



World Federation of KOWAT ALRAMI

Star Degree Testing & Promotion Program (Four Months of Training)

1. **Physical Conditioning & Endurance:**
Players undergo flexibility and mobility exercises to ensure they can perform all required movements and techniques with ease.
2. **Core Stances:**
Master the ready and combat stances, focusing on foot placement, hand positioning, and maintaining balance.
3. **Punching Techniques:**
Execution of JAB and HOOK punches with both front and back hands, emphasising proper form and technique.
4. **Kicking Techniques:**
Practice of Front Kicks and Roundhouse Kicks, with a focus on perfecting technique and execution.
5. **Blocking Techniques:**
Learn to block incoming punches, focusing on defending against strikes to the arms and face using proper hand placement and control with a partner.
6. **Combination Drills:**
Integrate combos like JAB, CROSS, FRONT KICK, ROUNDHOUSE KICK, and DOUBLE HOOK into a shadow boxing round, blending all learned punches and kicks seamlessly.
7. **Endurance Test:**
Includes 20 push-ups, 30 squats, 40 crunches, and 2 minutes of jump rope to test overall stamina and strength.

8. **Rolling & Falls:**
Demonstrate rolls and falls (forward, backward, and sideways) with the correct technique for safely hitting the ground.
 9. **Light Contact Sparring:**
Three 1-minute sparring rounds using light contact techniques to test real-time combat skills, strategy, and control.
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Crescent Degree Testing & Promotion Program (Four Months of Training After Star Degree)

1. **Physical Conditioning & Endurance:**
Full-body flexibility exercises to ensure players are capable of performing all movements and techniques required at this level.
2. **Core Stances & Movement:**
Practice combat-ready stances, horse stance, and both forward and backward movement. Focus on foot alignment, body posture, hand placement, and balance during transitions.
3. **Punching Techniques:**
Execute JAB, HOOK, and UPPERCUT punches with front and back hands, emphasising power, speed, and retracting to a guard position.
4. **Kicking Techniques:**
Master the AXE, SIDE, FRONT, and ROUNDHOUSE KICKS, focusing on balance and technique while moving forward and backward.
5. **Blocking Techniques:**
Perform LOWER, MIDDLE, and UPPER BLOCKS to defend against punches and kicks aimed at the thighs, torso, and face. Practice with a partner to improve reaction time and control.
6. **Combination Drills:**
Integrate a LEFT FRONT KICK, JAB, RIGHT HOOK, and LEFT UPPERCUT into combo drills. Work with a partner to perform sequences with no fewer than four strikes, combining punches and kicks seamlessly.
7. **Falls & Recovery:**
Demonstrate correct techniques for front, back, and side falls, focusing on safe landings and quick recovery.
8. **Sparring (Light Contact):**
Participate in three 1-minute rounds of light contact sparring to practice control, timing, and strategy under real-time conditions.
9. **Endurance & Shadow Fighting:**
Engage in two 90-second rounds of shadow fighting to simulate real combat. Perform 30 push-ups, 40 squats, 50 crunches, and 2 minutes of jump rope to test physical stamina and endurance.

Moon Degree Testing & Promotion Program (Six Months of Training After Crescent Degree)

1. **Physical Conditioning & Endurance:**
Engage in comprehensive flexibility exercises, focusing on both side and front movements to ensure readiness for all required techniques.
2. **Stances & Footwork:**
Practice front, back, side, and angular movements, incorporating individual skills for mobility and precision in combat situations.
3. **Punching Techniques:**
Master the JAB, HOOK, and ABRAKAT punches, using both the right and left hands. Focus on speed, power, and accuracy while combining different punches, targeting mats or pads.
4. **Kicking Techniques:**
Perform all kicks learned in previous belts, adding new techniques such as the CRESCENT KICK, JUMP BACK KICK, SWEEP, and BACK KICK. Target kicks on shields with emphasis on stance, balance, power, accuracy, and speed.
5. **Blocking & Evasion:**
Execute defensive blocks and evasive manoeuvres against punches and kicks while in motion with a partner, ensuring fluidity and control.
6. **Combination Drills:**
Present five different combinations of punches and kicks, each consisting of no fewer than four moves, integrating seamless transitions between strikes.
7. **Throwing Techniques:**
Demonstrate five throwing techniques, emphasising breaking the opponent's balance to execute effective throws.
8. **Sparring (Light Contact):**
Participate in three 2-minute rounds of light-contact sparring, incorporating throws and grappling techniques, while maintaining control and sportsmanship.
9. **Endurance & Shadow Fighting:**
Engage in two 2-minute rounds of shadow fighting to simulate combat scenarios. Complete a 3-minute jump rope session, followed by 30 front and back stress exercises, 50 squats, and 80 crunches to test endurance and physical fitness.

