



Sensei Sugimura Memorial Gasshuku, Switzerland 2026

The 53rd **JKA Switzerland Sensei Sugimura Memorial Gasshuku** took place from 6th to 9th August 2026 in the beautiful city of Bern.

A Tradition Since 1973



The SKR Summer Gasshuku has a long tradition dating back to 1973, when the very first one was held in Gwatt. Since then, it has taken place every year without interruption, with the exception of 2020 due to the Covid pandemic.

For me, a Gasshuku is about valuable experiences and unforgettable moments in the life of a karateka. Training hard together, waking up with sore muscles the next morning and still carrying on despite the fatigue – that is what makes a Gasshuku so special and different from our regular karate training.

Discovering your own limits, sometimes pushing beyond them, and sharing these experiences with other karateka – **that is what Gasshuku feeling means to me.**



Since 2009, the SKR JKA Karate family has gathered in Bern every year during the second week of August. We are always delighted to welcome many JKA Karate enthusiasts and friends from abroad, whose participation adds something special to our Summer Gasshuku.

Our SKR motto, **"Friendship, Culture and Tradition,"** accompanies us throughout the four days of training - and it is something we are proud of. Especially valuable are the many friendships that have grown through our Gasshuku over the decades, continue to be strengthened, and are newly formed every year.

Around **180 adult participants** from across Switzerland and abroad came



together in Bern for four intensive and inspiring days of JKA Karate. With **Kihon, Kata and Kumite** at the heart of the training, our first-class instructors challenged and motivated everyone to give their best. The atmosphere, both inside and outside the training hall, was fantastic and once again made the Gasshuku a very special experience.

A huge thank you goes to **Andrea Kennel and Beni Isenegger**, the fantastic teams of **Karate Kai Bern**

and **Uni Bern**, and **Adrian Meyer** for taking care of the registrations. Their great commitment and support made this wonderful event possible.

A Gasshuku in Memory of Sensei Sugimura

The Sensei Sugimura Memorial Gasshuku is much more than just a training camp. It is a tribute to **Sensei Sugimura** and the legacy he left behind.

His Karate, his values and his dedication to the development of JKA Karate in Switzerland continue to inspire us today. This Gasshuku gives us the opportunity to keep his legacy alive and pass it on to future generations.



First-Class Instructors from JKA Headquarters

It was a great honour and pleasure to welcome **Shihan Ogura and Sensei Yushi Hakizume** from JKA Headquarters in Tokyo to Bern. Ogura Sensei continues to inspire us with his outstanding JKA Karate teaching, vast experience and exceptional knowledge.



Sensei Hakizume joined our Summer Gasshuku for the first time and impressed everyone with his dynamic Karate, precise explanations and excellent teaching. Our training schedule ensures that the Japanese guest instructors teach all groups, giving everyone the opportunity to benefit from their knowledge and experience. Every training session was a highlight. All instructors shared their knowledge and experience with great passion, motivating everyone to give their best, keep improving and sometimes push beyond their limits.

A special thank you goes to **Shihan Ogura and Sensei Hakizume** from JKA Headquarters, as well as our Swiss instructors **Andrea Kennel, Christian Mundwiler, Bernhard Isenegger and Daniel Brunner**, with whom I had the pleasure of leading varied, challenging and inspiring training sessions.

Senbon-Zuki - Together Until the End

The Gasshuku ended with a short but intense **Senbon-Zuki** - an old tradition we are proud to have brought back to our Summer Gasshuku. A perfect way to finish four unforgettable days of training together!

Examinations

As planned, the Dan examinations took place on Sunday. The overall standard was good, and all candidates were well prepared and had clearly trained hard for their exams.

Dan examinations were held from **Shodan to Sandan**, together with JKA qualification examinations for judges and instructors.

My Personal Reflections

It was wonderful to experience the fantastic atmosphere both inside and outside the training hall. Training hard together, strengthening friendships in a relaxed atmosphere and sharing so many special moments made this Gasshuku truly memorable for me - and I am very grateful for it.

After four intensive days, we take home much more than tired muscles: **valuable experiences, new inspiration, great friendships and unforgettable memories.**

Planning for our next Summer Gasshuku is already underway, and we are looking forward to welcoming the **JKA Karate family** back to Bern!

54th Sensei Sugimura Memorial Gasshuku 12-15 August 2027 | Bern

We look forward to another unforgettable Gasshuku together!

Tommaso Mini

Chief Instructor
JKA Switzerland