



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

The Sir Christopher
Hatton School, The Pygtle
WELLINGBOROUGH

SESSIONS

Saturday 17th January 2026
9:45am
then every Saturday thereafter

CONTACT US

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