



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2019

Sporting Excellence in Karate

National Level

Harry Shrubbs

This is to certify that Harry Shrubbs has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Harry competed at the highest level of British Karate in 2019 winning the medals and titles listed below:-

Championship Success - 5 Gold 3 Silver 5 Bronze

English National Kyu Grade Championships - 13th January, Leicester

Bronze - Individual Kumite

Bronze - Individual Kata

Shindo Kai Championships - 24th March, Barnsley

Gold - Individual Kata

Silver - Individual Kumite

Bronze - Team Kumite

Hull & East Riding Junior Championships - 12th May, Bilton

Gold - Individual Kumite

Bronze - Individual Kata

Shindo Kai Grass Roots Championships - 30th June, Barnsley

Gold - Individual Kata

Bronze - Team Kumite



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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Wado UK Championships - 1st September, Hull

Gold - Individual Kata

Silver - Individual Kumite

Shindo Kai Championships - 17th November, Barnsley

Gold - Individual Kata

Silver - Pairs Kata

Congratulations on your outstanding sporting achievements throughout 2019. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Harry.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



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