



# Modern Tahtib Train the Trainers

## *Planning and Budget*

With the Egyptian Battle Staff, enriched by 5000 years track, educators around the world have now the unique opportunity to establish its updated version, MODERN TAHTIB (MT), as an educative mean and practice about RESPECT. Thanks to the stick length and practice rules, the Egyptian battle staff amplifies the usual martial arts benefits.

This remarkable practice, sportive and artistic, is a unique and proven asset about harmonizing societies and developing people.

MODERN TAHTIB is the most recent update of the millennium Egyptian Battle Staff (-2600 B.C.), initially a warrior discipline during the Pharaonic era, then a game played in the Upper Egypt villages. It is now a martial and festive art available in Europe for males and females motivated to, peacefully practice stick jousts, combats, and codified series.

With the same fundamentals values, particularly Respect, MODERN TAHTIB is creating the possibility of safeguarding this millennium art by perpetuating its practice as a Universal Sport and Education. It overcomes the very high risk of the art vanishing with the fast urbanization.

MODERN TAHTIB brings a new transmission method, urban and sportive, for males and females, beyond Egypt everywhere in the world. Its main contributions are transmission method and codified series, women are now in the game, combat is back on stage, modern sportive dress and the Vth dynasty Egyptian belt.

MODERN TAHTIB leverages on proven millennium values, and transform warrior principles into performing peaceful development principles for individuals and groups.

The here-developed MT Train the Trainer (**MT TTT**) plan aims at setting the conditions, criteria and process to deploy the practice in any country or region of countries. The course and the coaching could be delivered in three languages: English, French, Arabic.

1. PREREQUISITES
2. PRINCIPLES
3. EQUIPMENT
4. FIRST DEPLOYMENT PLANNING
5. THE MT FOUNDER



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## 1. PREREQUISITES

The MT TTT concerns a **group of 6 – 12 people** with the here-under profile.

**A local leader,**

1. organizes the group according to the here-after and here-under criteria,
2. rents the facilities,
3. manages his business plan,
4. pays the fees and expenses to the MT instructor

### Develop Modern Tahtib instructors in urban environment

*Cascading mechanism thru committed instructors and hosting entities (sport clubs, dance schools, NGOs ...)*

#### Prerequisites for the candidate:

- Male or female, strongly motivated by the updated Egyptian Battle Staff, Modern Tahtib as an educative and sportive discipline
- Already martial or sport instructor, or advanced practitioner,
- With educational and sportive ethics and values
- Assigned in one sporting club or NGO,
- Familiar with young people & senior audiences,
- Committed to the MT TTT schedule and principles,

#### Prerequisites for the hosting entity:

- Committed board
- Assign space (15m2/person) and time (2 X 2hrs /week) in the club's activity schedule
- The entity pays a bonus to the instructor who in exchange delivers MT sessions (minimum of 2/week).
- The entity has the mid-term potential to supervise other entities in a close area

Consult and use the Modern Tahtib book (bilingual ENGLISH and French; 3000 photos, 11 chapters, 30 QR codes for videos).

The book is available on Amazon.com, [click here](#) and at the editor, BUDO EDITIONS at [www.budo.fr](http://www.budo.fr)

Consult and use the existing MT media (free of charge), they contain all along practice and teaching hints. The videos available on the MT Youtube channel contains also texts about history, principles and rules.

Subscribe to the MT Media (free of charge), at,



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- ❖ Modern Tahtib Youtube Channel, [click here](#)
- ❖ Modern Tahtib Facebook Page, [click here](#)
- ❖ Modern-Tahtib on Instagram, [click here](#)
- ❖ The website [www.tahtib.com](http://www.tahtib.com)

## 2. PRINCIPLES

The MT TTT development principle is based on “Transmit what I learned”, i.e. a candidate instructor boosts his learning curve in transmitting to others in his own hosting entity (Sporting club, association, Federation,..).

**Learning and Practice,** *Intensive courses,*

**Transmission,** *Immediate implementation after each intensive course, 2 courses/week, 2hrs/course*

*Adel Boulad, or a Level 3-4 instructor, supervises the transmission in visiting, coaching (or remote coaching) the given instructors in their clubs when they deliver their course. The transmission period is of 5 to 8 weeks according to the given step.*

In MT there are,

- Seven technical levels (or grade), ref to the Instructor’s Manual with an estimation of a level per 1-3 years according to the practice,
- Four instructor levels,

Each instructor level requires 2-3 years of Learning & Practice and supervised Transmission.

Level 1 requires about one year thru intensive courses.

