



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2010

### Sporting Excellence in Karate

#### National Level

## Emily Palmer

This is to certify that Emily Palmer has achieved the standard of Sporting Excellence in Competition Sport Karate. Emily competed at National Championships throughout England in 2010 winning the medals and titles listed below:-

### Championship Success - 2 Gold 2 Silver

#### South Yorkshire Championships - 1<sup>st</sup> August, Sheffield

Gold - Individual Kata

Silver - Team Kata

#### Shindo Kai National Championships - 14<sup>th</sup> November, Barnsley

Gold - Individual Kata

Silver - Pairs Kata

Congratulations on your sporting achievements throughout 2010. Well done Emily.

Sensei Wayne Clarke 3<sup>rd</sup> Dan

Head Coach - The Hull & East Riding Karate Academy



British  
Karate  
Federation



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.