

JUNDOKAN EUROPEAN SEMINAR IN PORTUGAL

順道館
PORTUGAL
Jundokan European Seminar
19-20-21 JUN 2026

DEOGRACIAS MEDINA
9^o Dan sensei

TETSU sensei 9^o Dan
KINJO sensei 9^o Dan

Shito-Ryu
Goju-Ryu

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Dear friends, It is an honor for me, as *shibuchō* of Jundokan in Portugal, to invite you to this magnificent annual event, where we will be able to **strengthen the roots of our karate and the bonds of friendship that unite us.**

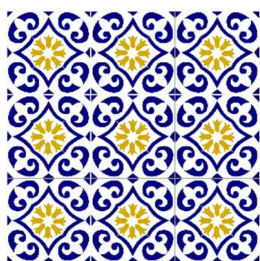
We invite all our Jundokan family to participate in this moment, and to enjoy our sunny country with great food, in this unique environment.

We are very proud to be able to welcome our *senseis* from Jundokan So Hombu, along you all.

Open to all karatecas and budocas.



BENVINDOS A PORTUGAL



SPORTS HALL



Complexo Desportivo Municipal de São Domingos de Rana

Address: R. Travessas, 2785-285 São Domingos de Rana

For those who attended the 2016 European Seminar in Portugal, it is the same sports hall.



Lisboa only 25km away

Lisbon is the capital and the largest city of Portugal. With over 20 centuries of History, this city located on the 7 hills has more than 500,000 inhabitants. Lisbon shows multiple contrasts between the historical and modern, combining different cultures, trends and lifestyles. Situated near the Tagus river, the portuguese capital has a unique beauty and an internationally acclaimed architectural singularity. Landmarks such as the Medieval Castle of St. George, Medieval Cathedral, Belem Tower, Jeronimos Monastery, National Pantheon, Palace Square and the Downtown are some of the tourist attractions of Lisbon that fascinate thousands of visitors from around the world. If you have the chance take a ride with the Hippo Trip and check the Quake Museum.

HOW TO GET TO – SÃO DOMINGOS DE RANA



Take a UBER

The easiest way to travel from Lisbon Airport to São Domingos de Rana, it's to take a táxi / cab / Uber. **Uber service works quite well with low costs.** We recomend you to install it in your celular.

We are aprox. 25 kms away from the airport.

The ride will cost aprox. 18€-23€ and depending in the hour of the day might be 20 minutes ride or one hour (rush hour).



Sintra only 20km away

Sintra is the most mystical and romantic destination in Portugal par excellence. It has been an UNESCO world heritage site for its cultural landscape since 1992. Its sudden and mysterious mists, farms, palaces and mansions dotting its verdant hills, and the novels, poems and artworks it has inspired have helped to make this town a unique, magical and utterly compelling destination. The lush vegetation, misty micro-climate and calmness one feels amid the tracks, paths and woods brought kings, poets, merchants, artists and travellers in search of tranquillity and inspiration. Described by Ptolemy as the “Mountain of the Moon”, Sintra is a place of fascination for anyone interested in the spiritual side of life. You must visit Castelo dos Mouros, Palácio de Sintra and Quinta da Regaleira.



WHERE TO STAY

Seminário Torre D'Aguilha

We recomend you **Seminário Torre D'Aguilha**.

A quiet place, just 15 minutes walk to the sporsthall we very affordable prices.

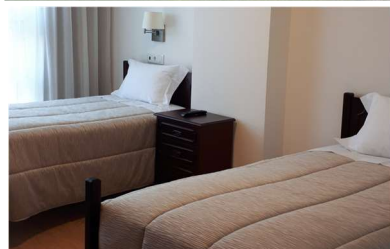
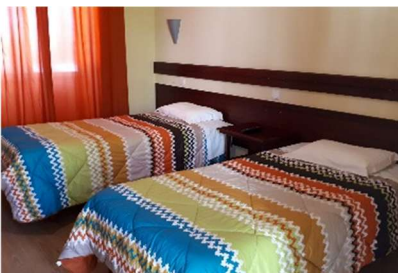
They have 90 rooms so just book directly with them.

