

## THE HULL & EAST RIDING KARATE ACADEMY Certificate of Achievement 2013 Sporting Excellence in Karate Regional Level

## **Ben Lane**

This is to certify that Ben Lane has performed to a very high standard in Competition Sport Karate throughout 2013 winning the medals and titles listed below:-

## **Championship Success - 1 Bronze**

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

Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2013. Well done Ben.

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







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.