



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2019

Sporting Excellence in Karate

National Level

Victoria Cowan

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

Championship Success - 5 Gold 4 Silver 4 Bronze

Shindo Kai Championships - 24th March, Barnsley

Gold - Individual Kumite

Silver - Individual Kata

Bronze - Team Kata

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

Gold - Individual Kumite

Shindo Kai Grass Roots Championships - 30th June, Barnsley

Gold - Team Kumite

Silver - Individual Kumite

Silver - Pairs Kata

Wado UK Championships - 1st September, Hull

Bronze - Team Kata

Bronze - Pairs 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 Championships - 17th November, Barnsley

Gold - Individual Kumite

Gold - Individual Kata

Silver - Team Kata

Bronze - Pairs Kata

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

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



British
Karate
Federation



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