



TISKA

TRADITIONAL INTERNATIONAL
SHOTOKAN KARATE

TISKA KARATE AMPHILL CLUB

A FUN & FRIENDLY COMMUNITY FOR CHILDREN,
ADULTS & FAMILIES WITH AMAZING BENEFITS:
BUILD CONFIDENCE, RESILIENCE, GAIN FOCUS,
IMPROVE SELF DISCIPLINE WHILST
IMPROVING FITNESS & LEARNING SELF DEFENCE

— TWO WEEK FREE TRIAL —

PARKSIDE COMMUNITY HALL
WOBURN STREET
AMPHILL

THURSDAY 18TH SEPTEMBER 2025
5:30 PM
THEN EVERY THURSDAY THEREAFTER

CONTACT US

SENSEI SEHMBI

- 📞 07960699762
- ✉ N_SEHMBI@HOTMAIL.CO.UK
- 📷 @TISKAKARATE_SENSEISEHMBI
- 📍 TISKA KARATE AMPHILL

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FOR MORE DETAILS,
INFORMATION AND
CONTACT DETAILS

