



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

 **BEDFORD**

 **SESSIONS**

 **SENSEI
SEHMBI**

Biddenham Country Park
Sports Centre
1 Great Spur Way
The Great Ouse Way
Biddenham BEDFORD

Friday 18th September 2026
5:15pm
then every Friday thereafter

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SCAN ME

BUILDING STRONG MINDS, STRONG BODIES & STRONGER FUTURES