



TISKA

TRADITIONAL INTERNATIONAL SHOTOKAN KARATE



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**

2 WEEK FREE TRIAL

LOCATED IN

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

SESSIONS

Friday 6th March 2026
5:15pm
then every Friday thereafter

CONTACT US

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SCAN FOR OUR WEBSITE

