



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2013

Sporting Excellence in Karate

National Level

Mia Bower

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

Championship Success - 2 Silver 2 Bronze

Shindo Kai Kata Championships - 14th July, Barnsley

Bronze - Individual Kumite

Hull and East Yorkshire Championships - 29th September, Hull

Bronze - Team Kata

Shindo Kai National Championships - 17th November, Barnsley

Silver - Individual Kata

Silver - Pairs Kata

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

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy

