



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2017

### Sporting Excellence in Karate

#### Regional Level

## Laura Thrustle

This is to certify that Laura Thrustle 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 Gold

**Shindo Kai Karate Championships** - 2<sup>nd</sup> July, Barnsley

Gold - Individual Kata

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

Sensei Wayne Clarke 3<sup>rd</sup> Dan  
Head Coach - The Hull & East Riding Karate Academy

