



## ***Sensei Sugimura Memorial Gasshuku in Switzerland, August 2024***

Dear JKA Headquarters, esteemed masters,

I am pleased to send you this report from our Sensei Sugimura Memorial Gasshuku that was held in Bern from 8. to 11. August 2024.

Around 200 participants from all over Switzerland, Germany and France came to Bern to take part in the 51<sup>st</sup> Gasshuku 2024, all finding the best conditions to deepen their education in JKA Karate.

Joy and enthusiasm could be felt everywhere and the local organisers, Karate Kai Bern and the University of Bern, did an excellent job as always.

It was a great honour for us to welcome Ogura Shihan and Sensei Hirose as guest instructors, both Sensei were warmly welcomed and we had an exciting and instructive time together.

The expectations of all participants were exceeded, precise and detailed JKA karate techniques and combinations were taught non-stop at all levels and especially the important Kihon - Kata - Kumite points were explained in detail in each training session.

The impressive technical and didactic skills of the two JKA instructors, Shihan Ogura and Sensei Hirose, their personalities, friendliness and profound knowledge inspired all participants.

Four training sessions per day, Kihon-Kata-Kumite and a health training session (warm-up and cool-down), divided into four groups according to Kyu and Dan levels, catered for the technical needs of all participants.

A very intensive training with many precious suggestions and technical nuances characterised this Gasshuku, which generated a lot of enthusiasm. Special emphasis was placed on correct stance and posture, especially the hanmi-dachi stance with a clean hip position and correct centre of gravity.

A big thank you goes to our team of instructors with Shihan Ogura and Sensei Hirose from the JKA headquarters in Japan and our instructors from Switzerland, Andrea Kennel, Christian Mundwiler, Bernhard Isenegger, Daniel Brunner and Tommaso Mini, who provided an interesting and varied training programme in which all participants received important impulses about JKA karate.

On Sunday, a short but intense Senbon-zuki, an old tradition to close the Gasshuku, was revived to the joy of all participants.

### **Dan exams**

On Sunday the Dan exams took place as planned, the candidates were all very well prepared and had trained hard for their exams.



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There were 11 Dan exams from Shodan to Godan as well as JKA qualification exams for judges, instructors and examiners.

Many thanks to Shihan Ogura and Sensei Hirose for an unforgettable and successful week of first-class instruction in JKA Karate.

*Training hard together, sharing friendships, spending time together outside of class and experiencing JKA Karate is the best we can offer and we want to continue to do so. We look forward to the next Summer Gasshuku in August 2025.*

Kind regards

Tommaso Mini

Chief instructor  
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