



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2015

### 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 the highest level of British Karate in 2015 winning the medals and titles listed below:-

**Championship Success - 3 Gold 8 Silver 4 Bronze**

**English National Kyu Grade Championships** - 25<sup>th</sup> January, Sheffield

Gold - Team Kata

Bronze - Individual Kata

**Yorkshire Open Championships** - 22<sup>nd</sup> February, Barnsley

Silver - Team Kata

Silver - Pairs Kata

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

Silver - Individual Kumite

Bronze - Individual Kata

**Northern Open Championships** - 21<sup>st</sup> June, Leigh

Silver - Individual Kumite

Bronze - Individual Kata



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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**Shindo Kai Kata Championships** - 28<sup>th</sup> June, Barnsley

Gold - Team Kumite  
Silver - Individual Kata  
Silver - Pairs Kata

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

Silver - Team Kata

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

Bronze - Individual Kata

**British Karate Association Championships** - 4<sup>th</sup> December, Leigh

Gold - Team Kata  
Silver - Pairs Kata

Congratulations on your outstanding sporting achievements throughout 2015. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Mia.

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

