



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2010

### Sporting Excellence in Karate

#### Regional Level

## Jamie Sherwood

This is to certify that Jamie Sherwood has performed to a very high standard in Competition Sport Karate throughout 2010 winning the medals and titles listed below:-

### Championship Success - 1 Gold 1 Bronze

**Shindo Kai National Championships** - 14<sup>th</sup> November, Barnsley

Gold - Individual Kumite

Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2010. Well done Jamie.

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

Head Coach - The Hull & East Riding Karate Academy

