



KARATE

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



Marian Vian School

Every Friday Evening

Restarting 12th September 2025

Key stage 2 hall

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



First lesson free

For more information call

Tom on

07956 372474

email tkishotokankarate@gmail.com



Discipline, Concentration, Self -Defense, Stamina, Fitness

www.tkishotokankarate.co.uk