



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2019

### Sporting Excellence in Karate

#### National Level

## Jay Norris

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

**Championship Success - 3 Gold 3 Silver 5 Bronze**

**Shindo Kai Championships - 24<sup>th</sup> March, Barnsley**

Bronze - Individual Kata

Bronze - Team Kata

Bronze - Pairs Kata

**Hull & East Riding Junior Championships - 12<sup>th</sup> May, Bilton**

Gold - Individual Kata

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

Gold - Pairs Kata

Silver - Team Kata

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

Silver - Individual Kata

Silver - Team Kata

**North East Open Championships - 20<sup>th</sup> October, Sunderland**

Gold - Individual Kata



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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**Certificate of Achievement 2019**  
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**Jay Norris**

**Shindo Kai Championships** - 17<sup>th</sup> November, Barnsley

Bronze - Team Kata

Bronze - Pairs Kata

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

Sensei Wayne Clarke 3<sup>rd</sup> Dan

Head Coach - The Hull & East Riding Karate Academy



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