



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

Absolutely Fitness Langley
Langley College
LANGLEY

SESSIONS

Sunday 18th January 2026
11:30am
then every Sunday thereafter

Wednesday 21st January 2026
5:30pm
then every Wednesday thereafter

CONTACT US

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[TISKA Karate Langley](#)

