



TISKA KARATE

TRADITIONAL INTERNATIONAL SHOTOKAN
KARATE ASSOCIATION

CHILDREN

FAMILIES

ADULTS



CONFIDENCE

Building
self-trust that
lasts a lifetime



FOCUS

Sharpening
concentration
and discipline



RESPECT

Learning value
for oneself and
others



LIFE SKILLS

Developing
resilience and
leadership



COMMUNITY

Joining a like-
minded
community

READING CLUBS

LOWER EARLEY
SUNDAYS
2:15PM

TILEHURST
SUNDAYS
12:45PM

WINNERSH
MONDAYS
5:15PM



REGISTER NOW!

FREE 2 WEEK TRIAL!

DONT'MISS OUT!



SCAN QR
CODE TO
ENROL.

For more info
contact
Mr Mistry



07915357152



www.tiskakarate-reading.co.uk