



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-DEFENSE**



2 WEEK FREE TRIAL

LOCATED IN

Braywick Leisure Centre
Braywick Road
Maidenhead

SESSIONS

Sunday 15th September 2024
4:15pm
then every Sunday thereafter

CONTACT US

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SCAN FOR OUR WEBSITE