



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2016

Sporting Excellence in Karate

National Level

Laura Thrustle

This is to certify that Laura Thrustle has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Laura competed at the highest level of British Karate in 2016 winning the medals and titles listed below:-

Championship Success - 1 Gold 2 Silver 4 Bronze

English National Kyu Grade Championships - 17th January, Sheffield

Bronze - Individual Kumite

Bronze - Individual Kata

Shindo Kai Kata Championships - 3rd July, Barnsley

Gold - Individual Kumite

Bronze - Team Kata

Bronze - Individual Kumite

Shindo Kai National Championships - 20th November, Barnsley

Silver - Individual Kumite

Silver - Individual Kata

Congratulations on your outstanding sporting achievements throughout 2016. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Laura.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



British
Karate
Federation

