



# TISKA

TRADITIONAL INTERNATIONAL  
SHOTOKAN KARATE

## TISKA KARATE HENLEY CLUB

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

— TWO WEEK FREE TRIAL —

THE HENLEY CENTRE  
GILLOTT'S LANE  
HENLEY

SUNDAY 21ST SEPTEMBER 2025  
11:15 AM  
THEN EVERY SUNDAY THEREAFTER

### CONTACT US

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### SCAN QR



FOR MORE DETAILS,  
INFORMATION AND  
CONTACT DETAILS

