



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2015

Sporting Excellence in Karate

National Level

Laura Thrustle

This is to certify that Laura Thrustle has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Laura competed at National Championships throughout England in 2015 winning the medals and titles listed below:-

Championship Success - 1 Gold 1 Silver 2 Bronze

Shindo Kai National Championships - 15th November, Barnsley

Gold - Individual Kata

Silver - Individual Kumite

British Karate Association Championships - 4th December, Leigh

Bronze - Individual Kumite

Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2015. Well done Laura.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



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.