



# 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 Pemberton Centre  
H.E. Bates Way  
RUSHDEN

#### SESSIONS

Saturday 25th April 2026  
11:00am  
then every Saturday thereafter



### CONTACT US

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SCAN FOR OUR WEBSITE