



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2015

### Sporting Excellence in Karate

#### National Level

## Leonie Longden

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

**Championship Success - 1 Gold 1 Silver 3 Bronze**

**Shindo Kai Junior Championships** - 22<sup>nd</sup> March, Barnsley  
Bronze - Individual Kata

**Shindo Kai Kata Championships** - 28<sup>th</sup> June, Barnsley  
Gold - Pairs Kata  
Silver - Individual Kata

**East Yorkshire Open Championships** - 27<sup>th</sup> September, Hull  
Bronze - Team Kata

**Shindo Kai National Championships** - 15<sup>th</sup> November, Barnsley  
Bronze - Individual Kata

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

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



British  
Karate  
Federation

