



# 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

Braywick Leisure Centre  
Braywick Road  
Maidenhead

#### SESSIONS

Sunday 19th January 2025  
3:30pm  
then every Sunday thereafter

### CONTACT US

**SENSEI SEHMBI**

☎ 07960699762

✉ n\_sehmbi@hotmail.co.uk

📷 @tiskakarate\_senseisehmbi

📍 TISKA Karate Maidenhead



SCAN FOR OUR WEBSITE