Sun Degree Testing & Promotion Program (Six Months of Training After Moon Degree)

1. **Stances & Footwork:**
Master front, back, side, and angular movements while showcasing individual skills. Additionally, demonstrate proficiency in all falling techniques to ensure smooth transitions and recovery during combat.
2. **Arm Techniques:**
Perform all certified punches on mats with a partner, using both front and back arms while incorporating movement and evasive techniques. Complete a 2-minute round focused on speed, accuracy, and punch variety.
3. **Kicking Techniques:**
Execute the FRONT, BACK, BACK SPINNING, BACK CRESCENT, and JUMP KICKS, with a focus on double kicks. Engage in a round of shield training with a partner, emphasising speed, balance, and coordination while in motion.
4. **Blocking & Evasion:**
Apply defensive blocks and evasive manoeuvres with a partner attacking with arms, legs, and various equipment. In a 2-minute round, demonstrate quick reactions, precise timing, control of distance, and overall readiness.
5. **Combination Drills:**
Present five combinations of arm and leg strikes, each featuring no fewer than five moves. Additionally, demonstrate five throwing techniques, focusing on speed, precision, and the ability to stabilise and control your opponent.
6. **Full-Contact Sparring:**
Engage in three 2-minute rounds of full-contact sparring, integrating punches, kicks, throws, and grappling techniques. This round tests your ability to apply learned skills in a controlled, high-intensity setting.
7. **Endurance Training:**
Complete a 3-minute rope skipping session and 3 minutes of bag work, focusing on coordination between arms and legs. Follow this with 30 front and back stress exercises (each), 60 squats, and 80 crunches to test physical stamina.
8. **KOWAT ALRAMI Refereeing Rules:**
Demonstrate knowledge of KOWAT ALRAMI's refereeing rules by answering questions related to judging and regulations, ensuring a deep understanding of the sport's official standards.

1. **Stances & Footwork:**
Execute front, back, side, and angular movements while showcasing individual skills, including evasive manoeuvres (fudging). Master these positions to maintain balance and readiness during combat.
 2. **Arm Techniques:**
Perform all certified punches with a partner, incorporating the use of equipment. Engage in movement and evasive techniques while completing a 2-minute round. Focus on speed, timing, targeting, and maintaining proper distance with your punches.
 3. **Kicking Techniques:**
Apply advanced kicks such as the JUMPING BACK KICK, JUMPING BACK SPINNING KICK, JUMP AXE KICK, and LOW KICKS. Perform double kicks in a round using equipment with a partner, emphasising speed, precision, targeting, balance, and evasive movement.
 4. **Blocking, Evasion & Attacking:**
Demonstrate defensive and evasive techniques while a partner attacks using arms, legs, and equipment. Complete a 2-minute round, focusing on quick defensive reactions, accurate avoidance, timing, and control of distance and angles during counterattacks.
 5. **Combination Drills:**
Show proficiency in five combination sets of arm and leg strikes, each featuring at least five moves. Additionally, demonstrate five throwing and fastening techniques with a partner, emphasising speed and technique during contact.
 6. **Full-Contact Sparring:**
Participate in three rounds of full-contact sparring, each lasting 2 minutes. These rounds combine punches, kicks, throws, and grappling techniques, simulating a complete fight using the KOWAT ALRAMI method.
 7. **Endurance Training:**
Complete a 3-minute rope skipping session followed by 3 minutes of bag work. Focus on coordination between arms and legs. Afterward, perform 40 front and back stress exercises (each), 80 squats, and 100 crunches to test overall endurance.
 8. **KOWAT ALRAMI Refereeing Rules:**
Answer questions related to KOWAT ALRAMI's refereeing rules, ensuring a thorough understanding of the sport's official guidelines
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First Fist Degree Testing & Promotion Program
(Ten Months of Training After Sword Degree)

