



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2013

### Sporting Excellence in Karate

#### National Level

## Amy White

This is to certify that Amy White has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Amy competed at the highest level of British Karate in 2013 winning the medals and titles listed below:-

**Championship Success - 5 Gold 4 Silver 3 Bronze**

**English National Kyu Grade Championships - 20<sup>th</sup> January, Sheffield**

Bronze - Individual Kata

**Shindo Kai Junior Championships - 17<sup>th</sup> March, Barnsley**

Silver - Individual Kata

Silver - Pairs Kata

**Northern Open Classic Championships - 26<sup>th</sup> May, Leigh**

Silver - Individual Kata

Bronze - Team Kata

**British Karate Association Championships - 23<sup>rd</sup> June, Leigh**

Gold - Individual Kata

Bronze - Pairs Kata

**Shindo Kai Kata Championships - 14<sup>th</sup> July, Barnsley**

Gold - Individual Kumite

Gold - Pairs Kata

**South Yorkshire Championships - 4<sup>th</sup> August, Barnsley**

Gold - Individual Kata



British  
Karate  
Federation



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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**Hull and East Yorkshire Championships** - 29<sup>th</sup> September, Hull  
Silver - Individual Kata

**Shindo Kai National Championships** - 17<sup>th</sup> November, Barnsley  
Gold - Individual Kata

Congratulations on your outstanding sporting achievements throughout 2013. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Amy.

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

