, delegate for Italy of JKA together with M ° Hiroshi Shirai, a former student of Maestro Nakayama. A major player with several international affirmations, multiple Italian champion, champion of Europe, vice champion of the world in the specialty of kumite. He stayed for long periods in Japan and Okinawa where he studied shotokan, goju, shito and okinawa-te. Finalist in the national Japanese championship. He held the position of coach of the Italian national FIK team from 83 to 87, in FIKTA in 91-92 and in FESIK from 93 to 97. It is considered beyond the initials, one of the greatest experts of kumite. He presides over the technical institute “Accademia Karate Studio”, he carries out federal activity in FESIK (Italian Karate Sports Educational Federation), as a national federal teacher. He is technical consultant for Amikale Karate Portugal and Swiss Karatedo Shotokan. He has held and held workshops and seminars throughout Italy and Europe. It is the 7th Dan black belt obtained in Lisbon in 2000.



BELGIUM



### Sensei

Name: Michele Tromba

Dan: 5º Dan - Shotokan

5th Dan 2010 jka and Belgian federation ffkama; 3 times Belgian champion; 1980 under the direction of shihan Miyazaki, technical director jka Belgium; 1998 I joined Shihan Shirai's institute of Italian shotokan karate institute; 2008 Under the direction of shihan Sergio Gneo 8 dan jka (JKAhonbu dojo - jappone).



PORTUGAL



### Sensei

Name: Nuno Paiva

Dan: 5º Dan - Shotokan

WUKF European Champion, Santarém 2010; World Bronze Medal WUKF, Lignano - Italy, 2011; 4th at the WKF World Championship, Rio de Janeiro, Brazil, 1998; 10x National Champion of Individual Karate; 5x National Team Karate Champion (Clube Portugal Telecom); 3x Winner of the Portuguese Cup; 2x Olympic Tournament Winner; 15x Regional Karate Champion; 5x National Vice - Champion of Karate; 15 years in the service of the national team of Karate, participant in 8 European and 4 worldwide of the EKF and WKF; Winner of several international competitions in the discipline of kumite; Athlete of the Year 1998 and 1999, decorated with trophy of the National Sports Confederation; 5th Dan of Karate; AKS Technical Director; SCP Competition Karate Technician; International Technician of Shiai Kunité; Founder of the Academy of Karate Nuno Paiva (AKNP). 3 Times World and European Championship WUKF;



SLOVENIA



### Sensei

Name: Aljoša Lipavc

Dan: 6º Dan - Shotokan

Expert Manager - Coach (state license 2, international license WFF, WBKA, ETKF)

Aljoša Lipavc - 5.DAN WFF is the Head Coach and President of the TRADITIONAL KARATE INSTITUTE Race of Slovenia.

President of SLOVENIAN FUDOKAN FEDERATION professional leader and chief instructor.

In 2017 he completed 30 years in the traditional Shotokan - Fudokan karate. In his career he has worked and trained with almost all renowned Slovenian karate masters and numerous masters from around the world (ITKF, WTKF, JKA, JFK, WADO RYU, SKIF, WKSA, FEKDA, WSI, KWF, SCI and WFF). He was General Secretary of the Slovenian Hapkido Federation, an activist of RMA Sytema Slovenia, former member of JKA Slovenia, ITKF Slovenia and WKF Slovenia. He was active in the Slovenian army for many years.

He started his international studying career with Grandmaster Hiroshi Shirai (WSI - World Shotokan Institute today SCI (Shotokan Cultural Institute) and Grandmaster Vladimir Jorga ETKF. Getting to know traditional karate had no boundaries, so he attended numerous seminars with different karate masters from which to draw his knowledge (Watanabe, Ochi, Sawada, Tanaka, Naito, Kawazoe, Abe, Nishimura, Otto, Takahashi, Yahara, Miura, Fugazza, Contarelli, Dimitrijevic, Javoršek....) He



SLOVENIA



was also active with Grandmaster Ninomiya - Enshin karate.

Today he leads Slovenian Fudokan Federation Traditional and Sport. His goals are to preserve the value of karate and to create top professional karatekas. He is an employee of a logistics company and works in Austria, married to Tosja, father of daughter Trina and son Jas. His greatest pride and worth is his family.

