



TISKA

TRADITIONAL INTERNATIONAL
SHOTOKAN KARATE

TISKA KARATE RUSHDEN CLUB

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

— TWO WEEK FREE TRIAL —

THE PEMBERTON CENTRE
H.E. BATES WAY
RUSHDEN

SATURDAY 20TH SEPTEMBER 2025
11:00 AM
THEN EVERY SATURDAY THEREAFTER

CONTACT US

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SCAN QR



FOR MORE DETAILS,
INFORMATION AND
CONTACT DETAILS

