



Sensei Sugimura Memorial Gasshuku, Switzerland 2025

This was the 52nd edition of the summer Gasshuku, which was held in the beautiful city of Bern from 7th to 10th August 2025.

Bern was the hotspot for karate enthusiasts in the second week of August. The city became the meeting place for the JKA Switzerland karate family and numerous international karate enthusiasts. The Gasshuku was held in the spirit of the association's motto: friendship, culture and tradition. We are proud of this cultural tradition and the many friendships formed during the Sugimura Sensei Memorial Summer Camp.

Around 180 participants from all over Switzerland as well as from Germany, France, Italy, Lithuania, England and Belgium came to Bern to take part in the 52nd Gasshuku. Everyone found perfect conditions to deepen their knowledge of JKA karate.

Four intensive but incredibly inspiring days of training gave participants the opportunity to refine their technique under the guidance of top instructors. Together, they experienced challenging training sessions and shared their passion for JKA karate, which is undoubtedly something unique.

The atmosphere was amazing! Enthusiasm and happiness filled the event, thanks to the brilliant local organisers, Karate Kai Bern and the Karate University of Bern. As always, they did an absolutely fantastic job.

The summer Gasshuku is not only the highlight of the karate year at JKA Switzerland, but also a great tribute to **Shihan Sugimura**, who built and shaped the JKA karate family in Switzerland. His legacy lives on in everything we do, and the entire management team and all members of JKA Switzerland stand for this.

We were honoured to welcome **Shihan Ogura** and **Sensei Hakizume** as guest instructors. Everyone welcomed them warmly, creating a fantastic and inspiring atmosphere!

Their teaching was highly impressive. JKA karate techniques and combinations were precisely detailed in every class. Each training session focused specifically on the important points in kihon.

The technical and teaching skills of the JKA instructors were outstanding and generated great enthusiasm in every group.

Our Gasshuku's well-known training structures ensure a varied and challenging programme. Kihon, kata, kumite, and specific warm-up and cool-down exercises were all key parts of the daily training programme.

The targeted kata training with Ogura Sensei, Hakizume Sensei and our Swiss instructors was of immense value to all participants.

Ogura Shihan's exceptional technical explanations of Meikyo, Wankan, Chinte and Tekki Nidan and Sandan were invaluable to everyone training.



The precise and dynamic techniques of **Hikizume Sensei**, demonstrated in Kanku Dai and Gangkaku, performed in a unique progression, were absolutely world class.

We are especially grateful to Shihan Ogura and Hakizume Sensei from JKA HQ, and our Swiss instructors Andrea Kennel, Christian Mundwiler, Bernhard Isenegger and Daniel Brunner, for their valuable and exciting training sessions.

A Judges seminar was also held by Shihan Ogura, who provided the participants with excellent advice. At the end of the seminar, all four A-level judges from JKA Switzerland were able to successfully renew their licences.

The Gasshuku ended with a short but intense Senbon-zuki, an old tradition that we have reintroduced to our Gasshuku.

Examinations

As planned, the Dan examinations took place on Sunday. All of the candidates were well prepared and trained hard for their exams.

Dan examinations were held from Shodan to Yondan level, as well as JKA qualification exams for referees, instructors and examiners.

I would like to express my sincere gratitude to Shihan Ogura and Sensei Hakizume for a wonderful, instructive week of first-class JKA karate training.

There is hardly anything better than training hard together, making friendships, spending time together and experiencing JKA karate. We are looking forward to continuing to share these valuable experiences with you in the future.

Next summer's Gasshuku in August 2026 is already on our radar.

Tommaso Mini

Chief instructor
JKA-Switzerland