



Q & A

About Modern Tahtib



ANSWERS TO QUESTIONS RAISED in North America and other remote areas!

If you like to spread the here-under info, I just need to know your targets and intention.

1. How many forms are taught in Modern Tahtib.

In MT, there are,

- thirteen Forms (Nakhla, Noqta, Gawla, ...). Each form could be practiced in five different modes, the #3 and 4 modes are practiced by two. The #5 is practiced with two opponents against one.
- four Codified jousts (the ABOUSIR series), played by two (attacker – defender)
- the BASIC CYCLE, played by two (attacker – defender) with reversing roles.
- The Universe form and the Closing form, for MT Tournaments and celebrations

See details in the here-attached “**REMOTE GUIDE**”,

2. How many ground techniques are taught in the art.

Most of the techniques played on standing stance are played on the ground when kneeling, sitting, laying etc. Some are presented in the book (Free joust chapter)

3. What is the curriculum layout of the Modern Tahtib.

As a reference, see attached doc “**Modern Tahtib Train the Trainers - *Planning and Budget***”

4. Are there any empty hand applications to the stick art.

No, except grabbing the other's stick.

Ref to the [photo, click here](#) ... GRAB or NOT GRAB?

Grab is not enough.

How to win after having grabbed the opponent's stick?

The winner throws his opponent's stick on the ground.

The winner grazes his opponent's head with his own stick's end. .

How to grab and be at the right distance to graze with your stick's end?

PRACTICE.... Practice body movement and spin in the right timing & distance.

5. Are there ground applications to the stick art.

Yes there is!

See in Modern Tahtib book, a full sub-chapter dedicated to such practice strongly recommended:

1. For duels between beginners, avoid accident
2. To re inforce the body “belt-base”
3. To find out how a lower position has great advantages vs an upper one!

6. I see the art use a 1.3m stick & also use double sticks, are there any shorter sticks used in the art, if so was is the shortest sticks used in the art.



The Modern Tahtib stick is in rattan wood. According to the player, its length is 1.3m-- 1.4m, its diameter is 28-32mm.

With such length, there is no double stick jousting in Modern Tahtib as there is no double stick in BO JUTSU. But, you could practice with two sticks in the warm-up part for stick mastering and body development.

7. How many double stick forms are taught in the art.

None. See above.

8. Do you have any recommended list of alternative woods besides rattan since a 1.3m rattan stick is not easy to find here in South Florida, USA.

Aaron Gray, may be one of your USA based network friends just bought rattan sticks on the web. Adam Smith and Nicholas Dawkins in Toronto ordered a pack of rattan on the web (about 10\$ per stick), [check here](#). Apparently, this site delivers in South America too.

Similar sticks, higher density were made available in Budapest at a similar price (Made in Taiwan, [check here](#)).

Check on alibaba.com

9. Can you use a heavier stick instead of the lighter rattan to help with arms conditioning, durability & to aid with using any heavy bladed weaponry.

If your priority is arms conditioning, use lead or uranium stick ;-)

The Egyptian battle staff was mostly developed and used as a warrior tool from the Vth to the XIIth dynasty. At that period, it was the heaviest instrument and heavier weapons or swords did not exist. With a tough piece of wood, the aim was to destroy the enemy's head. Today, the objective is no more to destroy the other's head but to practice and to play a game with personal development intentions.

On the other hand, you could notice that most of the beginners have tough time even with a light rattan wood. They would have same tough time with a feather.

Why?

Most of people believe that such practice requires strong shoulders and arms. In fact, Modern Tahtib practice, as most of martial arts, requires mental and physical flexibility to move with a fully unified body. Consequently, with such connected body merged with the stick (and vice versa) you will play with POWER & CONTROL.

See **chapter B** in the here-attached "**REMOTE GUIDE**",

10. Is there any safety gear or equipment used for beginners or in advanced sparring or for the sports side or Tahtib. Such as eyewear, helmet, face shields, mouth guard, gloves covering wrists, groin cup, elbow guards, knee guards, etc.

Not at all.

