



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2011

### Sporting Excellence in Karate

#### National Level

## Ben Lane

This is to certify that Ben Lane has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Ben competed at the highest level of British Karate in 2011 winning the medals and titles listed below:-

### Championship Success - 2 Silver 2 Bronze

**English National Kyu Grade Championships** - 25<sup>th</sup> January, Sheffield

Silver - Team Kumite

**Shindo Kai National Championships** - 20<sup>th</sup> November, Barnsley

Silver - Team Kumite

Bronze - Individual Kumite

Bronze - Individual Kata

Congratulations on your outstanding sporting achievements throughout 2011. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Ben.

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.