

## International KUDO European Camp Report

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August 4–9, Daugai, Lithuania

From August 4 to 9, I participated as an instructor in the International KUDO European Camp held in Daugai, Lithuania. The camp welcomed approximately 110 participants from seven countries: Japan, Lithuania, Italy, Malta, Ukraine, Slovenia, and Hungary.

Training sessions were held four times a day over the course of four days: morning no-gi, U9 & U11, U11 & U13, and U19 & adult classes. The morning no-gi sessions were led by Alex from Malta and Vilius from Lithuania, while I was responsible for the remaining three sessions.

For the U9 & U11 and U13 & U16 groups, I structured the training around agility drills, games, pre-arranged sparring, and free sparring. The sessions were both enjoyable and physically demanding, creating a lively and engaging atmosphere for the young participants.

With the U19 & adult group, the extended schedule allowed for in-depth instruction in fundamentals, movement drills, and throwing techniques. I was able to share sparring strategies generously, and in the latter half of the camp, we increased the intensity and frequency of sparring sessions.

Two participants from Slovenia and Hungary expressed interest in opening new KUDO branches. In response, we held an impromptu promotion examination. I look forward to seeing the growth and development of these future branches.

This camp was a valuable opportunity to share knowledge, strengthen international ties, and contribute to the global expansion of KUDO. I am grateful to have been part of such a meaningful experience, and I remain committed to supporting the next generation of practitioners across borders.

Thank you to all who made this camp possible. I look forward to future collaborations and continued growth within the international KUDO community.

