



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2011

Sporting Excellence in Karate

National Level

Ben Harrison

This is to certify that Ben Harrison has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Ben competed at the highest level of British Karate in 2011 winning the medals and titles listed below:-

Championship Success - 1 Gold 7 Silver 8 Bronze

English National Kyu Grade Championships - 25th January, Sheffield

Bronze - Team Kumite

Bronze - Pairs Kata

English National Championships - 17th & 18th April, Sheffield

Silver - Team Kumite

British Karate Association Championships - 19th June, Leigh

Silver - Team Kata

Silver - Pairs Kata

Shindo Kai Kata Championships - 3rd July, Barnsley

Silver - Individual Kata

Silver - Pairs Kata

South Yorkshire Championships - 7th August, Barnsley

Silver - Team Kata

Bronze - Individual Kata

Bronze - Team Kumite



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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British Shotokan Kyogi Championships - 9th October, Oldham

Gold - Individual Kumite
Bronze - Individual Kata
Bronze - Team Kata

Shindo Kai National Championships - 20th November, Barnsley

Silver - Pairs Kata
Bronze - Individual Kata
Bronze - Team Kumite

Congratulations on your outstanding sporting achievements throughout 2011. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Ben.

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



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