

# RIYAZ Shaikh

MMA Coach



## About Me

Certified MMA coach with over 7 years of experience training athletes in striking, grappling, and conditioning techniques. Adept at developing personalized training plans to help fighters excel in competition. Passionate about fostering discipline, teamwork, and sportsmanship in clients.

## Skills:

Extensive knowledge of MMA techniques: striking, grappling, submissions, and conditioning

Customized training program development for individual and group sessions

Experience in preparing fighters for amateur and professional competitions

Strong leadership, communication, and motivational skills

## education:

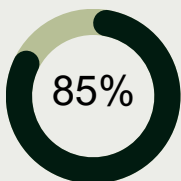
**2nd Dan Black Belt** in Hapkido which is known by **Korea Hapkido Federation** located in **south korea**

## Language:

English

urdu

Hindi



+ 8097198627

waysadviser@gmail.com

Mumbai

## Professional Experience:

### MMA Coach

June 2022 | Tapout Fitness

- Developed comprehensive training regimens incorporating strength, agility, and technique development tailored to athletes' needs and goals.
- Successfully coached fighters to achieve victories in regional and national competitions, elevating the gym's reputation.
- Provided technical instruction in striking, grappling, and defensive techniques to enhance overall fighter performance.
- Monitored athlete progress through regular assessments and adapted training plans as necessary.
- Ensured a safe training environment by implementing proper safety protocols and injury prevention techniques.
- Organized and led sparring sessions, providing constructive feedback and fostering a competitive yet supportive atmosphere.

### Assistant MMA Coach

[AM-PM Fitness - [Mumbai, Maharashtra]

[Feb 2016 – Nov 2019]

- Supported head coach in planning and delivering training programs for fighters of varying skill levels.
- Conducted one-on-one sessions focusing on technique improvement and skill mastery.
- Collaborated with nutritionists and physiotherapists to optimize fighter health and performance.
- Helped organize gym events, including seminars and tournaments, to promote community engagement and athlete development.

## Achievements

- Coached athletes to win regional/national MMA titles.
- Increased gym membership by 22% through improved training programs and community engagement.
- Featured in Media Outlet & Publication for outstanding contributions to the MMA community.