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

SCAN ME

LANGLEY

Absolutely Fitness
Langley College
LANGLEY

SESSIONS

Sunday 13th September 2026
11:30am
then every Sunday thereafter

Wednesday 16th September 2026
5:30pm
then every Wednesday thereafter

SENSEI SEHMBI

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BUILDING STRONG MINDS, STRONG BODIES & STRONGER FUTURES