

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