His motto is #Work and sweat#



ITALY



### Sensei

Name: Vincenzo Serao

Dan: 7º Dan - Shotokan

He started practicing JUDO in 1969/70 at the ARASHI CLUB with Sensei ENRICO BUBANI, Technical Director of DAITO CLUB in Naples. In 1972 he moved to the studio of KARATE DO, still in the ARASHI Club with Sensei BRUNO RUSSO PALOMBI and later under the guidance of Sensei ORESTE LOMBARDI, considered the best technician in all of Campania and one of the best masters in national level.

Sensei LOMBARDI leads him to a considerable technical improvement that allows him to reach the rank of 3rd Dan and become his close collaborator until 1985. During all this period there is an intense participation at numerous stages and in various competitions, including international ones. In 1983 the meeting with the Sensei ILIJA IORGA, founder of the SHOTOKAN FUDOKAN, currently SOKE 10º Dan. He took part in his many stages several times a year until 1990, going also outside the national borders, also participating in some international competition. In 1986, together with a group of friends, great passionate Karate practitioners, he founded the RYU DOJO NAPOLI, a prestigious Neapolitan school of Karate Do that for many years will make the history of Karate in Campania and beyond.

In 1987 he obtained the rank of 4th Dan with Sensei AUGUSTO BASILE, pioneer of the Italian Karate and national technical manager of the FIK (Italian Karate Federation), degree also confirmed internationally by Sensei ILIJA and VLADIMIR IORGA in the same year. In this period two Italian titles and a second place, KATA specialty, with FIK. In December 1990 he took part in the JKA World Championship (Japan Karate Association), held in DUBAI, as Coach, at the personal invitation of the legendary Sensei TETSUHIKO ASAI, head instructor of JKA, who took over his leadership after the death of Sensei NAKAYAMA. From this moment on he became a follower of the Sensei ASAI, participating every year in the various seminars held by the latter in various locations in Europe, until his death in 2006. During this long period he was able to attend the numerous courses taught by Sensei SADASHIGE KATO, 9th Dan, of IJKA (International Japan Karate Association) founded by Sensei ASAI, of which he was his close collaborator and succeeded him at the head of the same organization after his death.

With Sensei KATO he established an excellent relationship of friendship, continuing to follow him through frequent technical stages not only in Europe, but also in Italy, hosting him several times also in Naples. In 1997 he obtained the 5th degree Dan. In 2008, after taking regular examination with Sensei ILIJA IORGA, Soke 10th Dan Fudokan obtained the 6th Dan and in 2015 he was awarded the 7th degree by Master SADASHIGE KATO, 9th Dan IJKA.



PORTUGAL



### Sensei

Name: António Silva

Dan: 7º Dan - Shotokan

My life in Karate began in a city in the interior of Angola, Silva Porto, today Bié, in March 1968.

It was purely out of curiosity, as a friend of mine who was studying in Lisbon and training at the Budo Karate Academy was on vacation.

We started then by doing some very basic training, as his graduation was 7th Kyu. It was this beginning that led me to look for those who would have more knowledge of this Art so that they could take me more seriously in their practice.

It was only when I left the military service and was able to return to my city Luanda, where it was easier to find someone with greater knowledge that I evolved and was always eagerly seeking to practice this wonderful art of KARATE-DO. Some time later I went to South Africa, where I trained with Stan Schmidh to the highest degree outside Japan, I was lucky to have had the best Japanese and Western masters.

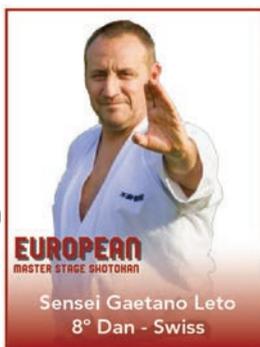
I was technically responsible for the Karate section at the Judo Club of Zimbabwe, I came to Portugal where I spent 2 years in Guimarães and due to the political employment situation, I went with my family to Brazil where I spent 5 years returning to the Motherland until now I am now affiliated since 2004 to JKS "Japan Karate Sotorenmei", where Sensei Masao Kagawa is Technical Director.