## INSTRUCTOR SKILLS per LEVEL

*Skills are cumulative*

	DEVELOPMENT SKILLS	PRACTICE SKILLS	TEACHING SKILLS	ATTITUDE
LEVEL 1	Local, One group >10 people	Basic Cycle Mossolofa 2 and 3, static & dynamic,	Teach to a class of 10-20p Local language	<b>Ask for and accept coaching</b>



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	Videos and Ad Prints Social Network	Nakhla form A&B Abousir –Taa’ssil and Tawassol Universe and closing forms Free Jousting and Combat		<ul style="list-style-type: none"> <li>Align and incarnate MT values and Respect Tournament rules</li> <li>Secure any practice vs injuries</li> <li>Engage with initiatives</li> <li>Put his trainee in 1st priority</li> </ul>
<b>LEVEL 2</b>	Two groups >20 people MEDIA and TV, Design and organize demos and conferences	Mossolofa 2 and 3 with spins and counter spins, Nakhla in a circle, no frame Noqta and Gawla form A&B Nakhla and Noqta A&B at once with changing roles Abousir –Tarkiz and Eltezam Mass’ha A, Noqta A  Basic Percussion Rhythm mastering (Saïdi and Fox and Haggalah Malfouf rhythms and Nakhla accompanying)	Teach to level 1 Design content for beginners	
<b>LEVEL 3</b>	National, 3-10 groups Organize tournaments Organize and deliver National TTTs Design content	“Rayyess Hassan special” 16 versions, 19 Bercy Breakthroughs review Nakhla in a circle, combat vs 2 Mass’ha A & B, Noqta A & B Khed’aa A & B , Laffa A & B, Qantara A & B  Percussion Rhythm mastering for the all above mentioned Tashkila, for free jousting accompanying	Teach to level 2 Multi group at once Design content for senior	
<b>LEVEL 4</b>	Organize and deliver International TTTs, tournaments and demos >10 groups	Chaining nonstop all forms A & B Create new forms and their percussion rhythms	Teach to level 3 Design technical content and personal insights >2 languages	



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## 3. EQUIPMENT

### SITE.

MT could be practiced in-door or out-door. For in-door facilities, consider an average gymnasium (400m<sup>2</sup>) for about 20 people.

### SUITS.

For a discovery session, and TTT participants have their usual sports suits, for indoor and out-door, and any kind of martial art belt they already own. Further, they could buy the three-ended MT belt.

### STICK.

A MT stick is in RATTAN (also called full Bamboo). It is in fiber and tolerates contacts far better than usual wood.

Length is 1m30-1m40

Diameter for men is 28-30mm and for women 26-28mm

Rattan sticks made in Taiwan are available thru martial arts shops for Kung fu and Chinese arts.

## 4. FIRST DEPLOYMENT PLANNING, INSTRUCTOR LEVEL 1

### Develop Modern Tahtib instructors, **Level 1** in 46 weeks (\*)

*The development cycle is of 10-12 months (46 weeks) in six steps closed by a celebration.*

*Each step is composed of “Learn & Practice” and “Transmission”*

	1 <sup>st</sup> step		2 <sup>nd</sup> step		3 <sup>rd</sup> step		4 <sup>th</sup> step		5 <sup>th</sup> step		6 <sup>th</sup> step		7 <sup>th</sup> step			
	Two days 2 courses per day 8am - 2pm		6 weeks		Two days 2 courses per day 8am - 2pm		8 weeks		Two days 2 courses per day 8am - 2pm		8 weeks		Two days 2 courses per day 8am - 2pm		8 weeks	



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	Learning and practice	Transmission	Learning and practice	Transmission	Learning and practice	Transmission	Learning and practice	Transmission	Learning and practice	Transmission	Learning and practice	Transmission	Celebration preparation
<b>Presentation and discussion:</b> <ul style="list-style-type: none"> <li>MT origin and history</li> <li>MT system and Martial arts systems</li> <li>The MT challenge in the world</li> <li>Ethics &amp; Values (2)</li> <li>Sport pedagogy for teenagers and adults</li> <li><b>Debriefing from past stage and re prioritization</b></li> </ul>													
<b>Practice</b> <i>Body readiness</i>	Stick handling, Stick skills, <b>Power and control, (static and dynamic)</b> Precision to reach the 5 winning points Movements Flexibility, Relax		Ctd		Ctd		Ctd		Ctd		Ctd		
<b>Practice</b> <i>Technical basics</i>	Two hands: Sadda Khalfeyya (upper, lower)		Ctd 2 hands, dynamic and all directions Ctd, one hand		Static Mossolofa 2 Attack and		Dynamic Mossolofa 2 Static		Circular Mossolofa2 Dynamic		Ground techs.ctd Circular		



