



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 Pyghtle
WELLINGBOROUGH

SESSIONS

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

CONTACT US

SENSEI SEHMBI

☎ 07960699762

✉ n_sehmbi@hotmail.co.uk

📷 @tiskakarate_senseisehmbi

📍 TISKA Karate Wellingborough



SCAN FOR OUR WEBSITE