There would be many more stories to tell, but this is part of my experience, where everything was only possible because I was lucky enough to find so many friends in this wonderful art that is KARATE-DO

Thank you all for everything you shared with me and a big hug OSS



SWITZERLAND



### Sensei

Name: Gaetano Leto

Dan: 8º Dan - Shotokan

In 1980 he opened his own Karate school he is the founder of the fudochikan. He began with Karate-Do in March 1974. He was successful in more than 200 tournaments national and international. Swiss-champion/SKF, several times Italian-champion, European-champion and finally World-champion/IKA Individual and team in 1991 in Brisbane (all in kumite). More experience in Judo, Kick-Boxing, Kyokushin-Kai-Karate, Krav Maga Selfprotect, Aikido. All Dan exams were held by the following karate teachers: Kase Sensei, Asai Sensei, Yahara Sensei Abe Sensei.

## Organization



# KARATE

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Karate is a martial art (combat sport) developed particularly in Okinawa (Japan) from the Chinese systems of melee combat without weapons, which spread in the early twentieth century with the inclusion in physical education programs in Okinawa and, after World War II, throughout the world.

Founded in March 23th 1983 our organization Amicale Karate – Portugal martial Arts is considered one of the biggest portuguese sports karate federations considering number of clubs, Instructors and athletes.

Its one of the official responsible for the promotion and development of sports and traditional karate in Portugal.

Already Organized in Santarém (Portugal) important European Karate Competitions with thousands karatekas:

- Year 2010 - 10º European WUKF Karate Competition (World Union karate Federation)
- Year 2015 - 4º European IKU Karate Competition (International karate Union)
- Several Competitions of National Federation (Fnk-p) and Associative competitions;
- Several International Stages, Seminars and national Technical Training in karate;
- Year 2018 - European Karate Shotokan Master Stage (Santarém)
- Year 2022 - European Karate Shotokan Master Stage (Santarém)

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## Santarém City



The city of Santarém stands on a plateau, on the right bank of the Tagus River, 65 km northeast from Lisbon.

Santarém is located very near Lisbon, and is very well served in public transportation.

Distances (by Highway):

- Santarém – Lisbon: 65 Km (50 Minutes )
- Santarém–Fátima: 50 Km (30 Minutes )
- Santarém – Oporto: 241 Km

## Public Transportation



Railway Station



Taxi Service



Bus Station



Santarém Aerodrome

(with regular schedules for all country, and "Express" service to Lisbon)

## History

The region of Santarém has been inhabited since pre-historic times, first by the Lusitanian people, and then by the Phoenicians, Greeks, Romans, Visigoths, Moors and Portuguese Christians. Of the various legends related to the foundation of Santarém, the most famous tells of the Visigoth Saint Iria (or Irene), who was supposedly martyred in Tomar (Nabantia) and whose uncorrupted body reached Santarém. In her honor, the name of the town (then known by its Latin name Scalabis) would later be changed to Sancta Irene, from which Santarém would eventually be derived.

## Historical Attractions

### Gothic Graça Church



The foundation of the city is attributed to the Romans, who occupied the region in the 2nd century BC and named the city Scalabis. During the Roman period, Scalabis was an important commercial post in the mid-Tagus region, and was the administrative capital of one of the regions (Convents Escalabitanus) of Lusitania.

After the period of Visigoth domination, Santarém was taken in the 8th century by the Arabs, under whose rule the city became an important cultural center. Important Arab personalities born in Santarém (or Shantarín, in Arabic) are the poet and historian Ibn Bassam (died 1147) and the poet Ibn Sara (1043-1123).

The period of Muslim domination was finished in 1147 by the first King of Portugal, Afonso Henriques. According to the chronicles, the King and a small army managed to take the city after some men climbed the walls during the night and opened the gates. The story of the conquest of Santarém is told in a heroic tone in the

## Gothic Graça Church



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mediaeval chronicle De expugnatione Scalabis, which celebrates and justifies the power of the first Portuguese King. From the military point of view, the conquest of Santarem and, in that same year, of Lisbon were crucial steps in the Reconquest of Portugal.

After the reconquest of the Santarem, the city was frequently visited by the Kings, and many feudal parliaments (Cortes) were held in Santarem. King Fernando I, in particular, was very fond of the city and chose to be buried in the Convent of Saint Francis (his tomb is now in the Carmo Museum in Lisbon). The city was indeed one of the most important in mediaeval Portugal, as attested by its large number of monasteries and its royal palace (now lost). There are still enough examples of Gothic buildings in the city for it to be known as the “Capital of the Portuguese Gothic”.

