



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2011

Sporting Excellence in Karate

National Level

Emily Palmer

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

Championship Success - 1 Gold 1 Silver 2 Bronze

English National Kyu Grade Championships - 25th January, Sheffield

Gold - Team Kumite

Silver - Individual Kumite

Bronze - Individual Kata

Bronze - Pairs Kata

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 Emily.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy

