



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2013

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. Jamie competed at National Championships throughout England in 2013 winning the medals and titles listed below:-

Championship Success - 1 Gold 1 Silver 1 Bronze

Shindo Kai Junior Championships - 17th March, Barnsley
Silver - Individual Kumite

Hull and East Yorkshire Championships - 29th September, Hull
Gold - Individual Kumite
Bronze - Team Kumite

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

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