## Cityscape Santarém

In the 15th century, during the period of Portuguese maritime explorations, expeditions like the conquest of Ceuta (1415) were planned in the royal palace of Santarem. Many important personalities related to this historical time are buried in the churches of Santarem. Pedro de Meneses, first governor of Ceuta (1415-1437) after the Portuguese conquest, is buried in a magnificent Gothic tomb in the Church of the Grace (Igreja da Graça). In the same church is buried Pedro Alvares Cabral, the navigator that discovered Brazil in 1500.



The following centuries represented periods of decadence for Santarem. The big earthquake of 1755 hit the city hard, and many historical monuments were lost. During the Napoleonic invasions (early 19th century) the city was invaded and pillaged.

In the second half of the 19th century many improvements reached Santarém, like canalized water, gas light, the building of a bridge over the Tagus and the railway (1861). In the 20th century the infrastructure of the city (education, housing, and commerce) continued to improve, and the economy of the city remained mainly dedicated to the production of agricultural goods.

Santarém has a picturesque city centre with several monuments, including the largest and most varied ensemble of gothic churches in Portugal. These include fine examples of transitional Romanesque-Gothic, mendicant (plain style derived from the mendicant orders) and late (flamboyant) Gothic. In addition, the city has nice examples of Manueline, Renaissance, Mannerist and Baroque architecture.

Old Castle of Santarém (Porta do Sol): Located on a high slope over the Tagus river and the surrounding landscape, the site of the old castle of Santarém is now a nice garden that offers spectacular views. Part of the walls and towers of the castle are still preserved.

Church of Saint John of Alporão (Igreja de São João de Alporão): Built between the 12th and the 13th centuries by the Knights Hospitallers, this church is a fine example



of transitional architecture, with a Romanesque main portal and an early Gothic main chapel and vaulting. The arches of the ambulatory of the main chapel show Arab (Mudéjar) influences. The church now houses a small Archaeological Museum. Its most important piece is the flamboyant Gothic tomb of Duarte de Meneses, missed in a battle in North Africa in 1465. His magnificent tomb is empty.

**Cabaças Tower (Torre das Cabaças):** Ancient defensive tower of the mediaeval wall of the city. Houses the Time Museum with an exhibition about the measurement of time through the ages.

**Fountain of the Fig Tree (Fonte da Figueira):** Rare example of a 14th century fountain in Portugal, decorated with merlons and coats-of-arms of Portugal and King Dinis.

**Convent of Saint Claire (Convento de Santa Clara):** 13th century feminine convent. Good example of Portuguese mendicant Gothic style.



**Convent of Saint Francis (Convento de São Francisco):** Another 13th century convent in mendicant style. Has a nice Gothic cloister. King Ferdinand I was buried here.

**Church of the Grace (Igreja da Graça):** Built between the 14th and 15th centuries in a mix of mendicant and flamboyant Gothic styles. Has a magnificent main portal and rose window that shows the influence of the Monastery of Batalha. The first governor of Ceuta Pedro de Meneses (died 1437) and his wife are buried here in a magnificent Gothic tomb with their recumbent figures holding each other's hands. Pedro Alvares Cabral, discoverer of Brazil, and his wife are buried under a simple slab near the main chapel.



**Church of Marvila (Igreja de Marvila):** This 16th century-church has nice portal and main chapel in Manueline style. The nave and pulpit are in early Renaissance style. The interior walls are covered with 17th century-multicolored tiles with geometric patterns. It has one of the most outstanding tile-based interior decorations in Portugal.

**Cathedral of Santarém (Sé-Catedral):** Built in the 17th century in mannerist style as the Jesuit church of the city, it became the Seminary church after the Jesuits were expelled from Portugal in the mid-18th century. The interior decoration is very rich, with altarpieces from various periods and styles (Mannerist and Baroque) and a ceiling with an illusionist painting. Since the 1970's it is the Cathedral of Santarém. The site of the church and seminary was previously occupied by the mediaeval royal palace of Santarém.

## Gastronomy

With the Tagus at its heart, freshwater fish are key to regional cuisine. These include eels, eaten fried or in the bread stew 'ensopado', the shad and bread 'açorda' ideally in spring when the fish is breeding and more flavorsome, and lamprey, which gourmets consider particularly good.

A region of marshy lands and pasture where the cattle are left to roam free is certain to have meat on the table. A kind of meat broth 'sopa da pedra', original to this region but now gone nationwide, is one alternative or alternatively try 'Ribatejan migas' a delicious combination of vegetables and bread.

