



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2013

Sporting Excellence in Karate

National Level

Freddie Knopp

This is to certify that Freddie Knopp has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Freddie competed at National Championships throughout England in 2013 winning the medals and titles listed below:-

Championship Success - 1 Gold 2 Silver 1 Bronze

South Yorkshire Championships - 4th August, Barnsley

Silver - Team Kumite

Shindo Kai National Championships - 17th November, Barnsley

Gold - Team Kumite

Silver - Pairs Kata

Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2013. Well done Freddie.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy

