



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:

Tiska Sunninghill Karate Club – New Beginners Classes

3 Free Lessons for all new Beginners

Mondays 6:00-6:45pm Charters Leisure Centre, Sunninghill

07880-491278 seb.tiska@hotmail.com

www.tiskakarate-sunninghill.co.uk

Limited spaces – contact us now to reserve your place

Also at Staines on Friday evenings and Surbiton on Sunday Mornings



email: seb.tiska@hotmail.com



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