



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2010

Sporting Excellence in Karate

National Level

Emily Palmer

This is to certify that Emily Palmer has achieved the standard of Sporting Excellence in Competition Sport Karate. Emily competed at National Championships throughout England in 2010 winning the medals and titles listed below:-

Championship Success - 2 Gold 2 Silver

South Yorkshire Championships - 1st August, Sheffield

Gold - Individual Kata

Silver - Team Kata

Shindo Kai National Championships - 14th November, Barnsley

Gold - Individual Kata

Silver - Pairs Kata

Congratulations on your sporting achievements throughout 2010. Well done Emily.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy

