



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2013

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 2013 winning the medals and titles listed below:-

Championship Success - 2 Gold 2 Silver 2 Bronze

English National Kyu Grade Championships - 20th January, Sheffield

Gold - Individual Kata

Gold - Team Kata

Bronze - Team Kumite

Shindo Kai Junior Championships - 17th March, Barnsley

Silver - Individual Kata

Silver - Pairs Kata

Bronze - Team Kumite

Congratulations on your outstanding sporting achievements throughout 2013. 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

