



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



RUSHDEN

Pemberton Centre
H.E. Bates Way
RUSHDEN



SESSIONS

Saturday 12th September 2026
11:00am
then every Saturday thereafter



**SENSEI
SEHMBI**

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SCAN ME

BUILDING STRONG MINDS, STRONG BODIES & STRONGER FUTURES