



Musical Kickboxing in Palestine

By Majdi Rabi



How can kickboxing be musical? That was the first question that popped into my head when I first heard about it. Yes, musical kickboxing – where you punch and kick your way to fitness, burning up to 740 calories per hour, while giving every part of your body a workout. Kickboxing moves are choreographed following a rhythm of upbeat and lively music, which brings you an amazing, energetic, fat-burning workout that is loads of fun.

The happy choice to bring this emerging sport to Palestine has been a stepping-stone for my career path and a life-changing experience for many of my trainees.

It all started with a spark of rebellion that was lit by passion. Like most of my peers, I was just another hard-working student who graduated from Al-Najah University in 2009 with a major in finance. By default I worked in the field of my specialty. Despite my successful three-year experience after graduation, I wasn't sure that I was on the right career path. And after many days and sleepless nights, and mainly driven by my passion for coaching sports, I decided to go to Dubai to pursue an official certification in musical kickboxing.

Given that this was one of the major turning points in my life, I faced a good share of obstacles and objections. At first, all I heard was: "Are you crazy? You are giving up four years of university for sports? All those years and efforts gone to waste?" But soon I experienced moments of clarity and determination that allowed me to see a bright future ahead, despite all the barriers – a future in which I could be myself and do what I love. Thus, that gave me a big push to learn



Musical kickboxing is not just a sport, it's an art that's filled with passion, perseverance, and absolute fun. Majdi Rabi brought the sport to Palestine, attracting fans who will be dedicated to it for a very long time.



the sport well, and I managed to get excellent scores in both the theoretical and practical exams.

Upon completion of the training course, I was aware that spreading this sport in Palestine would be a challenge, especially in a conservative society like ours where certain activities are considered okay for men but unacceptable for women. My trainees will tell you that musical kickboxing has broken through all those barriers. It is indeed a sport for all: young and old, girls and boys, women and men, amateurs and athletes, and just about anyone who comes wearing comfortable exercise gear and a smile. Who knew that the Biggest Musical Kickboxing Class in Ramallah

would attract around 120 participants? Important news agencies, such as Al Arabiya, Palestine TV, Maan News, and others, came as well to cover this event, the first of its kind. Participants of all ages, genders, and cities joined in to make it a success.





Seeing the happy faces of my trainees after class brings much joy to my heart and reminds me of why I love what I am doing. This is highly manifested in the classes I have been animating at several gyms and sports clubs, starting with Tri Fitness in Nablus and Ramallah, followed by Platinum Gym, where I currently coach, in parallel with my work coaching school kids through the Sports for Life program at the Friends School. In fact, my training sessions are a pure reflection of the sport itself – full of energy, challenge, and strength.

Apart from the fun beats in class, what makes me even happier is that people have come to realize that this exercise is not only a tool for losing weight and relieving stress, it is also a sport that allows them to challenge themselves,

find their inner strength, and better themselves. Eventually, committing to this training routine and a healthy lifestyle will allow trainees to achieve the results they have been aiming for and obtain lean, shredded bodies.

As each day goes by, I am one step closer to achieving my dream, by witnessing the changes that this workout has brought to so many lives. Trainees have achieved their fitness goals and are now equipped with confidence, strength, health, and happiness.

Majdi Rabi is a group-exercise instructor, personal trainer, and fitness specialist. He is certified by MeFitPro from Middle East Fitness Professionals in Dubai.

Article photos courtesy of the author.



Group musical kickboxing at the Friends school, Ramallah.