



LAITH ABDALLAH

FITNESS & MARTIAL ARTS COACH

CONTACT

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laithdabbous6@gmail.com

Nablus, Palestine

SKILLS

- Fitness Program Design
- Karate & Kickboxing Coaching
- Physical Conditioning
- Athlete Motivation
- Injury Prevention & Safety
- children & Youth Training
- Team Leadership
- Training Session Planning

LANGUAGES

- Arabic (Native)
- English (Intermediate)

REFERENCE

Available upon request



PROFILE

Professional Fitness & Martial Arts Coach with a Bachelor's degree in Physical Education and over 7 years of experience training athletes of different ages, with a strong focus on children and youth development. Specialized in karate, kickboxing, and physical conditioning, with proven ability to work effectively with young athletes, enhance discipline, confidence, and physical performance. Certified locally and internationally, with expertise in safe training methods, age-appropriate program design, athlete motivation, and competition preparation.



WORK EXPERIENCE

Owner & Head Coach

2017 - PRESENT

Al-Laith Sports Center - Nablus

- Managing daily operations and supervising all training programs at the sports center
- Coaching children, youth, and adults in karate, kickboxing, and physical fitness
- Designing age-appropriate and goal-oriented training programs focused on safety and performance
- Preparing athletes for local and international competitions
- Developing discipline, confidence, and teamwork among trainees



EDUCATION

Master of Sport Management (In Progress)

2025-Present

Faculty of Graduate Studies |
An-Najah National University

Bachelor's Degree in Physical Education

2021-2025

Faculty of Humanities and Educational Sciences |
An-Najah National University

GPA: 2.52/ 4.0



CERTIFICATIONS

- Certified Fitness Trainer - Global Center, Canada
- Karate Coach - Grade A - Palestinian Karate Federation
- Karate Referee - Grade B - Palestinian Karate Federation
- Certified Football Referee - Palestinian Football Association
- Certified Kickboxing Coach - Palestinian Kickboxing Federation
- First Aid Certified
- First Responder Certificate
- Psychological First Aid Certificate