The test is divided into five parts as follows:

1. Physical Endurance and Fitness:

- **Hand Strength Exercises:**
Perform 60 repetitions of various hand stress exercises to build strength.
 - **Leg Exercises (Squats):**
Complete 60 squats focusing on leg strength and stability.
 - **Core Strength:**
Perform 150 repetitions of different abdominal exercises to build core strength.
 - **Stretching:**
Perform 10 stretches for each type, focusing on both the front and side splits (right and left). This ensures flexibility and range of motion.
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2. Fighting Skills:

- **Punching Techniques:**
A 2-minute round focusing on all certified punches using focus gloves. Emphasise speed, timing, power, and distance while maintaining proper movement and footwork during the round.
 - **Kicking Techniques:**
A 2-minute round demonstrating all kicks using a shield. Focus on the speed of targeting, strike strength, balance, and movement. Ensure mastery of double and triple kicks, along with back and flying kicks.
 - **Blocking and Evasion:**
A 2-minute round where all blocking and evasion techniques are tested. Reflex-based counterattacks are required, with attention on speed, reaction time, and precision in avoiding attacks. Practice with a partner using all necessary protective equipment.
 - **Combination Techniques:**
Present six groups of combined strikes, each featuring five moves, mixing punches, kicks, and throws. Follow this with six additional groups that integrate punches, kicks, throws, and grappling/fastening techniques, showcasing full combination skills.
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3. Endurance Testing:

- **Shadow Fighting:**
Perform a 2-minute round combining punches and kicks in shadow boxing.
- **Bag Work:**
Engage in a 2-minute round of bag work, focusing on combined punches and kicks.
- **Jump Rope:**
A 2-minute round of jumping rope, maintaining endurance and coordination.

- **Throwing:**

A 2-minute round of continuous throws with a partner, focusing on control, balance, and timing while bringing an opponent to the ground.

4. Sparring (Full Contact):

Complete five consecutive rounds of full-contact sparring, each lasting 2 minutes. The applicant must wear full protective gear. The key criteria include demonstrating resilience and skill, with the requirement that the fighter does not get knocked out. A knockout may result in a one-month postponement of the test.

5. General Knowledge:

- **Oral Exam:**

As per the committee's request, present knowledge on fighting techniques, refereeing rules, and patterns, along with historical information about traditional Arabic weapons, including the sword and armor (shield)

Second Fist Degree Testing & Promotion Program (24 Months of Training After First Fist Degree)

The test is divided into five parts:

1. Physical Endurance and Fitness:

- **Hand Strength Exercises:**

Perform 80 repetitions of hand stress exercises using different methods.

- **Leg Exercises (Squats):**

Complete 80 squats focusing on leg strength and balance.

- **Core Strength:**

Perform 200 repetitions of various abdominal exercises to build core endurance.

- **Stretching:**
Perform 10 front and side stretches (right and left) to maintain flexibility and range of motion.
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2. Fighting Skills:

- **Punching Techniques:**
A 2-minute round using all certified punches with focus gloves, emphasising speed, timing, power, and distance.
 - **Kicking Techniques:**
A 2-minute round using all accredited kicks on a shield, focusing on speed, strength, balance, and movement. Mastery of double, triple, back, and flying kicks is required.
 - **Blocking and Evasion:**
A 2-minute round of blocks and evasion, combined with reflexive counterattacks against a partner using protective gear. Emphasise speed, timing, and precision in blocking and evasion, while keeping track of any missed defences.
 - **Combination Techniques:**
Demonstrate six groups of combinations with six strikes each, including punching, kicking, and throwing. Follow this with six groups that incorporate punching, kicking, throwing, and fastening techniques.
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3. Endurance Potential:

- **Shadow Fighting:**
A 2-minute round of shadow boxing with combined punches and kicks.
 - **Bag Work:**
Perform a 2-minute round on the bag, incorporating jumping kicks.
 - **Jump Rope:**
A 3-minute round of varying jump rope techniques.
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4. Sparring (Full Contact):

Complete five consecutive rounds of full-contact sparring, each lasting 3 minutes. The applicant must wear full protective gear and demonstrate resilience and skill. The goal is to avoid being knocked out to prevent a one-month postponement of the test.