Ref to the video "**Modern Tahtib Egypt Soul - [UNIVERSAL RESPECT](#)**" in the attached "**Remote Guide**", Modern Tahtib is the school for RESPECT: self –respect, respecting the other, mutual



respect. Thus from the very beginning and all along the trainee development as well as for advanced practitioners, the priority is to develop **POWER & CONTROL at any time**. Respecting your partner implies to give your best and strongest attack with full control. Gears would deviate from that core objective and value.

Game rules extract:

Grazing the head is the winning point as well as double touches at the same moment in two different body parts.

Forbidden:

Hitting the head is eliminatory.

Hitting the joints/hands receive a "warning" then eliminatory.

11. Do you use a ranking system in Modern Tahtib, if so what are the ranking levels & do you use a ranking aids such as a colored garments or any patches.

For instructor levels, see chapter "Principles" in attached doc "Modern Tahtib Train the Trainers - *Planning and Budget*"

12. What is the recommended youngest age to start teaching Modern Tahtib.

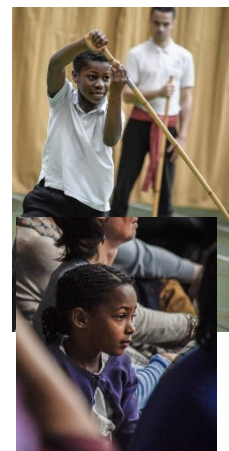


In this domain, we are moving carefully and progressively. One of our best players, now 18 years old, started at 14 strongly pushed and encouraged by his father.

Our youngest successful implementation is at eleven years old, e.g. Noé, one of our senior player's son.

Our recent test is with another instructor daughter, 5 years old, Nylane.

The youngest recommended is now at 7 years old.



13. Does the kids have a different ranking system than the adults & what is the minimum age for a adult class.

Adult class starts at 15. A formal parents' authorization is requested for people at 15-18 years old.

Kids classes are currently delivered at 7-13 years old.

Ranking and tournaments per category of age will be defined in the coming year.

For the moment, senior plays against teen-agers with the traditional rules "the senior makes/facilitates the younger play – the younger even if stronger ... lets the older wins"

14. What equipment/gear is needed to start a local Tahtib training group/club in my local area.

INDOOR = 15m² per person, ceiling height 5m



OUTDOOR, same space

GROUND = wooden floor, tatami, clay, grass

STICKS

ABOUSIR drawing

FIRST AID KIT including usual elements plus ARNICA 5CH microdose tubes

DRESS

Unformal sport dress

For Formal MT dress →

- White Polo with large MT logo on the back and small logo with website in the front,
- For instructors, black polo or rolled neck polo
- Black trousers, if possible with no pockets,
- Egyptian three-ended red ochre belt. The belt is 3m length; 10cm width on the middle 1m50; the three ends are 0.75 m length and 5cm width, the belt is tied and centered three fingers below the navel
- Black shoes and socks (or naked feet)
- Nothing on the head

15. Per the www.tahtib.com website is the following the only uniform requirement for a local Modern Tahtib club/study group or can a t-shirt be used instead:

Supple black sports shoes, black socks, black flexible pants, rolled neck polo or a simple black polo in summer, white belt tied and centered at 3 fingers below the navel (3m. in length and 7 cm. in width), an Egyptian vest (Sedari), a black cap in winter.

See above.

We tested SEDERI during two years. We gave up on it as it gives a waiter ("garçon de café") look !

16. Besides unofficial local Modern Tahtib study groups what is needed to become a certified Modern Tahtib instructor.

The MT Instructor certification concerns a set of criteria described in the attached PDF "**MT Instructor development and certification_V5**".

In the recent Certification Level 1 exam, I had organized six jury members, two per category:

TEACHING SKILLS, PRACTICE SKILLS, DEVELOPMENT SKILLS.

See also the attached doc "**Modern Tahtib Train the Trainers - *Planning and Budget***"

17. How long is the Modern Tahtib practitioner course, how long is the Instructor course & are there levels in the instructor course.

The practitioner course is usually 1h30 – 2h.

The instructor course during TTT is about 3 hours.

Interclub courses are usually 4 hours with a 15' break.



18. "Afternoon Dr Adel, wanted to clarify a quick question. You stated a regular tahtib class is 1.5-2hrs, instructor classes are 3hrs. Wanted to know how many years is the instructor course & how many years to complete the regular tahtib curriculum."

Reminder: There are four instructor levels.

