



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2016

### Sporting Excellence in Karate

#### National Level

## Rowan Tiplady

This is to certify that Rowan Tiplady has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Rowan competed at National Championships throughout England in 2016 winning the medals and titles listed below:-

### Championship Success - 1 Gold 2 Silver 3 Bronze

#### Shindo Kai Junior Championships - 13<sup>th</sup> March, Barnsley

Silver - Team Kumite

Bronze - Individual Kumite

Bronze - Pairs Kata

#### Shindo Kai Kata Championships - 3<sup>rd</sup> July, Barnsley

Gold - Team Kumite

Silver - Individual Kata

#### North of England Championships - 23<sup>rd</sup> October, Sheffield

Bronze - Individual Kumite

Congratulations on your sporting achievements throughout 2016. Well done Rowan.

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

Head Coach - The Hull & East Riding Karate Academy



British  
Karate  
Federation

