



Umer Khan

Martial Arts Trainer

Contact

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- Islamabad Homes phase 2, Sector H-15 Islamabad

Skills

- Martial arts Skills
- Teaching & Coaching Skills
- Fitness & Health Knowledge
- Event Management
- Organization skills
- Administrative skills
- Communication skills
- Leadership skills
- MS Office Expert
- Data Entry Operator
- Data Analyzer

Summary

Energetic and committed martial arts teacher with more than 5 years of experience training students of all ages in different martial arts styles. Skilled in fitness training, organizing events, and engaging with students. Experienced in creating lesson plans that improve students' fitness and martial arts skills. A dedicated leader who enjoys teaching discipline, respect, and confidence to students.

- Combat Fight Techniques
- Ninjutsu Weapon Master
- Traditional Archery Experts
- Judo Grip Fight Expert
- Sword Master

Education

Fs Ninja Academy

March 2015 – February 2023

I started learning Ninjutsu Martial arts at Fs Ninja academy and Mastered in it And Achieved Black Belt with Excellent Performance. I participated in many Tournaments Won Medals.

Islamabad Judo Academy

August 2016 – Ongoing

I started Learning JUDO Martial arts at Islamabad Judo Academy and Achieved Blue Belt with Excellent Performance. I played in many different Judo National Tournaments and won Several Silver and Gold Medals.

Wasif Ali Shaheed Model School for boys

April 2018 – April 2020

I passed Matrix with A Grade.

IQRA College of Technology and Skills

September 2022 – Ongoing

Studying DAE in Computer Science Final year.

Hobbies

- Martial arts training
- Learn something new
- Playing sports
- Gym
- Reading Books
- Music
- Gaming
- Programing

Languages

- URDU
- ENGLISH
- PUNJABI

Experience

Ali Toys G-11 -- Salesmen & Manager

May 2018 – January 2023

I began as a Salesman, excelling in customer service and exceeding sales targets. Promoted to Manager within a year

Fs Ninja Academy HQ -- Co-Instructor

December 2020 – August 2024

I transitioned from a student who completed an extensive training course to teaching students of all skill levels. I focus on enhancing martial arts techniques, discipline, and physical fitness through well-developed lesson plans that promote self-confidence and respect for traditions.

Pak Ninja Federation -- Executive Board Member

December 2022–Ongoing

I have served as an executive member of the Pak Ninja Federation since 2022, contributing to the development and promotion of Ninjutsu throughout the region.

Shadow Ninjas Club G-13 -- CEO & Instructor

June 2023 – Ongoing

In June 2023 I Started Ninjutsu-focused martial arts academy in G-13 Islamabad, enhancing students' skills and fitness through tailored training programs. Create a supportive environment that fosters self-confidence and respect for martial arts traditions.

Shadow Ninjas Club I-14 -- CEO & Instructor

August 2024 – Ongoing

In June 2023 I Started Ninjutsu-focused martial arts academy in I-14 Islamabad.

Islamabad Archery Association -- Executive Board Member

September 2024 –Ongoing

As an Executive Member of the Islamabad Archery Association since 2024, I help guide the group and promote archery in the community. I work to grow the sport in Islamabad.

The Pine Field School -- Martial arts

February 2024–Ongoing

I am working there on a contract basis, teaching one class every Friday. I focus on martial arts, self-defense, and gymnastics. My classes aim to improve skills, discipline, and fitness. I teach techniques while also building confidence and mental strength. Each session is fun and challenging for all levels.