For Level #1, it could require less than one year.

See details in the **"TTT Principles and planning_EN_V4.doc"**.

My recent experience in Cairo proved that I could bring people at Level #1 in six months. The program was about intensive courses and implementation by the candidates with their own teams. In fact, they did the implementation in perspective of a Tournament. This target boosted the transmission to the candidates' teams; transmission is a key element in the Train The Trainers.

So, the certification process length is according to the following factors:

1. **Your availability for intensive courses**. An intensive course takes place on 9 days such as two week-ends (2 days X 8hrs/day) and 3hrs per evening during the week "in sandwich".
2. **The availability of a group of Instructors candidates** to join you in the TTT (12-15 in the same place). In Egypt, the candidates gathered in Cairo coming from six different remote governorates. People traveled by train and resided in Cairo for each intensive course.
3. **The availability of your own MT entity**, a group of trainee (12-15) for each instructor candidate.

For a very remote country like Australia, I would travel and stay in the country during three months for a one shot TTT, LEVEL#1.

The starting point that I offer, travel and residence at my charge, is a Modern Tahtib Discovery workshop.

19. Do you have a long distance, remote or online Modern Tahtib instructor training course for people outside of Europe or Egypt. And would you consider a long distance or online Modern Tahtib regular practitioner training classes for willing students outside Europe & Egypt. If online practitioner and/or instructor classes are possible you you have any pricing on those classes or do you need some time to consider it.

For remote sites, I am currently testing the process.

Adam M C Myrie based in Toronto is part of my benchmarking. Check with him.

He uses the available book, videos on MT Youtube Channel, the hints given on the Facebook page and Instagram, and the "remote guide". We had a session on last week Skype. I also coached by mail based on the photos and videos sent by him. At a certain time, next spring I believe we would need an onsite intensive course. To optimize such investment, I encourage motivated people from different horizons to gather in one place in North America



20. Besides the Tahtib Manual book you wrote, do you recommend any other Tahtib books or DVDs. And do they have English translations.

There is no other books in the world. Mine, Modern Tahtib Book, is bilingual (EN, FR), it contains 3000 photos and schemas, plus 30 QR codes which triggers videos to illustrate the addressed topics all along the book. This book is available on AMAZON or at the editor www.budo.fr

Nevertheless, I recommend you to get the necessary knowledge in Anatomy, Physiology, Laws, First Aids, .. all skills required for Sports Instructors.

21. Theoretically what ancient Egypt weaponry you think used the Tahtib as a training tool for ancient warriors.

As described on the Abousir engravings (Sahoure pyramid track, -2600 B.C.) the three warrior disciplines were : **wrestling and archery, battle staff**. A comprehensive bibliography is available in my book. It has been established by Dominique Farout (Pr at Ecole du Louvre). Dr W Decker, the famous Egyptologists specialized in antiques sports wrote the most recent article about Abousir.

22. In Modern Tahtib do you teach any Egyptian code of conduct, mental skillsets taught to aid with tempering personal refinement or warrior mental refinement.

Yes.

Attitude is the main aim of Modern Tahtib.

My coaching is given all along the courses and TTT, particularly about consistency, fairness, commitment.

I have been using such transformational coaching with about 1000 executives and managers in my professional activity since 2001, ref on www.plido.com

23. Do you personally practice any ancient Egyptian weaponry using the Tahtib methodology

The battle staff is the only Egyptian weaponry that I practice.

On the other hand, concerning the BUDO weaponry, I practice with the Bo, Jo, Iai, Tanto.

24. What is the first TTT stage practice content?

Pre requisite	<p>In addition to preliminary stick practice prior to the course, each participant will,</p> <ul style="list-style-type: none"> Consult the 8 videos, and related texts, called EGYPT SOUL available on Modern Tahtib Youtube Channel, click here Watch the summary video, and related text, of the Tournament 2017, click here Watch the presentation done at the Martial Arts International Festival, click here The Tournament in Paris, click here
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INTRO on DAY1	<ul style="list-style-type: none"> Presentation of the participants, (club, discipline, seniority, intention vs the workshop)
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Questions and answers about Modern Tahtib