Sweet highlights include the 'arrepiados' and 'celestes' from Santarém, the 'queijinhos do céu' from Montalvo, the 'trouxas de ovos' from Chamusca and the 'tigeladas' and 'palha' from Abrantes, all very rich in eggs and sugar.



And naturally, such delights come accompanied by their own respective wines. Try the Ribatejo Wine Route to find out more about this region's wine and landscape. In Almeirim, Cartaxo, Santarém, Chamusca and Coruche, you can find some of the major national producers of high quality wines.

In Santarém, the National Agricultural Fair, with bull running and fights and other rural competitions takes place in June while the Festival of Gastronomy comes in October/November to provide another fine occasion to get to know the gastronomy and wines of the Ribatejo.

### Typical foods of the Ribatejo:

"Sopa de peixe" (fish soup), "açorda de sável" (shad bread-soup) (during the season) "fataça na telha" (large mullet cooked in a roof-tile), 'magusto com bacalhau assado" (a type of bread-panada with grilled cod-fish) and "espetadas em vara de loureiro" (meat grilled in a laurel stick) are some of the gastronomic delicacies one can taste in this region.



Coming from an old Convent tradition, "celestes de Santa Clara" and "arrepiados do Convento de Almoester" (sweets made of eggs, and almond sweets ;node of meringue and crisp almond) are really sweet specialties.

**WINES** - This area covers the municipalities of Almeirim, Alpiarça and some of Salvaterra de Magos. Like its neighbor Santarém this has lower and upper vineyards. The lower being the flood fertile plain of the River Tajo, the upper being well-drained sandy soil. The red wine tends to be smooth with good tannin content. The white wine is well-balanced with fruity aromas but best consumed early. The labels to try are Almeirim, Caves Velhas, Dom Hermano, Falcoaria, Fernão Pires and Lezíria.

## Fairs & Feasts



# KARATE

## 3º EUROPEAN

### MASTER STAGE SHOTOHAN

18-19 MARCH | SANTARÉM 2023

PORTUGAL

The Fair is famous also for its most precious ethnographical values, manifested in the International Folklore Festival, “largada de touros” (letting bulls off a closed area), “corrida de campinos” (herdsmen races), “condução de jogos de cabrestos” (conducting a herd of cattle), “touradas” (bullfights), steeplechase, horseracing, etc.



**National Gastronomy Festival** - (going on for ten or twelve days and ending on the 1st November). It's the greatest demonstration of portuguese popular cultura, within its three constituem elements: gastronomy, handicraft and ethnography.

## Discover Lisbon

Lisbon is the capital city and largest city of Portugal with a population of 547,631 within its administrative limits on a land area of 84.8 km2 (33 sq mi). The urban area of Lisbon extends beyond the administrative city limits with a population of over 3 million on an area of 958 km2 (370 sq mi), making it the 11th most populous urban area in the European Union. About 3,035,000 people live in the Lisbon Metropolitan Area (which represents approximately 27% of the population of the country).

Lisbon is the westernmost large city located in Europe, as well as its westernmost capital city and the only one along the Atlantic coast. It lies in the western Iberian Peninsula on the Atlantic

Ocean and the Tagus River.

Lisbon is recognized as global city because of its importance in finance, commerce, media, entertainment, arts, international trade, education, and tourism.



It is one of the major economic centres on the continent, with a growing financial sector and the largest/second largest container port on Europe's Atlantic coast. Lisbon Portela Airport serves over 15.3 million passengers annually (2012); the motorway network and the high-speed rail system of (Alfa Pendular) link the main cities of Portugal. The city is the seventh-most-visited city in Southern Europe, after Istanbul, Rome, Barcelona, Madrid, Athens, and Milan, with 1,740,000 tourists in 2009.

Lisbon is one of the oldest cities in the world, and the oldest city in Western Europe, predating other modern European capitals such as London, Paris and Rome by hundreds of years.

## Discover Lisbon



# KARATE

## 3º EUROPEAN

### MASTER STAGE SHOTOHAN

18-19 MARCH | SANTARÉM 2023

PORTUGAL

Lisbon enjoys a Mediterranean climate. Among all the metropolises in Europe, it has the warmest winters, with average temperatures 15 °C (59 °F) during the day and 8 °C (46 °F) at night from December to February. The typical summer season lasts about six months, from May to October, although also in November, March and April temperatures sometimes reach around 20 °C(68.0 °F).

