

Issa Sbeih

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Profile

MSc Sport Rehabilitation student at St Mary's University, Twickenham, with a strong passion for sport physiology, anatomy, and rehabilitation. Experienced martial arts coach and personal trainer with over 6 years of success in kickboxing, boxing, and strength & conditioning. Skilled in training clients of all ages (5–60), from youth beginners to competitive athletes. Enthusiastic about applying academic knowledge in rehabilitation and physiology to practical coaching, supporting athlete performance, injury prevention, and long-term health. Flexible professional with additional 5 years of barista experience, offering excellent teamwork and customer service skills.

Education

MSc Sport Rehabilitation – St Mary's University, Twickenham, London
Sept 2025 – Present

Bachelor of Physical Education – Birzeit University, Palestine
Graduated March 2023

Relevant Coursework: Sports Science, Physiology, Science of Exercise

Certifications & Training

- WAKO (World Association of Kickboxing Organizations) Certified Coach – 2024
- Kickboxing Black Belt – Palestinian Kickboxing Federation
- Science of Exercise – University of Colorado Boulder (Apr 2024)
- Fundamental Sports Related Musculoskeletal Anatomy – Chinese University of Hong Kong (May 2024)

Experience

National Team Coach (Kickboxing & Boxing) – Palestinian Kickboxing Federation | 2022 – 2025

- Assisted in training and preparing the Palestinian national kickboxing and boxing team for competitions.
- Developed structured training sessions focusing on strength, conditioning, and fight strategy.
- Worked with elite athletes to improve technical skills and competitive performance.

Kickboxing Coach – Jerusalem Boxing School, Jerusalem | Jan 2023 – Aug 2025

- Delivered group and one-to-one coaching sessions to improve endurance, technique, and overall performance.

Head Coach (Kickboxing & Strength and Conditioning) – Beit Hanina Youth Center, Jerusalem | Oct 2021 – Aug 2025

- Coached children, teens, and adults (ages 5–60) in kickboxing and strength & conditioning programs.
- Developed age-appropriate training plans to enhance mobility, coordination, and overall fitness.

Personal Trainer – Freelance, Jerusalem | Jan 2020 – Aug 2025

- Designed and delivered personalised programs for young athletes and adults seeking mobility and strength gains.

Barista – Karma Café, Ein Karem, Israel | 2015 – 2020

- Delivered high-quality customer service in a fast-paced environment.
- Built strong customer relationships, ensuring repeat business and satisfaction.

Awards & Achievements

- Coached a World Association Kickboxing Organization (WAKO) Kickboxing Champion.
- Gold Medal – Palestinian Muaythai Championship (2016).
- Black Belt – Kickboxing (Palestinian Kickboxing Federation).
- Judo Competitor – Multiple medals including Gold (2009, 2011).

Skills

- Coaching & Athlete Development
- Strength & Conditioning
- Injury Prevention & Rehabilitation Knowledge
- Martial Arts (Kickboxing, Boxing, Muaythai, Judo)
- IT Skills: Microsoft Word, Excel, PowerPoint
- Languages: Arabic (Fluent), English (Fluent), Hebrew (Intermediate)
- Customer Service & Teamwork (Hospitality)

WAKO Coaching Card

