



# TISKA KARATE

TRADITIONAL INTERNATIONAL SHOTOKAN KARATE

JOIN A FUN COMMUNITY FOR CHILDREN, ADULTS  
AND FAMILIES & DISCOVER THE AMAZING BENEFITS

- IMPROVE FITNESS
- LEARN SELF DEFENCE
- BUILD CONFIDENCE
- GAIN FOCUS & MENTAL CLARITY
- BUILD RESPECT & ETIQUETTE
- IMPROVE SELF DISCIPLINE



AT BERNARDS HEATH JUNIORS SINCE 2007.  
AFTER SCHOOL CLUB

- JOIN US TUESDAYS. £7 PER SESSION.
- CLASSES FOR BEGINNERS AND EXISTING COLOUR BELTS
- 6TH DAN INSTRUCTOR: MR MISTRY

- CAN'T MAKE TUESDAYS? LOOKING FOR A WEEKEND CLASS?
- WANT TO JOIN YOUR CHILD ON THEIR KARATE JOURNEY?
- LOOKING FOR A FAMILY ACTIVITY THAT BUILDS BONDS?
- OLDER SIBLINGS?

JOIN US FOR WEEKEND AND EVENING SESSIONS IN ST. ALBANS  
ON SATURDAYS AND TUESDAYS. ENQUIRE TODAY FOR DETAILS.



**REGISTER NOW  
FOR A TRIAL!**



[www.tiskakarate-stalbans.co.uk](http://www.tiskakarate-stalbans.co.uk) or call 07941829187