	<ul style="list-style-type: none"> • Summary history of the Egyptian Battle staff, • Presentation and review of The Egyptian Battle Staff values, principles and applications all along the course components.
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	Footwork, Basic techniques and stick mastering	Anchorin g steps	Gauging, the prelimin ary stage for Jousting	Tashkil as (form)	Codifie d Joust	Free Joust	Combat 360°
DAY 1	Warm up #1 Sadda Rassha L & R	Camel, Small horse	Classic	Basic cycle 1-2		Rules recap and execution	
DAY 2	Warm up #2 Ground work Rassha inversion and counter hand palm down	Medium horse, Fallahi, Amameya- Khalfeyya	Big Jump; Ventilo Milo	Basic Cycle 1- 3 Nakhla 1-2	Abousir Ta'ssil	Rules recap and execution. Adjust all along.	Against vertical attacks.
DAY 3	Warm up #3 Mossolofa 2 static Mossolofa 2 dynamic	Big horse, Sadda - gauge	Ventilo Mossolof a 2	Basic Cycle 1- 5 Nakhla 1-3	Mossol ofa 2	Rules recap and execution. Adjust all along.	Deliver counter attacks
DAY 4	Warm up #4 Ground work Rassha inversion and counter hand palm up Mossolofa 3	Universe	Ventilo Mossolof a 3	Nakhla 1-5 Univers e	Mossol ofa 3 Mirorri ng in Nakhla from 1- 4	Rules recap and execution. Adjust all along.	Add lateral attacks. Attack in attack.
→ Presentation and review of The Egyptian Battle Staff values, principles and applications all along the course components.							



25. It is cool that you are striving to get Olympic Games acceptance for Tahtib.

I will strive with people motivated, not alone!

26. As I mentioned the last time my main interest in the martial & self-defense aspect of Modern Tahtib. Afterwards I am open to pursue the sport & folk dance aspect of Modern Tahtib.

I am not interested in folk dance aspect.

Modern Tahtib is a martial art as it was 5000 years ago.

Self-defense efficiency is in ATTITUDE, not in weaponry. Martial arts practice develops attitude, concretely!

27. If any local students are interested enough they might want to try out for the Olympic Team if you can get that approved.

Modern Tahtib is the opportunity for you to bring a local team to compete in the Olympics.

28. Is the Egyptian music drumwork used in the martial, self defense & sport aspect of Modern Tahtib. Or is it only performed in the folk dance aspect of the art.

In Modern Tahtib we use drums only. The folk dance adds Mizmar, a kind of oboe.

Drums in Modern Tahtib are used during the tournament opening and closing forms, as well during the Free Jousting cup. Drumwork energizes players, and link them to the audience. It modulates and moderates or fosters the duels.

29. Do you make any provision to teach the Egyptian music drum work used in Modern Tahtib, or expect the local Tahtib training group to use a musical recording instead.

Live drum work is more in the spirit; it links the audience to the jousters and vice versa. It has an energizing intention or moderating, not a show intention.

30. For the sport Tahtib how long are the rounds, how many rounds in a match & what are the scoring methods/points needed to win a match.

In perspective or a Tournament, please ask for the related Rules preliminary version in English.

31. What other martial arts you practice or is certified in since you mentioned having knowledge in possible Japanese/Okinawan arts.

I have been practicing MA since 1969, with an average 3-5 sessions per week till now.

It is for me a life style.

Here-attached my bio.

32. There was something I'm hoping to clarify on a video from your channel

https://www.youtube.com/watch?v=OMVHFduY_Eo this joust being performed they are taking turns. Is there an etiquette or a way to determine when it is your turn to attack and when to defend in free joust?



The video your refer to is the one shot with Rayess Hassan in 1976, the tall and slim guy in the video. Yes there is an etiquette. It is used during the gauging stage, the older player drives, you play rassha first. Among the etiquette techniques, you could use for instance extracts from the stages #3 to end of the Basic Cycle. You communicate with your opponent with your eyes and 6th sense, in order to secure his welcome and readiness for very strong hits. It develops deep ground of commitment and Respect. In the stage after, you enter in the free joust stage.

33. Any free jousting in Egypt?

In Egypt, as since the 60's the authorities didn't want to face youth with sticks and to count dead people in upper Egypt villages, they managed to reduce then erase the free jousting part, also forbid any event except official festivals for performance only.

