



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2019

### Sporting Excellence in Karate

#### Grass Roots Level

## Aliona Cowan

This is to certify that Aliona Cowan has performed to a very high standard in Competition Sport Karate throughout 2019 winning the medals and titles listed below:-

### Championship Success - 2 Bronze

**Hull & East Riding Junior Championships - 12<sup>th</sup> May, Bilton**

Bronze - Individual Kumite

Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2019. Well done Aliona.

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.