



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



Chief Instructor
Sensei G. Sahota,
8th Dan.

No special clothing required.

Ladies, gentlemen and children welcome.

Families welcome minimum age 4 years.



For beginners classes and more information please contact:

Tiska Staines Karate Club – New Beginners Classes

3 Free Lessons for all new Beginners

Fridays 5:45 -6:15pm The Thames Club, Staines, TW18 2PD

07880-491278 seb.tiska@hotmail.com

www.tiskakarate-staines.co.uk

Limited spaces – contact us now to reserve your place

Also at Sunninghill on Monday evenings and Surbiton on Sunday Mornings

