



# KARATE



Chief instructor Tom Tennick 7<sup>th</sup> Dan Over 40 years teaching experience

**Marian Vian School**

**Every Friday Evening**

**The Upper hall**

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

**Restarting 24<sup>th</sup> April 2026 -  
To Friday 10th July**

**First lesson free**

**For more information call**

**Tom on  
07956 372474**

**email [tkishotokankarate@gmail.com](mailto:tkishotokankarate@gmail.com)**

**Discipline, Concentration, Self -Defense, Stamina, Fitness**

**[www.tkishotokankarate.co.uk](http://www.tkishotokankarate.co.uk)**



