



33rd Karate Symposium and Yama Gasshuku of JKA Switzerland 2026



The JKA Switzerland Easter Camp, consisting of the Karate Symposium and Yama Gasshuku, traditionally takes place during Easter week. This year, it was held from 3rd to 5th April 2026.

Our Yama Gasshuku was traditionally hosted in the beautiful mountain village of Muerren, located at 1,650 metres above sea level and surrounded by the majestic peaks of the Jungfrau region.

We were delighted to welcome our instructors who, together with me, delivered three days of inspiring and high-quality training. A special thank you and warm welcome went to our guest instructor, **Sensei Kazuaki Kurihara** from JKA Headquarters, whom we had the honour to invite.

Our JKA Switzerland instructors – Andrea Kennel, Katherine Broder, Daniele Brunner, and Beni Isenegger – also **played** a key role in the success of the camp.



More than 160 participants, mainly adults, travelled to Mürren from all over Switzerland. During the intensive and varied training sessions, Sensei Kurihara and the instructors provided precise and targeted feedback, motivating all participants to continuously improve their performance.

The camp offered high-quality training in the unique setting of the Jungfrau mountains.

Participants were divided into four groups: Beginners, Intermediate, Advanced, and a group of club instructors. Each day included two morning sessions focusing on Kihon for all groups, followed by Kata with basic Bunkai. In the afternoon, participants trained Kumite, while a dedicated session was held for club instructors.



Training sessions always began with a structured warm-up, focusing on mobility, flexibility, and safe physical preparation.

Sensei Kurihara inspired all participants with his technical excellence and outstanding teaching approach, representing top-level JKA Karate. The camp was characterised by an excellent atmosphere, both during training and outside the dojo.



We would like to express our sincere gratitude to Sensei Kurihara and all JKA

Switzerland instructors for their dedication, support, and for delivering a Yama Gasshuku of the highest quality.

Beyond training, the social aspect was equally important. As most participants stayed in the same hotel, we had many opportunities to share meals and spend enjoyable evenings together in a friendly and relaxed atmosphere.

The 33rd Yama Gasshuku concluded on Sunday afternoon in beautiful sunshine and with great enthusiasm from all participants.

We are already looking forward to the next Yama Gasshuku, which will once again take place in Muerren, Switzerland, from **26th to 28th March 2027**.

Kind regards

Tommaso Mini
Chief Instructor JKA Switzerland

Klingnau, 13. may 2026