



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2022

Sporting Excellence in Karate

Regional Level

Stanley Holmes

This is to certify that Stanley Holmes has performed to a very high standard in Competition Sport Karate throughout 2022 winning the medals and titles listed below:-

Championship Success - 1 Bronze

Shindo Kai Championships - 20th March, Barnsley
Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2022. Well done Stanley.

Sensei Wayne Clarke 4th Dan
Head Coach - The Hull & East Riding Karate Academy

