



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**

No special clothing required.
Ladies, gentlemen and children welcome.
Families welcome minimum age 4 years.



Chief Instructor
Sensei G. Sahota,
8th Dan.



For beginners classes and more information please contact:

**FIRST LESSON FREE and
FREE SUIT WHEN YOU JOIN**

10.30am EVERY SATURDAY

MAIN HALL, ROOKSDOWN COMMUNITY CENTRE

Park Prewett Road, Rooksdown, Basingstoke, RG24 9XA

Tel: 07706 966 636

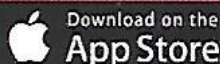
visit www.tiskakarate-newbury.co.uk for more information

email: lstockleykarate@hotmail.co.uk

All Instructors are fully qualified and Enhanced CRB Checked



email: info@tiska.com



www.tiska.com