



# TISKA

## TRADITIONAL INTERNATIONAL SHOTOKAN KARATE

A FUN & FRIENDLY COMMUNITY FOR CHILDREN,  
ADULTS & FAMILIES WITH AMAZING BENEFITS:

**BUILD CONFIDENCE, RESILIENCE, GAIN FOCUS,  
IMPROVE SELF DISCIPLINE WHILST  
IMPROVING FITNESS & LEARNING SELF-DEFENSE**



### 2 WEEK FREE TRIAL

#### LOCATED IN

Parkside Community Hall  
Woburn Street  
AMPTHILL

#### SESSIONS

Thursday 19th September 2024  
6:00pm  
then every Thursday thereafter

### CONTACT US

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SCAN FOR OUR WEBSITE