



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2017

Sporting Excellence in Karate

Regional Level

Laura Thrustle

This is to certify that Laura Thrustle is a member of the Hull & East Riding Karate Academy Elite Squad and has performed to a very high standard in Competition Sport Karate throughout 2017 winning the medals and titles listed below:-

Championship Success - 1 Gold

Shindo Kai Karate Championships - 2nd July, Barnsley
Gold - Individual Kata

Congratulations on your sporting achievements throughout 2017. Well done Laura.

Sensei Wayne Clarke 3rd Dan
Head Coach - The Hull & East Riding Karate Academy



British
Karate
Federation

