

From Thursday to Sunday, the Antoni Blanc fitness centre will play host to two judo-related events: the 26th edition of an educational retreat, el Stage Internacional de Judo; and the Frutos JL, a memorial cup, or *torneu*, now in its twelfth year.

Approximately 170 martial arts buffs are anticipated when the pair of events return to the island for another long weekend of competitions, learning and training. Judokas (“judo students”) from Formentera's Club Dojo will be joined by their counterparts from Eivissa, Mallorca, Alacant and Toledo as well as the top competitors of the region in the sènior, júnior, cadet and infantil categories.

Sports secretary Jordi Vidal highlighted the instructional retreat's “long history of attracting talent—from Formentera, the Balearics and mainland Spain”. He called the day “a special chance to enjoy the sport and promote teamwork and camaraderie among our youngest participants”.

This year, classes will be led by national master and sixth dan, Carlos Montero. The special guest at the event will be Maria Bernabeu, who won the bronze medal at the most recent worldwide event in Budapest.

Sports-filled spring on Formentera

Other sporting events are on the horizon, too—Regata Ophiusa, a sailing regatta; Far a Far, a footrace; the island's yearly half marathon and a road bicycle race called “el Trofeu” are among the other trials and competitions aimed not just at showcasing Formentera as a destination for tourism and fitness out of the traditional summer season, but also promoting active lifestyles among islanders.