



# 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:

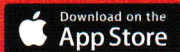
**St Mary's Catholic Primary School**  
After School Karate Club on Fridays 3:20pm – 4:15pm

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

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



email: [info@tiska.com](mailto:info@tiska.com)



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