5. General Knowledge:

- **Oral Exam:**
Present knowledge of KOWAT ALRAMI fighting, refereeing patterns, and training principles. This includes an understanding of sword techniques, Arabic armor, and shield history.
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Third Fist Degree Testing & Promotion Program **(36 Months of Training After Second Fist Degree)**

The test is divided into five parts:

1. Physical Endurance and Fitness:

- **Hand Strength Exercises:**
Perform 100 repetitions of hand stress exercises using different methods.
 - **Leg Exercises (Squats):**
Complete 100 squats focusing on strength and balance.
 - **Core Strength:**
Perform 300 repetitions of various abdominal exercises for core endurance.
 - **Stretching:**
Perform 10 front and side stretches (right and left) to maintain flexibility and full range of motion.
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2. Fighting Skills:

- **Punching Techniques:**
A 3-minute round using all punches with focus gloves, focusing on speed, timing, strength, and movement.
- **Kicking Techniques:**
A 3-minute round applying accredited kicks, including flying kicks and double kicks, with an emphasis on evasion and movement.
- **Blocking and Evasion:**
A 3-minute round where all blocking and evasion techniques are tested against punches and kicks. Reflex-based counterattacks are required with attention to speed, timing, and missed defenses.
- **Combination Techniques:**
Present seven groups of combined strikes with five moves each, incorporating hands, legs, and throws. Follow this with seven additional groups that combine striking, throwing, and fastening techniques.

3. Endurance Potential:






- **Shadow Fighting:**
A 3-minute round of shadow boxing with combined punches and kicks.
 - **Bag Work:**
A 3-minute round on the bag, incorporating jumping kicks.
 - **Jump Rope:**
A 5-minute round of varying jump rope techniques.
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4. Sparring (Full Contact):

Complete seven consecutive rounds of full-contact sparring, each lasting 3 minutes. The applicant must wear full protective gear and avoid being knocked out, stabilized, or surrendering to pass without postponing the test for one month.

5. General Knowledge:

- **Written Exam:**
Present knowledge of KOWAT ALRAMI's full-contact and light-contact refereeing rules.
- **Training Principles:**
Submit a written exam covering basic training principles and how to coach beginner players.
- **Research on Fighting Science:**
Provide a short research paper on the components of fighting and the science behind effective training.
- **First Aid Basics:**
A basic understanding of first aid for injuries sustained during training.
- **Research on Arabic Swords and Armor:**
Present research on the history, effectiveness, and differences of the Arabian sword and armor compared to other swords worldwide.

Badge	The Degrees	The Definite Duration between the Degrees
	The Star	Four months to earn this degree
	The Crescent	Four months after the star degree
	The Moon	Six months after the crescent degree
	The Sun	Six months after the moon degree
	The Sword	Six months after the sun degree

	<p>The First Fist</p>	<p>Ten months after the sword degree</p>
	<p>The Second Fist</p>	<p>Two years after the first fist degree</p>
	<p>The Third Fist</p>	<p>Three years after the second fist</p>



The Principles of Classifying Referees in KOWAT ALRAMI

1. **Certified “FIST” Degree:**

The referee must hold an official “FIST” Degree certification from an accredited source recognized by the KOWAT ALRAMI federation.

2. **Participation in Specialized Workshops:**

The referee must have participated in several training workshops organised and developed by certified KOWAT ALRAMI instructors, focusing on the rules, techniques, and ethics of refereeing.

3. **Gradual Promotion in Classification:**

The referee must progress through the official ranking system, starting from **Third Rank**, advancing to **Second Rank**, and ultimately reaching the **First Rank**, based on experience, skill, and performance.

KOWAT ALRAMI Training and Promotion Disciplines and Basics

Degree	Duration	Training Focus
Star Degree	Four months	1. Elasticity exercises for required moves 2. Basic hand and leg strikes in full contact methods 3. Falls: front, back, side, and proper falling techniques 4. Light contact fight training
Crescent Degree	Eight months	1. Elasticity exercises from Star Degree 2. Variable physical endurance exercises 3. Boxing basics: punches, escapes, avoidance moves, blocks 4. Basics and blocks against strikes 5. Jumping techniques 6. Light contact fight training
Moon Degree	Ten months	1. Elasticity, fitness, and endurance exercises 2. Exercises from Star and Crescent Degrees 3. Wrestling basics: catching, breaking balance, throwing, stabilising 4. Semi-contact and non-contact fighting techniques 5. Light contact fight training

Sun Degree	Sixteen months	<ol style="list-style-type: none"> 1. All previous training exercises 2. Full contact fighting techniques 3. Fudging techniques in fighting 4. Mental concentration and physical endurance 5. Full contact fight training
Sword Degree	Twenty-two months	<ol style="list-style-type: none"> 1. Advanced exercises from previous degrees focusing on speed, power, concentration, endurance, and skill development 2. Training with Arabian sword and armour 3. Encounter training with equipped opponents 4. Fighting multiple opponents 5. Full contact fight training
Fist Degree	2½ - 3 years	<ol style="list-style-type: none"> 1. Mastery of light, semi, and full contact methods 2. Competence in fighting any player 3. Skillful self-defence 4. Focus on performance improvement, new techniques, and training methods 5. Developing as a trainer 6. Knowledge of contest rules and other fighting methods 7. Certification as a trainer after extensive practice and successful completion of specialised seminar

Advice, Directions, and Guidelines for Players

Becoming a successful fighter, especially in full contact martial arts, demands more than just physical prowess—it requires dedication, perseverance, and years of consistent training. Below are some practical guidelines to help players become effective and influential in their fighting style:

1. **Analyse Your Opponent:** In your first encounter with an opponent, use the initial round to assess their speed, power, and endurance. Identify their weaknesses to target and strengths to avoid. For instance, if their legs are strong, disrupt their stance by closing the distance. If they're vulnerable to strikes to the jaws or ribs, focus on those areas with your kicks. Observe their reaction speed and fighting habits, like their tendency to move backward, and adapt your techniques accordingly.

2. **Focus on Weak Points:** Avoid wasting energy on areas that don't yield results. Concentrate on the opponent's weak points and strike these areas continuously to maximise your impact.
 3. **Target Key Areas:** Aim your strikes at the front of the body both vertically and horizontally. For example, strike vertically at the face and upper stomach, and horizontally at the ribs and liver.
 4. **Use Effective Techniques:** Always use the closest limb to strike and incorporate tactics like covering your opponent's eyes with one hand before delivering a kick or a punch.
 5. **Speed and Distance:** Utilise speed in both defence and attack. Be adept at judging distances between you and your opponent. Remember that leg strikes are generally more powerful and effective than hand strikes due to the muscle strength in the legs.
 6. **Quick Reactions:** Stay mentally focused and react quickly. Avoid reckless moves and capitalise on any openings your opponent presents.
 7. **Avoid Forbidden Areas:** Do not strike forbidden areas such as the throat, reproductive system, spine, joints, or the back of the ear. Such actions can lower your score, provoke your opponent, and lead to negative consequences.
 8. **Know Your Opponent:** Before a championship, gather information about your opponent's skills and techniques. Use insights from your coach during breaks to address your weaknesses and exploit your opponent's. Adapt your strategy based on your opponent's size and fighting style—for instance, if they are large, fight at a close range; if they are small and quick, maintain distance to counter their speed.
 9. **Psychological Impact:** The psychological aspect of fighting is crucial. Project confidence, bravery, and enthusiasm. Your demeanour and focus can affect your opponent's mindset, making them more susceptible to your tactics.
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Here's the table for scoring strikes accepted by Kowat Alrami style:

Target Place	Strike Type	Strike Strength	Fighting Style	Score
Face - Waist	Punch	Effective	Full Contact	1 point
Waist	Kick	Effective	Full Contact	1 point
Face	Kick	Effective	Full Contact	2 points
Waist	Kick & Jump	Effective	Full Contact	1 point
Face	Kick & Jump	Effective	Full Contact	2 points

