



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2019

Sporting Excellence in Karate

National Level

Jay Norris

This is to certify that Jay Norris has achieved the standard of Sporting Excellence in Competition Sport Karate. Jay competed at National Championships throughout England in 2019 winning the medals and titles listed below:-

Championship Success - 3 Gold 3 Silver 5 Bronze

Shindo Kai Championships - 24th March, Barnsley

Bronze - Individual Kata

Bronze - Team Kata

Bronze - Pairs Kata

Hull & East Riding Junior Championships - 12th May, Bilton

Gold - Individual Kata

Shindo Kai Grass Roots Championships - 30th June, Barnsley

Gold - Pairs Kata

Silver - Team Kata

Wado UK Championships - 1st September, Hull

Silver - Individual Kata

Silver - Team Kata

North East Open Championships - 20th October, Sunderland

Gold - 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.



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2019

Sporting Excellence in Karate

National Level

Jay Norris

Shindo Kai Championships - 17th November, Barnsley

Bronze - Team Kata

Bronze - Pairs Kata

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

Sensei Wayne Clarke 3rd 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.