Prices from:

43€ Individual w/breakfast,
30€ Double w/breakfast and
33€ Triple w/breakfast.

Website:

<https://www.aguilha.com/>



WHERE TO STAY

AirBNB

Walking distance we have Tires Guesthouse, just 900m from the sportshall.



WHERE TO STAY

Hotels

You have also plenty of hotels, 15m away w/car, or a 10€ uber ride if you wish to enjoy your stay by sea and in a place with swimming pool facilities or in walking distance.

Carcavelos Beach Hotel ****

Hotel Riviera ****

If you wish to enjoy a place with more night life, just try Cascais, where you have plenty of hotels where to stay.



SIGHTVIEWING



LISBOA We are 20km from Lisbon.

If you have the chance visit Mosteiro dos Jerónimos, Torre de Belém, Quake Museum, Terreiro do Paço and have a fun Hippo Trip Ride.



CASCAIS We are 12km from Cascais.

If you have the chance visit the Mercado Municipal with a lot of food experiences of great fish, Praia da Rainha and the City Center with a lot of pubs and restaurants and a great night life.



SINTRA We are 20km from Sintra.

The most romantic city of Portugal. Visit Quinta da Regaleira, Castelo dos Mouros and Palácio de Sintra. Be prepared to walk a lot.



WHERE TO EAT

You must try our summer traditional speciality SARDINES, CARACÓIS and FRANGO ASSADO. To drink try our SANGRIA and VINHO VERDE À PRESSÃO.

Near the Sports Hall we have several Restaurants.

Aprox. 15€/20€ a person:

- O Lousanense – Tradicional Portuguese Food.
- Kaifu – Chinese and Japanese Buffet.
- O Nosso Prego – Meat / Seafoof and Fish.
- Pizzaria de Marco. Italian Food.
- Pica Peixe - Tradicional Food. Meat / Seafoof / Fish.
- Fiord - Tradicional Portuguese Food.
- Sheriff SteakHouse – Meat Buffet.
- URD Tires – Grilled Portuguese Food (must arrive early)
- O Nosso Sonho - Tradicional Portuguese Food.
- Baidu – Korean BBQ.
- McDonalds and Burguer King– Fastfood.



Supermarkets

We have two huge supermatkets only 3 minutes walking from the Sports Hall. If you prefer a cheaper option you can go there and buy food and drinks. You can also there there hot meals such as “frango assado”, pizza or other more traditional dishes such as arroz de pato.

Just search for Continente and Lidl.

Cascais is a town and municipality in the Lisbon District of Portugal, located on the Portuguese Riviera. It is known for the many members of royalty who have lived there, including King Edward VIII of the United Kingdom, when he was the Duke of Windsor, King Juan Carlos I of Spain, and King Umberto II of Italy. The Casino Estoril inspired Ian Fleming's first James Bond novel, Casino Royale.


The municipality is one of the wealthiest in both Portugal and the Iberian Peninsula. It has one of the most expensive real estate markets and one of the highest costs of living in the country, and is consistently ranked highly for its quality of life.

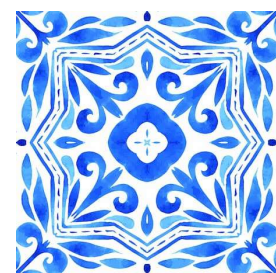


Portugal is the westernmost nation on the European continent. A vibrant and diverse country located on the Iberian Peninsula, with approximately 10.4 million inhabitants. It is a popular destination, known for its rich history, charming cities, beautiful coastal landscapes, and welcoming culture. Portugal has several interesting facts: it is **the oldest country in Europe**, with stable borders since 1139. It is also home to one of the oldest diplomatic alliances in the world, with England. Portuguese is the sixth most spoken language in the world. The portuguese were the first Europeans to arrive in Okinawa in 1534 and in Nagasaki in 1542. We are the land of Amália Rodrigues Fado and Cristiano Ronaldo football. And in 2026, we'll be the Jundokan home for Karate and friendship.

CONTACTS

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SEE YOU SOON