Now with Modern Tahtib's pedagogy, sportive rules, forms (Nakhla, Qantara,...) codified gauges (Big jump, Classic, Tornado, Ventililo Milo, Give and Take, ...) codified jousts (The Abousir series,...) ... we can now monitor free jousting, also 360° Combat and tournaments safely. Our fifteen MT instructors in Egypt are now opening a new era, women included!

34. What is the link with Rayess Hassan and the Tashkila (form) Khed'aa?

The 1st time I met Rayess Hassan was in October 2013, to prepare and collect material for the Unesco filing of Tahtib. We started to discuss his special trick that I had noticed elsewhere. When I invited him as jury member at the Egyptian Tournament, he was 76 years old. Forty years after this video, he delivered the same trick, the same feint. Now his special technique is embedded in the TASHKILA (form) that I created, KHED'AA.

From the one mode of Rayess Hassan's feint, when applying the step and footwork given in Khed'aa, you'll discover 32 different application modes.

Initially surprised, Rayess Hassan greeted this insight and hint.



35. I will look at the Khed'aa video and try out some of the footwork and attacks from these older videos.

Do so, guess the footwork behind the galabeyya !

Concerning the interpretation of the 32 modes embedded in Khed'aa of Hassan's trick, it will be decoded/decrypted/practiced in TTT #5-6.

In the meantime, practice the Basic Cycle with your partners, Nakhla from mode #3, the form Universe, the codified joust Abousi Taa'ssil, build your group and start to transmit/teach..... and do your own experience with Rayess Hassan's video.

We'll discuss the necessary feints' fundamentals furtherly.



36. Dr. Boulad since I have the chance now. I had a question actually about the free sparring aspect of Tahtib. Which is as we (Mansa, Nick, Alberto) were sparring it seems that after the amemeya and khalefeya and the circling it just becomes who hits first, or someone breaks tempo and speeds up and just attacks. I've been wondering what kind of rule and cultural aspect prevents someone from just becoming aggressive (hit after hit).

Daniel, your questions are often at the essential. Great!

MT is a GAME also a personal development mean where accepting to lose is accepting to downsize pride and arrogance. Accepting to lose is learning from losing.

Feinting, luring, tempo changing... are all welcome in the spirit of a game. It includes strong but controlled attacks. The stick length and weight play a role, forcing for body involvement and footwork.

To control aggressiveness, keep the combat in a circle with a visible limit. As soon as you feel the combat enters in violence, brutality and bad spirit... ask both fighters to withdraw at the circle limits, to breath, and to get back with a new mindset... fully reset! Also, invite people to go for ground fight. It calms down.

In traditional tahtib, the fight is immediately stopped at the very early stage of aggressiveness. The senior shouts out “**Ssooh**”. This word in ancient Egyptian language means “pass the relay; give the turn to another”

On last tournament, I didn't allow two players to joust as they couldn't prove Power&Control skills, and had a too high and visible pride.

37. Dear Teacher

I am writing from Venezuela, my name is Shuenlith Sharif, I am Lebanese but I live in this country. I am a former dancer, and I am currently a teacher and lecturer, with more than 20 year...

<https://www.facebook.com/bellyWheel/videos/2042166982501831/>

In this video we are just exercising some movements a little.

Thank you for your message.

If you teach Tahtib to people with disabilities, it is better to get them on wheel chairs or to train them with ground work, ref on Modern Tahtib book (*). Look on Page 92-93; 94-96; 139-143 and develop groundwork for all Tashkila presented in Chapter 7

Wheeled chairs and/or groundwork will allow them to :

1. Get the proper body stance. Profile right or left.
2. Position their body and move according to the opponent.
3. Use their hands as a consequence of the full body chain, bottom → up

The priorities in Tahtib are : Footwork or hips work in case of people with disabilities, body position, and the very last is what you show in your video i.e. the wrist movements.



Before the wrist you have the arm movement, before the arm, the chest, before the chest the hips etc.

With people having disabilities, when moving on their wheel chair they will get the dynamic from the bottom and transmit it to the stick thru the body parts.

Courage !

Adel Boulad

(*) The book on Modern Tahtib that I published in bilingual (EN,FR) is available at AMAZON, [click here](#)

