



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2019

### Sporting Excellence in Karate

#### National Level

## Lawrence Turner

This is to certify that Lawrence Turner has achieved the standard of Sporting Excellence in Competition Sport Karate. Lawrence competed at National Championships throughout England in 2019 winning the medals and titles listed below:-

### Championship Success - 1 Gold 1 Bronze

**Shindo Kai Grass Roots Championships** - 30<sup>th</sup> June, Barnsley  
Bronze - Team Kumite

**Wado UK Championships** - 1<sup>st</sup> September, Hull  
Gold - Individual Kumite

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

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

