



**TISKA** TRADITIONAL INTERNATIONAL SHOTOKAN KARATE ASSOCIATION

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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 more information or to  
book a place please contact us on

**07840510860**

or

**tiskashepshed@gmail.com**

**www.tiskakarate-shepshed.co.uk**

**BEGINNERS  
SPECIAL OFFER  
4 WEEKS  
FREE  
TISKA  
MOULTON  
CLUB**

**Beginner Classes Starting**

For ages 4 years and upwards

**Friday 21<sup>st</sup> May 2021**

**at 4.30pm**

**and every Friday thereafter**

The Glenmore Centre,

Thorpe Road,

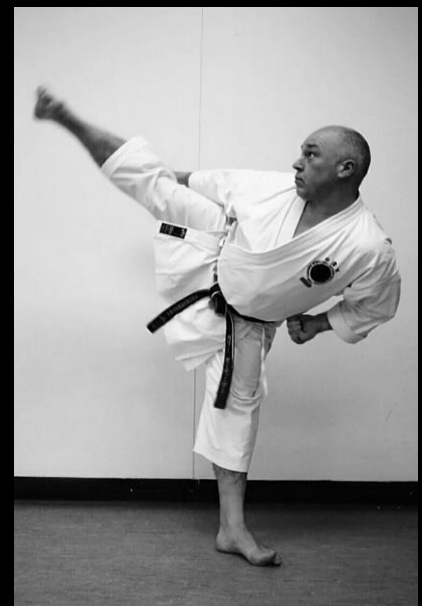
Shepshed

Leicestershire LE12 9LU

**LIMITED SPACES !**

5<sup>th</sup> Dan Black Belt Instructor

Mr G Mortimer



25 years Shotokan karate experience  
and 18 years teaching experience.

First Aid Trained & Fully CRB Checked



@tiskashepshedkarate



moultonshepshedkarate