



TISKA TRADITIONAL INTERNATIONAL SHOTOKAN KARATE ASSOCIATION

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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.



**BEGINNERS
SPECIAL OFFER
4 WEEKS
FREE
TISKA
MOULTON
CLUB**

Beginner Classes Starting
For ages 4 years and upwards

**Wednesday 19th May 2021
at 5pm
&
Saturday 21st May 2021
at 3.30pm**

Moulton Community Centre
Sandy Hill Lane, Reedings,
Moulton, Northamptonshire.
NN3 7AX

LIMITED SPACES !

5th Dan Black Belt Instructor
Mr G Mortimer



25 years Shotokan karate experience
and 18 years teaching experience.
First Aid Trained & Fully CRB Checked

For more information or to
book a place please contact us on

07840510860

or

tiskamoulton@gmail.com

www.tiskakarate-moulton.co.uk



@tiskamoultonkarate



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