



TISKA

TRADITIONAL INTERNATIONAL
SHOTOKAN KARATE ASSOCIATION



CONFIDENCE THAT LASTS A LIFETIME

START YOUR JOURNEY TODAY



**BUILD
CONFIDENCE**



**IMPROVE
FOCUS**



**LEARN
RESPECT**



**SELF
DEFENCE**



**MAKE
FRIENDS**



2 WEEK FREE TRIAL

- CHILDREN
- TEENS
- ADULTS
- FAMILIES



HENLEY

The Henley Centre
Gillotts Lane
HENLEY



SESSIONS

Sunday 13th September 2026
10:00am
then every Sunday thereafter



**SENSEI
SEHMBI**

☎ 07960699762
✉ n_sehmbi@hotmail.co.uk
📷 [tiskakarate_senseisehmbi](https://www.instagram.com/tiskakarate_senseisehmbi)



SCAN ME

BUILDING STRONG MINDS, STRONG BODIES & STRONGER FUTURES