Locally, Lisbon inhabitants may more commonly refer the spaces of Lisbon in terms of historic bairros (neighborhoods). These communities have no clearly defined boundaries and represent special quarters with a common historical culture, identifiable architectural landmarks, livings standards and/or local personality, such as Alcântara, Bairro Alto, Alfama, Chiado, and so forth.



Alcântara



Alfama



Bairro Alto

Belém is famous as the place from which many of the great Portuguese explorers set off on their voyages of discovery. In particular, it is the place from which Vasco da Gama departed for India in 1497 and Pedro Álvares Cabral departed for Brazil in 1499. It is also a former royal residence and features the 17th–18th century Belém Palace, former royal residence and now occupied by the President of Portugal, and the Ajuda Palace, begun in 1802 but never completed. Perhaps Belém's most famous feature is its tower, Torre de Belém, whose image is much used by Lisbon's tourist board.



Belém

The tower was built as a fortified lighthouse late in the reign of Dom Manuel (1515–1520) to guard the entrance to the port. It stood on a little island in right side of the Tagus, surrounded by water. Belém's other major historical building is the Mosteiro dos Jerónimos (Jerónimos Monastery), which the Torre de Belém was built partly to defend. Belém's most notable modern feature is the Padrão dos Descobrimentos (Monument to the Discoveries). In the heart of Belém is the Praça do Império: gardens centred upon a large fountain, laid out during World War II. To the west of the gardens lies the Centro Cultural de Belém. Belém is one of the most visited Lisbon districts.

## Chiado

The Chiado is a traditional shopping area that mixes old and modern commercial establishments, concentrated specially in the Carmo's and Garrett's streets. Locals as well

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as tourists visit the Chiado to buy books, garments, and pottery as well as to have a cup of coffee. The most famous café of Chiado is A Brasileira, famous for having had poet Fernando Pessoa among its customers.



The Chiado is also an important cultural area, with several museums and theatres. Several buildings of the Chiado were destroyed in a fire in 1988, an event that deeply shocked the country. Thanks to a renovation project that lasted more than 10 years, coordinated by celebrated architect Siza Vieira, the affected area is now recovered.

## General Informations

**Communication:** To call Portugal from abroad, dial the international code 00(+) followed by 351 for Portugal. Example for Santarem number: 00 (+)351 243 164 777.

**Services:** Emergency ambulance service: 112

**Currency:** The Portugal currency is Euro. Foreign currencies can be exchanged at the airport, in Post offices, in banks, as well as in many foreign currency exchange offices which can be found all over the city. Banks are usually open from 8am to 3pm, from Monday to Friday.

**Passport/Visa requirements:** For short stays, European regulations itemize a list of countries. Citizens of the European Union, as well as nationals of Iceland, Norway, Liechtenstein and Switzerland do not require a visa to enter Portugal.

**Insurance:** It is compulsory that all participants and members of delegations to have their own medical and personal trip insurance. The Amicale Karate - Portugal Martial Arts assume no liability or responsibility for the lack of insurance from participants and members of delegations.

[The Presidents of the delegations have to sign the enclosed term of responsibility and return it of our organization].

## BUS

### Saturday

Hotel <-> Sport Hall <-> Hotel

The organization **will provide free transportation** from the official hotels to the sport hall and vice versa. On your arrival at the hotel you will receive the shuttle-buses timetable for hotel/sport hall transportation.

## Railway (by train)

Lisbon Airport -> Metro -> To "Oriente" Train Station  
"Oriente" Train Station -> Santarém

(journey takes 45min)

# Santarem Sport Complex



# KARATE 3º EUROPEAN MASTER STAGE SHOTOHAN 18-19 MARCH | SANTARÉM 2023

PORTUGAL

## SPORTS HALL

Adress: Largo Comendador Paulino da Cunha e Silva 2005, 2005-134 Santarém

<https://goo.gl/maps/YPSqSmaufrT2>



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# Official Hotels / Residentials



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PORTUGAL

Password: **Soon**

Contact directly with several hotels listed below, say that they come to participate in the event and have access to a discount price for the European Master Stage accommodation.

