



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2012

Sporting Excellence in Karate

National Level

Ben Harrison

This is to certify that Ben Harrison has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Ben competed at the highest level of British Karate in 2012 winning the medals and titles listed below:-

Championship Success - 3 Gold 5 Silver 7 Bronze

Shindo Kai Junior Championships - 25th March, Barnsley

Silver - Individual Kata

Silver - Team Kumite

Silver - Pairs Kata

English National Championships - 21st & 22nd April, Sheffield

Bronze - Individual Kata

Northern Open International Championships - 27th May, Leigh

Silver - Team Kata

Bronze - Individual Kata

Shindo Kai Kata Championships - 1st July, Barnsley

Gold - Individual Kata

Gold - Pairs Kata



The Hull & East Riding Karate Academy is a member of the Shindo Kai Karate Association, an association in the English Karate Federation National Governing Body and member of the British Karate Federation.



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South Yorkshire Championships - 19th August, Barnsley

Silver - Pairs Kata

Bronze - Individual Kata

Bronze - Team Kumite

Bronze - Team Kata

East Yorkshire Open Championships - 21st October, Hull

Gold - Team Kata

Bronze - Individual Kumite

Bronze - Team Kumite

Congratulations on your outstanding sporting achievements throughout 2012. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Ben.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



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