



AISHA (SAMAH) ABDELHAFEZ

MARTIAL ARTS
AND FITNESS

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samoha41996@gmail.com

Contact
+249 90 962 0254

Education

Medical Laboratories
Ribat University

Languages

Arabic
Native
English
V. good
Japanese
N3

Hobbies

Reading
Podcasting
DIY
Dance
Cook

About


I am a dedicated martial arts and fitness expert holding black belts in both karate and judo, as well as various training certifications. My enthusiasm for athletics and overall wellness is evident in my work. Additionally, I have experience in recording and broadcasting audio content. I also possess talents in event coordination and management for both public and sporting occasions. Moreover, I am knowledgeable in Japanese language instruction and translation services


References

Amar Meridja - 7dan
International Olympic committee
International Judo Expert
+213553980910

Jamal Joda - 8dan
Sudan Traditional Karate Federation
President
+201070169122

Social Media

 @samoha.abdelhafez

 @samohaabdelhafez

Courses

Technical course for Coaches
International Olympic Committee

Physical Preparation
International Olympic Committee

Professional Sport Management
International Olympic Committee

Sport Event Management
International Olympic Committee

Understanding Sports Injury
International Olympic Committee

Sports Coaching
International Olympic Committee

Sports Psychology
International Olympic Committee

Inspiring and Motivating Individuals
Coursera, Michigan University

Skills

Leadership



Interpersonal Skills



Teamwork



Time Management



Problem solving



Children Coaching



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Professional Experience

Fitness coach – contract

Training both individuals and groups includes a mixture of exercises such as cardiovascular and strength training using both machines and free weights, which can also lead to overall wellness by aiding in weight loss or gain

Judo coach – volunteer

Arranging Judo lessons for individuals with different skill levels, preparing them for belt examinations, and developing suitable training schedules additionally, managing various events such as exams and open days

Karate coach assistance – koshinkai karate

Helping with instruction and guiding workout lessons and coordinating additional events

School coaching – contract

I taught young children karate and judo, teaching them proper skills for belt exams, and imparting essential principles to them in an engaging and enjoyable manner

Volunteer

Event coordinator, japan house in Sudan
Second specialist medical laboratory scientist,
Hosh Banaga hospital