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JUDO RISING

(AGENDA)

International camp and competition Struga Open 2026

12-17 June 2026

Day 1 12.06.2026 Friday 09.00-18.00 Arrival of all participants of the camp and the competition 09.00-18.00 Registration and accreditation for participants outside Macedonia Palace Struga 09.00-18.00 Official weighing of participants for participants outside Macedonia Palace Struga
Day 2 13.06.2026 Saturday Competition Day SRC Biljanini Springs 08.00-09.00 Official weigh-in of the participants from Macedonia SRC Biljanini Springs Ohrid 09.00-10.00 Official draw and schedule of fights SRC Biljanini Springs Ohrid 10.00-10.30 Opening ceremony of SRC Biljanini Springs Ohrid 10.30-18.30 Struga Open Competition for the adult categories Pom. Pioneers U14, Pioneers U16 and Cadets U18 SRC Biljanini Izvori Ohrid 20.30-24.00 Gala dinner for all coaches and officials, H. Belgrade Struga
Day 3 14.06.2026 Sunday, Competition Day SRC Biljanini Sources 10.00-15.00 Competition Struga Open for adult categories Pom. Pioneers U14, Pioneers U16 and Cadets U18 SRC Biljanini Izvori Ohrid 15.00-16.00 Closing ceremony of the competition, announcement of the most successful and awarding of prizes.
Day 4 15.06.2026 Monday, Training camp **10.00-11.45 h Training session 1** -10.00-10.15 Opening ceremony of the training camp, presentation of the project and EU values -10.15-10.45 h. Warm-up, running, warm-up techniques, elementary games, gymnastics – Anamarija Stojmilovska DK Dream Struga (participant of the camp in Belgrade) -10.45-11.15 a.m. Technical part, study of dodge techniques on the ground floor (Ne waza) from the position of Osaekomi vasa – Milica Jović DK Partizan Beograd (participant of the camp in Belgrade) - 11.15-11.45 am Randori (Sparring Fights) **18.00-19.30 Training session 2**

-18.00-18.30 Warm-up, running, warm-up techniques in place, elementary games, gymnastics – Dragica Raftoska JK Dream Struga (participant of the camp in Belgrade)
-18.30-19.00 Technical part, application of the techniques worked on the training camp in Belgrade (Teach Mata in many ways and Sumi Otoshi) – Nikolina Nišavić JK Partizan Beograd (participant of the training camp in Belgrade)
-7.00pm-7.30pm Task Fights and Applying Mastered Techniques Through Combat

Day 5
16.06.2026 Tuesday, Training camp
10.00-11.30 h Training Session 1
-10.00-10.30 Warm-up, running, warm-up techniques in place, elementary games, gymnastics – Iva Čančar ŽK Slavonac (participant of the camp in Belgrade)
-10.30-11.00 Technical part, methodological procedure and improvement of counter techniques defense of Uchi Mata with Uchimata Sukashi and defense of Ouchi Gari with Kosoto Gake – Maša Stojanović DK Partizan (coach in DK Partizan 1)
-11.00-11.30 Randori (sparring fighting)
18.00-19.45 h Training session 2
-18.00-18.30 Warm-up, running, warm-up techniques in place, elementary games, gymnastics – Kristina Nišavić JK Partizan Beograd (participant of the camp in Belgrade)
-18.30-19.00 Technical part, perfecting techniques in nevaza (ground techniques), variants of Juji Gatame, application of the already worked variants of the camp in Belgrade and learning new competitive versions, as well as defense of the same – Ljiljana Nedanovska JK Dream Struga (participant of the camp in Belgrade)
-19.00-19.30 Randori ne vasa (ground fights) using the learned techniques of Juji Gatame and defense of Juji Gatame
- 7.30pm-7.45pm closing speech, awarding certificates and closing of the training camp.

Day 6
17.06.2026 Wednesday, Closing day
-10.00 Departure from hotel rooms and departure of participants for summer camp and competition.