



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 - 17th March, Barnsley
Bronze - Individual Kata

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

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