## Santarém Hotel



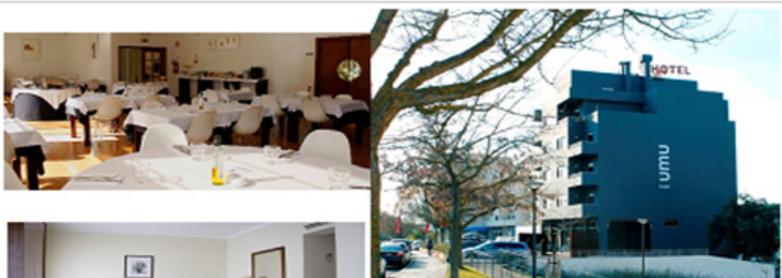
Santarém Hotel is a modern 4 stars. The Hotel, inserted in the center of Santarém.

Webpage: [www.santarehotel.net](http://www.santarehotel.net)

Facebook: [www.facebook.com/santarehotel](https://www.facebook.com/santarehotel)

Distance to sports hall: 800m / 15 mim walking.

## UMU Hotel



The UMU is a modern 3 star. The Hotel, inserted in the center of Santarém. Distinctive details on the different floors.

Webpage: [www.umu.pt](http://www.umu.pt)

Facebook: [www.facebook.com/HotelUmu](https://www.facebook.com/HotelUmu)

Distance to sports hall: 700m / 13 mim walking.

## Villa Graça Hostel & Apartments



Villa Graça is a unique place with historic value, which appeals to 5 senses, located in the historic center of Santarém.

Villa Graça has rooms, dorms and apartments for short, médium and long term with special prices.

Webpage: [www.villagraca.pt](http://www.villagraca.pt)

Facebook: [www.facebook.com/villagraca.str](https://www.facebook.com/villagraca.str)

Distance to sports hall: 500m / 10 mim walking.

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# Inscriptions



# KARATE

## 3º EUROPEAN

### MASTER STAGE SHOTOHAN

18-19 MARCH | SANTARÉM 2023

PORTUGAL

## INSCRIPTIONS

Organizations to sign up must complete the file attached to the email sent to the president or sensei and send it to **info@european-stage.org**

Click Here

<https://registration.european-stage.org/>

Deadline: 17 march 2023

## FEES

### Individual Participation: € 40;

The inscription fees for participation must be paid in cash (only euro) or transfer to our account bank:

Bank transfer on the following account references:

Beneficiary – Bank Details

- Name: Centro Karate Amicale Santarém
- Agency: Banco Millennium (BCP)
- NIB - Account number: 0033 0000 045208866146 05
- IBAN: PT 50 0033 0000 045208866146 05
- Swift/Bic code: BCOMPTPL

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## Terms Of Responsibility



**KARATE**  
**3º EUROPEAN**  
**MASTER STAGE SHOTOHAN**  
18-19 MARCH | SANTARÉM 2023

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To be filled, signed sent back before by 17 march 2023  
Fill in, stamp, sign and send to - [info@european-stage.org](mailto:info@european-stage.org)

I, \_\_\_\_\_  
the undersigned, as the Chief of Delegation of my country, duly enrolled

to participate in the European Karate Master Stage Shotokan, which will be held in Santarem, Portugal, from the 18th to the 19th of march 2023, with fully knowledge of the Statutes, the Rules and the Norms of The Amicale Karate - Portugal Martial Arts, pledge myself to faithfully accomplish the regulations of this before mentioned entity, and I take any and all administrative, civil and criminal responsibilities of whatever happens to our athletes, coaches and other members of our delegation participating in this master stage, before, during and after the competition, such as physical injuries, personal expenses, or monetary debts and casual material damages to the hotels, sports hall, the venue, means of transportation etc. Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the master stage, the Amicale Karate - Portugal Martial Arts, its directors, as well as any person, company, or entity related to the event (sponsors, public and private entities).

I authorize the organizers of the event to use images, photos and the names of our competitors and other members of our delegation (since it is considered necessary) for the sport activities and publications of karate, related to the event, without any monetary compensation.

Country/Nation: \_\_\_\_\_

First name | Surname: \_\_\_\_\_

ID number: \_\_\_\_\_ & expiry date: \_\_\_\_\_

Position in the federation: \_\_\_\_\_

Address: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

To be filled, signed sent back before by 17th MARCH 2023

Fill in, stamp, sign and send to - [amicalekarate@gmail.com](mailto:amicalekarate@gmail.com)

\_\_\_\_\_  
Signature



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## 3º EUROPEAN

MASTER STAGE SHOTOKAN  
18-19 MARCH | SANTARÉM 2023

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# we are waiting for you!

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