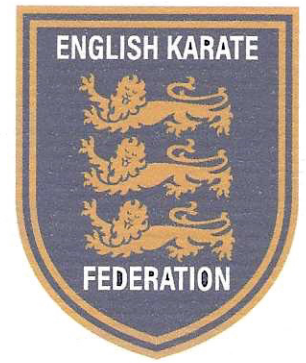


ENGLISH KARATE FEDERATION

THE WORLD KARATE FEDERATION NGB FOR KARATE IN ENGLAND

NATIONAL KATA TEAM



10th July 2022

Commonwealth Karate Championships, Birmingham 7th & 8th September 2022

Dear Phoebe,

On behalf of The National coaches, the Performance director and the EKF Board I would like to congratulate you on your selection to represent England at the Commonwealth Karate Championships 2022

I will be contacting you directly with details of pre-training (dates tbc) and the training camp on the 24th, 25th and 26th August, where the national coaching team look forward to working with you.

Your talent has brought you to this point; hard work, vision and preparation will bring you success worthy of wearing the England badge.

Kind regards,

Sensei Ady Gray
EKF Head Kata Coach
UK Coaching Ambassador