Face - Waist	Right Punch	Ineffective	Light Contact	1 point
Face	Punch	Ineffective	Light Contact	2 points
Face	Punch & Jump	Ineffective	Light Contact	2 points

the technical terms used for strikes accepted by Kowat Alrami:

Category	Terms
Kicks	Front Kick
	Roundhouse Kick
	Side Kick
	Hook Kick
	Crescent Kick Inside
	Crescent Kick Outside
	Axe Kick
	Sweep Kick
	Back Kick
	Back Spinning Kick
	Jumping Side Kick
	Jumping Front Kick
	Jumping Back Kick
	Jumping Back Spinning Kick
	Flying Roundhouse Kick
	Low Kick
Punches	Jab Punch

	Cross Punch
	Hook Punch
	Uppercut Punch
Throwing	Shoulder Throws
	Leg Throws
	Hip Throws
	Body Throws
Grappling	Wrestling
	Wrist Locks
	Knee Locks
	Elbow Locks
Fastening	Imbalance
	Blocks

Guidelines and Directions for Trainers

Training is both an art and a skill. It demands not only dedication and practice but also a deep understanding of both the sport and its methodologies. A qualified trainer in Kowat Alrami must possess extensive knowledge and experience in all aspects of the sport, including light and full contact styles. The trainer should be well-versed in the sport's rules and disciplines and adept at conveying information effectively and simply, tailored to the athletes' skill levels and training stages. A good trainer guides athletes through their developmental stages, providing essential information to elevate their performance and prepare them for competition. Achieving this level of expertise requires persistent effort and commitment; it cannot be acquired through purchase, force, or mere gift.

Traits of a Good and Successful Trainer:

1. **Advisory Skills:** Ability to provide constructive guidance and advice to students.
2. **Preparation:** Equipping students both physically and emotionally for competition.
3. **Injury Prevention:** Minimising injuries during training by adhering to nutritional basics and best practices.
4. **First Aid Knowledge:** Proficiency in administering first aid for common injuries, understanding treatment methods, and taking necessary precautions.
5. **Moral Instruction:** Emphasising moral principles before technical skills, teaching respect for rules, disciplines, and individuals with higher ranks, thus fostering good sportsmanship.
6. **Structured Training:** Training should be systematic and scientific, rather than random. The trainer must implement technical basics and skills effectively.
7. **Understanding Fight Components:** Knowledge of the components of fighting, training methodologies, and staying updated with advances in training techniques.
8. **Progression:** Ability to guide players through various stages of their training, recognizing their needs, monitoring progress, and addressing weaknesses to enhance their fighting capabilities.
9. **Refereeing Knowledge:** Familiarity with Kowat Alrami refereeing rules and other fighting styles to prevent errors that could lead to match losses.
10. **Communication:** Providing direction calmly and constructively during breaks rather than shouting or giving instructions loudly during matches.
11. **Constructive Criticism:** Avoiding random objections that could negatively impact the trainer's reputation.
12. **Continuous Learning:** Staying informed about recent training techniques and international competitions to enhance training practices and experience.

For players aspiring to excel, serious and continuous training, coupled with strong willpower and active competition participation, is essential. Maintaining good health and avoiding distractions such as poor diet, smoking, and alcohol is crucial. Additionally, players must guard against arrogance, which can undermine their athletic progress regardless of their skill level. These guidelines aim to remind and direct trainers to improve their practice and support their athletes effectively. Trainers should continuously evolve their methods based on experience, personal philosophy, and strategic innovation, aligning with the training curriculum to advance their own and their athletes' capabilities.

The bow is a traditional gesture in martial arts, symbolising respect and discipline. Different styles have their own variations, often reflecting cultural and philosophical beliefs. For instance, in Chinese and Japanese martial arts, bows are deeply rooted in Buddhist traditions and involve rituals such as sitting in a specific manner and bowing to both the training space and the instructor. These gestures are intended to show reverence and respect but can be misconstrued as forms of veneration reserved for sacred entities.

In Kowat Alrami, we have developed a unique bowing practice that aligns with the traditions and values of our Arabian culture. This bow embodies mutual respect between trainers and students, as well as among competitors. It reflects the discipline and structure inherent in our martial art.

