



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2019

Sporting Excellence in Karate

National Level

Connor Lingard

This is to certify that Connor Lingard is a member of the Hull & East Riding Karate Academy Elite Squad and has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Connor competed at National Championships throughout England in 2019 winning the medals and titles listed below:-

Championship Success - 2 Gold 3 Silver 7 Bronze

Yorkshire Open Championships - 10th February, Barnsley

Bronze - Individual Kata

Shindo Kai Grass Roots Championships - 30th June, Barnsley

Silver - Pairs Kata

Bronze - Team Kumite

Bronze - Team Kata

Wado UK Championships - 1st September, Hull

Bronze - Individual Kumite

Bronze - Individual Kata

Bronze - Team Kata

Shindo Kai Championships - 17th November, Barnsley

Gold - Individual Kata

Gold - Pairs Kata

Silver - Individual Kumite

Silver - Team Kata

Bronze - Team Kumite



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.



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Congratulations on your sporting achievements throughout 2019. Well done Connor.

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



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