



TISKA

TRADITIONAL INTERNATIONAL SHOTOKAN KARATE ASSOCIATION

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.



KETTERING CLUB

New beginners and physical training from

Thursday 20 May 2021

BOOK NOW FOR ONE MONTHS **FREE TRIAL**

ISEBROOK SCHOOL (Gymnasium)

EASTLEIGH ROAD, KETTERING, NORTHAMPTONSHIRE, NN14 6PT

THURSDAYS @ 5.45pm

01753 882012 / 07917 064112

