



TISKA

TRADITIONAL INTERNATIONAL
SHOTOKAN KARATE ASSOCIATION



CONFIDENCE THAT LASTS A LIFETIME

START YOUR JOURNEY TODAY



**BUILD
CONFIDENCE**



**IMPROVE
FOCUS**



**LEARN
RESPECT**



**SELF
DEFENCE**



**MAKE
FRIENDS**



2 WEEK FREE TRIAL

- CHILDREN
- TEENS
- ADULTS
- FAMILIES



AMPTHILL



SESSIONS



**SENSEI
SEHMBI**

Parkside Community Hall
Woburn Street
AMPTHILL

Thursday 17th September 2026
5:30pm
then every Thursday thereafter

☎ 07960699762

✉ n_sehmbi@hotmail.co.uk

📷 tiskakarate_senseisehmbi



SCAN ME

BUILDING STRONG MINDS, STRONG BODIES & STRONGER FUTURES