



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2015

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 the highest level of British Karate in 2015 winning the medals and titles listed below:-

Championship Success - 3 Gold 8 Silver 4 Bronze

English National Kyu Grade Championships - 25th January, Sheffield

Gold - Team Kata

Bronze - Individual Kata

Yorkshire Open Championships - 22nd February, Barnsley

Silver - Team Kata

Silver - Pairs Kata

Shindo Kai Junior Championships - 22nd March, Barnsley

Silver - Individual Kumite

Bronze - Individual Kata

Northern Open Championships - 21st June, Leigh

Silver - Individual Kumite

Bronze - Individual Kata



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.



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Shindo Kai Kata Championships - 28th June, Barnsley

Gold - Team Kumite

Silver - Individual Kata

Silver - Pairs Kata

East Yorkshire Open Championships - 27th September, Hull

Silver - Team Kata

Shindo Kai National Championships - 15th November, Barnsley

Bronze - Individual Kata

British Karate Association Championships - 4th December, Leigh

Gold - Team Kata

Silver - Pairs Kata

Congratulations on your outstanding sporting achievements throughout 2015. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Mia.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



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