



LAITH ABDALLAH

FITNESS & MARTIAL ARTS COACH

CONTACT

- 📞 +970 56 629 2993
- ✉️ 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