



TISKA

TRADITIONAL INTERNATIONAL SHOTOKAN KARATE ASSOCIATION

Learn the fascinating art of **KARATE** the ultimate in self defence

- FITNESS
- SELF AWARENESS
- SELF DEFENCE
- CONFIDENCE
- ETIQUETTE
- RESPECT
- SELF DISCIPLINE

No special clothing required.
Ladies, gentlemen and children welcome.
Families welcome minimum age 4 years.



Chief Instructor
Sensei G. Sahota,
8th Dan.



For beginners classes and more information please contact:

St Mary's Catholic Primary School
After School Karate Club on Fridays 3:20pm – 4:15pm

Instructor: Andrew Sebley (4th Dan)
Tel: 07880-491278
Email: seb.tiska@hotmail.com

Beginners welcome – Free Trial Lesson
Please call or email to book your place

