



KARATE

Chief instructor Tom Tennick 7th Dan Over 40 years teaching experience



Marian Vian School

Every Friday Evening

The Upper hall

3:30pm till 4:20pm Beginner's

Restarting 16th January 2026

First lesson free

Gabriella

Henry

Renew

MV



For more information call

Tom on

07956 372474



Discipline, Concentration, Self -Defense, Stamina, Fitness

www.tkishotokankarate.co.uk

