



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2011

Sporting Excellence in Karate

National Level

Jamie Sherwood

This is to certify that Jamie Sherwood has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Jamie competed at the highest level of British Karate in 2011 winning the medals and titles listed below:-

Championship Success - 2 Gold 1 Silver 3 Bronze

English National Kyu Grade Championships - 25th January, Sheffield

Gold - Individual Kumite

Bronze - Team Kumite

South Yorkshire Championships - 7th August, Barnsley

Bronze - Team Kata

East Yorkshire Open Championships - 30th October, Hull

Silver - Team Kumite

Shindo Kai National Championships - 20th November, Barnsley

Gold - Individual Kumite

Bronze - Team Kumite

Congratulations on your outstanding sporting achievements throughout 2011. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Jamie.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy

