



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2013

### Sporting Excellence in Karate

#### Regional Level

## Ben Lane

This is to certify that Ben Lane has performed to a very high standard in Competition Sport Karate throughout 2013 winning the medals and titles listed below:-

### Championship Success - 1 Bronze

**Shindo Kai Junior Championships** - 17<sup>th</sup> March, Barnsley

Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2013. 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.