



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2013

### Sporting Excellence in Karate

#### National Level

## Mia Bower

This is to certify that Mia Bower has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Mia competed at National Championships throughout England in 2013 winning the medals and titles listed below:-

### Championship Success - 2 Silver 2 Bronze

#### Shindo Kai Kata Championships - 14<sup>th</sup> July, Barnsley

Bronze - Individual Kumite

#### Hull and East Yorkshire Championships - 29<sup>th</sup> September, Hull

Bronze - Team Kata

#### Shindo Kai National Championships - 17<sup>th</sup> November, Barnsley

Silver - Individual Kata

Silver - Pairs Kata

Congratulations on your sporting achievements throughout 2013. Well done Mia.

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.