



TISKA

TRADITIONAL INTERNATIONAL
SHOTOKAN KARATE ASSOCIATION



CONFIDENCE THAT LASTS A LIFETIME

START YOUR JOURNEY TODAY



**BUILD
CONFIDENCE**



**IMPROVE
FOCUS**



**LEARN
RESPECT**



**SELF
DEFENCE**



**MAKE
FRIENDS**



2 WEEK FREE TRIAL

- CHILDREN
- TEENS
- ADULTS
- FAMILIES



SCAN ME



WELLINGBOROUGH



SESSIONS



**SENSEI
SEHMBI**

The Sir Christopher
Hattan School, The Pyghle
WELLINGBOROUGH

Saturday 12th September 2026
9.45am
then every Saturday thereafter

☎ 07960699762

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BUILDING STRONG MINDS, STRONG BODIES & STRONGER FUTURES