



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2019

Sporting Excellence in Karate

National Level

Jack Westgarth

This is to certify that Jack Westgarth has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Jack competed at National Championships throughout England in 2019 winning the medals and titles listed below:-

Championship Success - 1 Gold 5 Silver 7 Bronze

Shindo Kai Championships - 24th March, Barnsley

Silver - Individual Kata

Silver - Team Kata

Silver - Pairs Kata

Bronze - Individual Kumite

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

Bronze - Individual Kumite

Bronze - Individual Kata

Shindo Kai Grass Roots Championships - 30th June, Barnsley

Gold - Pairs Kata

Silver - Individual Kata

Bronze - Individual Kumite

Bronze - Team Kumite

Wado UK Championships - 1st September, Hull

Silver - Team Kata



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.



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Shindo Kai Championships - 17th November, Barnsley

Bronze - Team Kata

Bronze - Pairs Kata

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

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



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