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	Amameya (upper, lower)  Basic attacks- defense (low, medium, high oblique, high vertical)  Rassha amameya and khalfeyya		Jump and hit vs hit and protect  Yamma (Milo) phase 1  Reversing rassha		counter attack,  Yamma (Milo), phase 2  Ground techs.		Mossolofa 3  Yamma (milo), phase 3 &4  Rotation and counter- rotation (defense – attack)  Ground techs., ctd		Mossolofa 3  Full Yamma (milo),  The four basic striking mechanisms		Mossolofa 3  Yamma (milo), ctd		
<b>Practice</b> <b>Initiation to fundamentals</b>	Basic form-7 stages		Nakhla form, part 1  <i>The head The other Synchro bottom up Absorb Relax and throw Hips &amp; body</i>		Nakhla form, part 2  <i>Intrude Balance in translational &amp; rotational</i>		Nakhla form, part 3  <i>Paradigm shift #1</i>		Nakhla form, part 4 & 5 <i>Absorb &amp; counter attack Paradigm shift #2 Break the attack in recentering Paradigm shift #3</i>		Nakhla Mirror  <i>Group synchro, Space control</i>		
<b>Practice</b> <b>Initiation to anchoring steps and rhythm</b>	Fundamentals, Universe Circle 4 steps Saïdi Marajeha Gamal		Ct'd, plus El dabba Hossan (medium and small)		Ct'd, plus Fallahi Hossan (large)		Ct'd, plus, Hossan (large), ctd Amameya and Khalfeyya  Full Universe		Ct'd, plus Amameya and Khalfeyya jumps  Full Universe ct'd		Parade assembling		
<b>Practice</b>	Basic		Codified		Alternative		Codified		Codified				



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<b>Initiation to the duels</b>	preliminary protocol (Bow, Gauge, Mossolofa..., ground jousting)		modules: Amameya 1-2 Khalfeya 1		preliminary protocols		modules: Amameya 2-3 Khalfeya 1-2		modules: Amameya 1-5 Khalfeya 1-3			
<b>Practice Jousting, from codified to free</b>	Jousting, from codified to free		Jousting Ctd		Jousting Ctd		Jousting Ctd  COMBAT on vertical attacks		Jousting Ctd  COMBAT on all attacks, plus counter attacks		Jousting Ctd  COMBAT on vertical attacks, plus anticipation	
<b>Practice Rhythm</b>												
<b>Practice teaching skills Teaching classes execution, debriefing and re alignment</b>												
<b>Practice development Dvpt plan &amp; Investment, Mktg &amp; Comm plan, ... review and update</b>												

### 5. Who is the Modern Tahtib founder and TTT instructor?

**Dr Adel Boulad**, born in 1951 in Egypt, PhD in Physics (1976) , Martial Arts Instructor (1975) , Leader of operational multicultural teams operating in the hi-tech (1978) , Executive Coach (2001, [www.plido.com](http://www.plido.com) ) snubs and denigrates for more than thirty years the art of Tahtib .





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It is as from the year 2000 that he measures its depth and richness.

During seven years, he investigates in the Upper-Egypt Tahtib groups and benchmark Tahtib teaching in Egyptian and French schools. In 2013, he updates the transmission method, designs and broadcasts in French and Arabic the "Instructor's Manual" and proceeds with the registration of the Tahtib at the intangible universal heritage of the Unesco.

In 2014, he founds Modern Tahtib and publishes the **MT book** with a worldwide distribution.

In 2015 – 2016 he successfully develops MT in Europe, with new MT sections in Universities and clubs, he delivers 1<sup>st</sup> time ever demonstrations in the **British Museum - London** and the **largest Martial Arts International Festival** in Paris.

On November 20<sup>th</sup>, 2016, after five years struggle he successfully managed to get “TAHTIB – STICK GAME” registered at **Unesco Intangible Universal Heritage**. In the core of the file, for Tahtib safeguard, the Egyptian state is committed to develop the art in the entire society, men and women, and to start by delivering Train The Trainers to instructors uncharged of deployment in sporting clubs and Youth centers.

On March 25<sup>TH</sup>, 2017 Dr Adel Boulad ended successfully the first **Train The Trainers** cycle in Egypt with the certification of fifteen instructors, 2 Level 2, 4 Level 1, and 9 level B. More importantly, for Egypt, the first Egyptian woman was certified. Until that date, nobody could imagine that a woman in Egypt would train boys and girls to practice the Egyptian Battle Staff.

On May 14<sup>th</sup>, he organized the **1<sup>st</sup> Tournament in France** with seven competing teams,

On July 1<sup>st</sup>, he delivered the **1<sup>st</sup> Egyptian Tournament** with twelve competing teams from six different governorates: Luxor, Sohag, Assiut, Minya, Guiza, Cairo.

With remote coaching (Book, videos, skype, mail, ...) plus on site courses groups are developing in Europe and abroad.