



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2019

### Sporting Excellence in Karate

### National Level

## Victoria Cowan

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

### Championship Success - 5 Gold 4 Silver 4 Bronze

#### Shindo Kai Championships - 24<sup>th</sup> March, Barnsley

Gold - Individual Kumite

Silver - Individual Kata

Bronze - Team Kata

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

Gold - Individual Kumite

#### Shindo Kai Grass Roots Championships - 30<sup>th</sup> June, Barnsley

Gold - Team Kumite

Silver - Individual Kumite

Silver - Pairs Kata

#### Wado UK Championships - 1<sup>st</sup> September, Hull

Bronze - Team Kata

Bronze - Pairs 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.



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## Victoria Cowan

**Shindo Kai Championships** - 17<sup>th</sup> November, Barnsley

Gold - Individual Kumite

Gold - Individual Kata

Silver - Team Kata

Bronze - Pairs Kata

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

Sensei Wayne Clarke 3<sup>rd</sup> Dan

Head Coach - The Hull & East Riding Karate Academy



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