



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 DEFENCE**

2 WEEK FREE TRIAL

LOCATED IN

Parkside Community Hall
Woburn Street
AMPTHILL

SESSIONS

Thursday 30th April 2026
5:30pm
then every Thursday thereafter

CONTACT US

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SCAN FOR OUR WEBSITE

