



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2019

### Sporting Excellence in Karate

#### National Level

## Sonny Gray

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

### Championship Success - 3 Silver 2 Bronze

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

**Shindo Kai Grass Roots Championships** - 30<sup>th</sup> June, Barnsley  
Silver - Team Kumite

**Wado UK Championships** - 1<sup>st</sup> September, Hull  
Bronze - Individual Kumite

**Shindo Kai Championships** - 17<sup>th</sup> November, Barnsley  
Silver - Team Kumite  
Bronze - Individual Kata

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

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



British  
Karate  
Federation

