



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2012

### Sporting Excellence in Karate

#### Regional Level

## Jack Traynor

This is to certify that Jack Traynor has performed to a very high standard in Competition Sport Karate throughout 2012 winning the medals and titles listed below:-

### Championship Success - 1 Bronze

**Shindo Kai National Championships** - 15<sup>th</sup> November, Barnsley  
Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2012. Well done Jack.

Sensei Wayne Clarke 3<sup>rd</sup> Dan  
Head Coach - The Hull & East Riding Karate Academy

