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Japan Karate Association (JKA) Headquarters
2-23-15 Koraku, Bunkyo-ku,
TOKYO, 112-0004
Japan.

Dear JKA Headquarters,

Re: **Report on the Two-Day Karate Gasshuku & Dan Grading Conducted by Sensei Daniel Gombe**

I am writing to provide a comprehensive report on the recently concluded two-day Karate seminar conducted by Sensei Daniel Gombe, 7th Dan JKA Sub Sahara Africa Director, held from 3rd to 4th of April 2026 Lilongwe, Malawi. The seminar was aimed at enhancing the skills and knowledge of JKA karate practitioners across the country.

Overview of the Seminar

The seminar attracted over 40 participants from various dojos within the country. The sessions were structured around different aspects of Karate, including kata, kumite, and Kihon techniques, emphasizing both practical application and philosophical understanding.

Key Highlights

Training Sessions:

Day 1 the morning session was focused primarily on fundamentals of waza in kihon where Sensei Gombe provided



detailed instruction on the applications and variations of key techniques. Sensei Gombe emphasized the importance of having the sole of the foot firmly pressed on the floor and making sure the heel of the back foot remains on the ground when moving back and the front heel remaining flat on the ground when moving forward. Sensei Gombe worked on hip dynamics thus hip vibration, generation of power through opening and closing of the hips while executing techniques.



During the afternoon training session, Sensei Gombe changed the focus to Kata. Students were taken through the Heian Kata where Gombe Sensei corrected some common mistakes. Then followed Bassai Dai, Jion, Empi and Kanku Dai. This was more for those that were going to attempt grading. Gombe Sensei facilitated a deeper understanding of movement and strategy.

Day 2 morning class transitioned to Pre Grading class. In Kumite class much emphasis was placed on timing, distance, and control. Sensei Gombe provided valuable insights into effective sparring strategies and how to maintain composure under pressure. Sensei Gombe took his time to explain and show in details each and every technique from Kihon, Kumite and finished with Kata where students were grouped according to their favourite black belt kata.

Instructive Demonstrations:

Sensei Gombe conducted several live demonstrations that illustrated the principles of technique and the importance of proper form. His corrections and adjustments to participants' techniques were particularly beneficial.

Philosophical Insights:

Throughout the seminar, Sensei Gombe emphasized the traditional values of Karate-do, including respect, discipline, and perseverance. He engaged participants in discussions about the mental aspects of training and how philosophy plays a critical role in martial arts practice.

Feedback and Interaction:

The participants were encouraged to ask questions and engage in discussions, fostering an interactive learning environment. Feedback collected post-seminar indicated that attendees felt enriched by the knowledge shared and expressed a strong desire for future seminars.

GRADING

In the afternoon of day 2 saw several Karateka attempt Dan grading under the watchful eye of Sensei Gombe. After about 2.5 hours the grading was done with the following Karateka having passed their Dan grades:

Shodan: Chikondi Mwalima

Nidan: Glyn Jere, Mike Chinoko, James Nankwenya, Aaron Mbewe and Kelvin Chimdima.





Conclusion

The seminar was a resounding success, enhancing skills and building camaraderie among Karate practitioners in the country. The teachings of Sensei Daniel Gombe have not only elevated the technical capabilities of the attendees but have also inspired a renewed commitment to the principles of Karate-do.

We would like to extend our heartfelt gratitude to the JKA headquarters for your continued support and guidance, which enables such initiatives to take place. We hope to see more collaborations in the future that will further promote the growth of JKA Karate in Sub Sahara Africa.

Thank you for your attention to this report. Should you need any further information or specifics, please do not hesitate to contact me

