

Welcome Letter from Shihan Nizar Farhat
Physical Education Teacher & Dean's Teacher – ICCI Academy, School Year 2025–2026

It is with great excitement that I begin my second year teaching at ICCI Academy, and my first year serving as a Dean's Teacher. I look forward to continuing to contribute to our students' growth—not only in their physical abilities, but also in their discipline, focus, and overall well-being.

Last year, I had the privilege of teaching yoga, meditation and awareness, stretching workouts, team sports such as soccer, volleyball, and basketball, as well as karate. My approach blends physical training with mindfulness, helping students build both strength and inner balance.

With over 30 years of experience in martial arts—across multiple disciplines including karate, kung fu, Thai chi, aikido, Thai kickboxing, French boxing (Savate Boxe Française), self-defense, and gymnastics—combined with my academic background in physical education (Associate Degree from France) and in business administration and economic science (from Lebanon), I am also pursuing my Bachelor of Arts in Physical Education in the United States. I bring a unique combination of practical expertise and formal education to my teaching. I hold international certifications from Japan, France, the USA, and Lebanon. I am a First Category Instructor and a First Category International Referee, and I am proud to have been undefeated in both amateur and professional martial arts tournaments during my career.

My teaching journey has taken me around the world—training students in Lebanon, the UAE, France, and the USA—and I am honored to share that knowledge and experience with the ICCI community.

Beyond teaching, I enjoy ice skating, long-distance ocean swimming, and hiking. I have completed seven trails in Honolulu, one in Kona, one in Denver, and one in Nevada. My favorite food is sushi, my favorite color is black, and I live by the motto:

WORK OUT
EAT HEALTHY

**WORK HARD
BE KIND
SLEEP WELL**
That's a good day.

At ICCI Academy, my mission is to inspire students to discover their potential, embrace discipline, and develop the confidence to succeed—both inside and outside the classroom. I look forward to another rewarding year together.

**Shihan Nizar Farhat
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