After thorough consideration and study, we have established the following bowing procedure:

A. The Bow at the Beginning of the Lesson

1. **Positioning:** The trainer and players stand in the ready position with their hands raised to shoulder level, palms facing each other, and feet shoulder-width apart.
2. **Initiating the Bow:** The trainer instructs the players to bow. This involves placing the right hand over the left side of the chest. All participants respond with the word “Salam.”
3. **Meaning of the Bow:** The gesture of placing the right hand on the chest while saying “Salam” signifies a heartfelt greeting. It represents love, brotherhood, and forgiveness, underscoring that our training and competition are pursued for the sake of peace and respect.

Summarised Training Curriculum

This curriculum outlines key elements essential for refining trainers and guiding them in the science of training martial arts, particularly Kowat Alrami. Here’s a structured approach to understanding and teaching the fundamentals of fighting sports:

First: Warm-Up & Stretching

Warm-up and stretching exercises are crucial before engaging in any intense physical activity. They help prevent injuries, muscle pain, and stiffness, preparing the body for the exertion of hard training. Proper warm-ups relax tense muscles and prevent joint sprains. Perform these exercises slowly and smoothly, ensuring relaxed breathing to avoid increased blood pressure. Follow a systematic sequence of movements during training to maintain effectiveness and safety.

Second: Basic Fighting Skills

1. Stance & Footwork

- Proper stances and movement techniques are fundamental. Pay attention to the ready position, fighting stance, hand positioning, and the distance between feet. Key aspects include body alignment, the angle of stance, and proper bowing techniques between trainer and student, and among the students themselves.

2. Punches

- Punches in Kowat Alrami are similar to boxing techniques, with hands positioned at jaw level. Punches should be quick, both in execution and retraction, to protect vulnerable areas such as the face, jaw, neck, and ribs. Approved punches include Jab, Cross, Hook, and Uppercut.

3. Kicks

- Effective kicks rely on proper hip usage, balance, and body weight to maintain strong moves and good balance. Important kicks in Kowat Alrami include Front Kick, Side Kick, Roundhouse Kick, Crescent Kick, Hook Kick, Low Kick, Back Kick, Spinning Kick, Jumping Back Kick, and Jumping Back Spinning Kick.

4. Blocks & Avoidance

- Training blocks is essential for defending against punches and kicks. This includes Lower, Middle, Upper Blocks, and Palm Hand Blocks (inside and outside) and Double Blocks. Also, practice escaping from punches and kicks, and countering throws with reflexive moves to turn the opponent's momentum against them.

Third: Balance

Balance is crucial for executing multiple consecutive kicks and recovering after high jumps. Practice balance exercises through shadow fighting, working on heavy and light bags, and mats. Good balance is also necessary for performing unbalancing moves and successful throws, as well as maintaining stability while handling an opponent's weight.

Fourth: Distances

Understanding and managing distances is key in martial arts. There are four primary distances to consider:

- 1. Close Range**
- 2. Mid Range**
- 3. Long Range**
- 4. In-Fighting Range**

Effective use of distance involves quick reactions, timing, speed, concentration, and skill. Adjusting distances rapidly can disrupt the opponent's plans and weaken their confidence. Proper distance management is essential for both attacking and defensive strategies.

Fifth: Combination

Effective fighters coordinate hand and foot techniques. Coordination involves combining two or three skills, requiring timing, quick reactions, sharp vision, distance management, speed, and balance. Improve coordination with exercises like speed ball training, jump rope drills, and shadow fighting. Practical fighting experience is essential for applying coordination in real scenarios, especially during contact and throws.

Sixth: Timing

Timing is crucial for all fighters, regardless of size. Larger fighters often rely more on timing, while smaller fighters depend on speed. Proper timing improves the ability to block hits and respond quickly. Enhance timing through training with light and heavy bags, speed balls, and in-person sparring. Fighting with an opponent provides the best context for practising timing and stances.

Seventh: Targeting

Training on hitting approved targets is vital. Accurate targeting can lead to knockout hits and avoid illegal or harmful injuries. Players should practise targeting with punches and kicks on mats and other tools. Proper training helps avoid legal and safety issues during fights.

