



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2012

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 National Championships throughout England in 2012 winning the medals and titles listed below:-

Championship Success - 2 Gold 2 Silver 5 Bronze

Shindo Kai Junior Championships - 25th March, Barnsley

Gold - Individual Kumite

Silver - Team Kumite

Bronze - Pairs Kata

Northern Open International Championships - 27th May, Leigh

Bronze - Individual Kumite

South Yorkshire Championships - 19th August, Barnsley

Bronze - Team Kumite

Bronze - Team Kumite

Shindo Kai National Championships - 15th November, Barnsley

Gold - Individual Kumite

Silver - Team Kumite

Bronze - 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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Congratulations on your sporting achievements throughout 2012. Well done Jamie.

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



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