

# Ahmed Alaa Mohammed Said

## Kickboxing Coach

📞 01000738711 🌍 Egypt 📅 2003-02-21 🔗 [essam778.github.io/Ahmed-Alaa-Portfolio/](https://essam778.github.io/Ahmed-Alaa-Portfolio/)

### PROFILE

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A certified trainer with a strong academic and field background, I combine the sciences of sports education (training, injuries, rehabilitation) with emergency response and rescue skills. I specialize in combat sports (kickboxing and boxing) with a deep understanding of injury prevention mechanisms and the ability to provide safe and effective guidance in land and water environments. I always strive to achieve clients' goals while maintaining their safety through continuous professional development.

### PROFESSIONAL EXPERIENCE

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#### **Coach, 10f1 Academy**

Leading kickboxing training programs for competitive athletes and recreational practitioners. Developing specialized training methodologies for different skill levels.

#### **Coach, Champions Academy**

Provided comprehensive fitness training and kickboxing instruction to diverse clientele. Specialized in strength conditioning and athletic performance enhancement.

#### **Coach, City Club Benha**

Delivered personalized training programs for gym members. Focused on weight management, muscle building, and overall fitness improvement through structured exercise plans.

#### **Assistant divers, the dawly center**

Assisted in diving operations and underwater activities. Gained valuable experience in safety protocols and emergency response procedures in aquatic environments.

### SKILLS

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- Elite Coaching & Instruction
- Emergency Response & Rescue
- Refereeing & Regulation Knowledge
- Injury Prevention & Rehabilitation
- Aquatic Training & Supervision
- Commitment to Professional Development

### CERTIFICATES

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- Kickboxing coach from the Egyptian Federation
- certificate of international development seminar for kickboxing coaches.
- Personal Trainer Pt from Faculty of Physical Education, Benha. Rationing training loads from Faculty of Physical Education Benha.
- Physical rehabilitation of sports injuries from Faculty of Physical Education Benha.
- First aid, Faculty of Physical Education, Benha.
- Massage Therapist, from Faculty of Physical Education, Benha.
- Cft Fitness Trainer from Faculty of Physical Education Benha.
- Boxing coach from the Egyptian Federation.
- Referee from the Egyptian Boxing Federation.