Eighth: Impact

Training to handle impacts is essential. Players should be prepared to manage both physical and mental responses to pain. Gradual training in impact resistance and falls is necessary to adapt to the demands of Kowat Alrami, including handling throws and ground contact. Exercises should be introduced cautiously, with a focus on specific body areas to avoid injury.

Ninth: Speed

Speed is a critical element in fighting. It enhances power and effectiveness. Speed is essential not only for attacks but also for blocks, evasion, throws, and overall reaction. Incorporate speed training into all aspects of practice, including attacking, defending, and maintaining balance.

Tenth: Endurance

Endurance is the second most important factor after speed. Good endurance allows fighters to sustain performance over extended periods. Improve cardiovascular endurance with running and jumping rope, and muscle endurance with continuous stress exercises and heavy bag work. Effective endurance training ensures that fighters can maintain their performance through multiple rounds of competition.

Eleventh: Variable and Common Topics

To elevate players to championship levels, trainers must be deeply knowledgeable about various aspects of training and the needs of their athletes. Effective training should be

structured, scientific, and tailored to enhance performance according to established principles. Here are some key areas that trainers should focus on:

1. Proper Running Technique

- Running is essential for building muscular and cardiovascular endurance. It strengthens leg muscles and increases heart rate over extended periods. Proper running techniques enhance the player's overall movement and endurance during fights.

2. Breathing Techniques and Regulation

- Effective breathing is crucial during training and competition as it supplies oxygen to the blood, aiding muscle function and reducing fatigue. Deep breathing techniques, combined with mental focus, help in recovery and relaxation after intense training.

3. Weight Lifting

- Weight training strengthens muscles and improves overall body coordination. However, excessive emphasis on weight lifting can compromise flexibility and speed. Integrate fitness exercises before and after weight training to maintain agility and effectiveness in combat.

4. Training on Sports Machines and Equipment

- Understanding how to use various sports machines and equipment is vital for enhancing player performance. Trainers should be adept at utilising equipment to address weak areas and improve all aspects of fighting capability.
- **Matts:** Enhance fighting potential, reaction to hits, distance, speed, balance, timing, and targeting.
- **Sparring Shield:** Develop strength, reaction time, distance control, balance, speed, and power by practising punches and kicks with intensity in various directions.
- **Punching Ball:** Improve timing, speed, combination, and concentration through precise punching techniques.
- **Speed Ball:** Sharpen sight and punching accuracy with straight, hook, and spinning punches.
- **Light and Heavy Bags:** Essential for increasing strength, timing, balance, physical fitness, and improving all fighting moves. The heavy bag builds power and endurance, while the light bag enhances speed, balance, and coordination.

5. Rope Skipping

- Rope skipping is an excellent alternative for those who don't run regularly. It serves as a warm-up and enhances timing, combination skills, speed, fitness, response, leg strength, and agility in changing fighting distances.

6. Nutrition

- Trainers should be knowledgeable about nutrition to ensure players' health and optimal performance. A balanced diet with adequate proteins, carbohydrates, vitamins, and minerals is crucial for sustaining energy and maintaining health.

7. First Aid

- Trainers need to be proficient in basic first aid to address common injuries such as muscle strains, joint sprains, and trauma. Prompt treatment and proper management of injuries help in minimizing downtime and aiding recovery.

8. Refereeing Rules

- Knowledge of Kowat Alrami's refereeing rules is essential for trainers. Staying updated on rule changes and participating in refereeing seminars will ensure trainers can guide their players effectively and avoid costly mistakes in competitions.

“ Hope I did well in presenting a simple summary of the training curriculum for Kowat Alrami sports and other sports of different styles trainers, and reminding them of some of the topics related to training and fighting components which some have missed, and to put them on the path towards the right training that would qualify them to be successful trainers in their work to raise the standard of their players and develop them...

Furthermore, the trainer should develop himself according to his experience that he gained from his practices of martial arts, his philosophy, and his special strategy. The trainer has his own freedom to create and innovate to develop himself and his players.

May God bless our work together for the benefit of Kowat Alrami sport and the athletes that take part in its evolution worldwide. Praise be to Allah, the Lord of the Worlds. ”

Composer/ Writer : President & Founder
Professor Dr. Walid Kassas

Tests Application Form

(Degree: _____)

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