



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2014

### Sporting Excellence in Karate

#### National Level

## Mia Bower

This is to certify that Mia Bower has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Mia competed at National Championships throughout England in 2014 winning the medals and titles listed below:-

### Championship Success - 7 Gold 2 Silver 7 Bronze

#### Shindo Kai Junior Championships - 22<sup>nd</sup> March, Barnsley

Gold - Team Kumite

Bronze - Individual Kata

Bronze - Team Kata

#### British Karate Association 50th Anniversary Championships - 12<sup>th</sup> April, Leigh

Gold - Team Kumite

Bronze - Individual Kata

Bronze - Pairs Kata

#### Shindo Kai Kata Championships - 29<sup>th</sup> June, Barnsley

Gold - Team Kumite

Silver - Individual Kumite



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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### Wado UK Championships - 7<sup>th</sup> September, Hull

Gold - Team Kata

Gold - Pairs Kata

Bronze - Individual Kumite

Bronze - Individual Kata

Bronze - Team Kumite

### Shindo Kai National Championships - 20<sup>th</sup> November, Barnsley

Gold - Individual Kata

Gold - Team Kumite

Silver - Pairs Kata

Congratulations on your sporting achievements throughout 2014. Well done Mia.

Sensei Wayne Clarke 3<sup>rd</sup> Dan

Head Coach - The Hull & East Riding Karate Academy



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