



TISKA

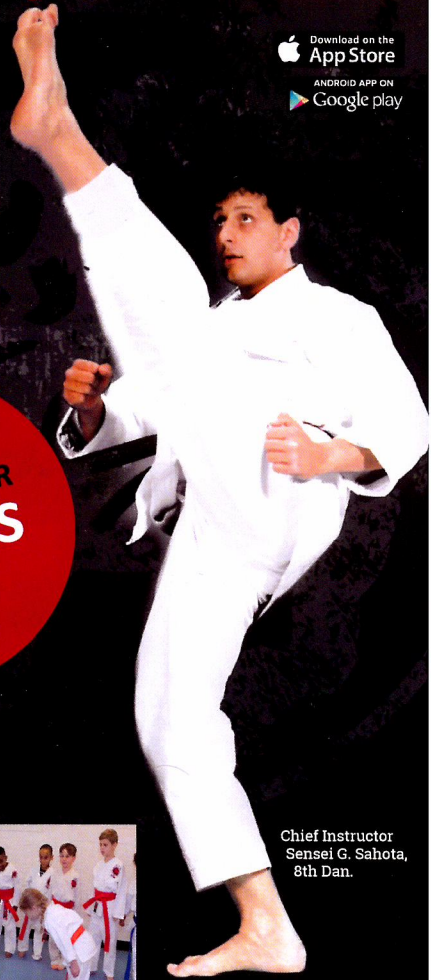
Kettering Club - Established 1988



Learn the fascinating art of **KARATE** the ultimate in self defence

- FITNESS
- SELF AWARENESS
- SELF DEFENCE
- CONFIDENCE
- ETIQUETTE
- RESPECT
- SELF DISCIPLINE

**BEGINNERS
SPECIAL OFFER
4 WEEKS
FREE**



Chief Instructor
Sensei G. Sahota,
8th Dan.

No special clothing required.
Suitable for all fitness levels.
Suitable for children and adults, minimum age 4 years.
Families welcome.



Every Saturday from 14th September 2019 at 10:00am or every Thursday from 19th September at 5:45pm.
Isebrook School, Eastleigh Road, Kettering, NN15 6PT.

To book your place or for more information contact us:
01753 882012 / 07917 064112 / tiska.kettering@gmail.com
or via any of our social media below.

(All instructors are enhanced DBS checked.)

