

DIAA WALID

TAEKWONDO COACH

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Military Status: Exempted

PROFESSIONAL SUMMARY

Taekwondo coach and Physical Education graduate who pairs a competitive athlete's eye with a rehabilitation specialist's discipline — a combination few coaches bring to the mat. Backed by a Kukkiwon-certified Black Belt and a career competition record spanning youth to senior national level, complemented by formal training in strength & conditioning, sports load planning, and injury rehabilitation. Currently leading two competitive youth programs at once, converting technical training into podium results season after season. Built to reduce injury downtime, extend athlete careers, and keep teams winning — the kind of dual expertise that's hard to replace once it walks out the door.

EDUCATION

B.Sc. in Physical Education

Major: Rehabilitation and Injuries for Seniors

Faculty of Physical Education, Alexandria University (Graduated)

CERTIFICATIONS

- Taekwondo Coach — Egyptian Taekwondo Federation
- International Poomsae Course — Kukkiwon / Arab TKD Union (2022)
- Strength and Conditioning Specialist — TASS Academy of Sports Science
- Sports Load Planning — TAS Academy
- Rehabilitation & Sports Injuries Diploma
- Cupping Therapy (Hijama) — Alexandria University

CORE SKILLS

- Tactical Match Preparation
- Youth Athlete Conditioning
- Injury Rehabilitation
- Training Load Optimization

COACHING EXPERIENCE

Note: Both coaching roles below are concurrent, covering different age groups and weekly training schedules.

Head Taekwondo Coach | Al-Bitash Sports Club 2024 – Present

- Spearheaded comprehensive technical and physical training regimens for youth competitive divisions.
- Integrated sports injury prevention and customized load management into daily practice routines.

Taekwondo Coach | Alexandria Sporting Club 2022 – Present

- Coached the Under-14 (U-14) roster with a focus on foundational skill refinement, agility, and combat discipline.
- Mentored young martial artists in tactical decision-making, competition etiquette, and mental resilience.
- Prepared athletes for national belt promotion exams and state-level competitions.

COACHING RESULTS

- 1st Place – Championship Cup, Under-10 (U-10) Squad — Al-Bitash Sports Club (2024–2025)
- 2nd Place – Championship Cup — Al-Bitash Sports Club (2025–2026)
- 2nd Place – Championship Cup, Under-9 (U-9) Squad — Al-Bitash Sports Club (2025–2026)

PERSONAL ATHLETIC RECORD

- 1st Place – Egypt National Poomsae Championship (Pairs, Red Belt)
- 1st Place – Egypt National Poomsae Championship (Senior Individual, Under Black Belt)
- 1st Place – Egypt National Poomsae Championship 2018 (Senior Pairs, Under Black Belt)
- 1st Place – Alexandria Poomsae Championship (Senior Individual)
- 2nd Place – Egypt National Poomsae Championship 2018 (Junior Pairs, Under Black Belt)
- 2nd Place – Ezz El-Dekheila Championship 2017 (Team Boys, Under 14)
- 2nd Place – Alexandria International Poomsae Championship 2013 (Blue Belt Pairs, Under 10)
- 2nd Place – Egypt National Poomsae Championship 2018 (Individual Boys, Under 18, Red Belt)
- 3rd Place – Egypt National Poomsae Championship (Egypt, Under 18, Red Belt)
- 3rd Place – Egypt National Poomsae Championship 2008 (Junior Individual, Under Black Belt)
- 3rd Place – Egypt National Poomsae Championship (Senior Team, Under Black Belt)
- 3rd Place – Ezz El-Dekheila Championship (Individual, Age 14)