

THE HULL & EAST RIDING KARATE ACADEMY Certificate of Achievement 2019 Sporting Excellence in Karate Regional Level

## **Ben Marshall**

This is to certify that Ben Marshall has performed to a very high standard in Competition Sport Karate throughout 2019 winning the medals and titles listed below:-

Championship Success - 3 Silver 2 Bronze

Shindo Kai Championships - 24<sup>th</sup> March, Barnsley

Silver - Pairs Kata Bronze - Team Kata

Hull & East Riding Junior Championships - 12th May, Bilton

Silver - Individual Kata

## Shindo Kai Grass Roots Championships - 30<sup>th</sup> June, Barnsley

Silver - Pairs Kata Bronze - Team Kata

Congratulations on your sporting achievements throughout 2019. Well done Ben.

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







The Hull & East Riding Karate Academy is a member of the Shindo Kai Karate Association, an association in the English Karate Federation National Governing Body and member of the British Karate Federation.