



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2017

Sporting Excellence in Karate

Regional Level

Connor Lingard

This is to certify that Connor Lingard is a member of the Hull & East Riding Karate Academy Elite Squad and has performed to a very high standard in Competition Sport Karate throughout 2017 winning the medals and titles listed below:-

Championship Success - 1 Silver 1 Bronze

Hull & East Riding Karate Academy Championships - 18th June, Bilton

Silver - Individual Kumite

Shindo Kai Karate Championships - 19th November, Barnsley

Bronze - Individual Kumite

Congratulations on your sporting achievements throughout 2017. Well done Connor.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



British
Karate
Federation

