



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2016

### Sporting Excellence in Karate

#### National Level

## Leonie Longden

This is to certify that Leonie Longden has achieved the standard of Sporting Excellence in Competition Sport Karate. Leonie competed at National Championships throughout England in 2016 winning the medals and titles listed below:-

### Championship Success - 2 Silver

**Yorkshire Open Championships** - 21<sup>st</sup> February, Barnsley

Silver - Individual Kata

**Shindo Kai Junior Championships** - 13<sup>th</sup> March, Barnsley

Silver - Individual Kata

Congratulations on your sporting achievements throughout 2016. Well done Leonie.

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.