

AlSalamu Alayom

My Name is Mr. Nizar Farhat.

Dear ICCI Academy Students, Families, and Community,

I am honored to serve as the Physical Education and Dean's Teacher at ICCI Academy for the 2026–2027 school year. It is with great excitement that I begin my third year of teaching at ICCI Academy and my second year serving as a Dean's Teacher.

I am proud of the energy, enthusiasm, and athletic potential of our ICCI students from KG through 8th grade. This year, I am especially excited to continue developing our athletic program. We plan to establish soccer, volleyball, basketball, and martial arts teams and provide students with opportunities to compete with other schools.

I look forward to continuing to contribute to our students' growth not only by developing their physical abilities, but also by strengthening their discipline, focus, teamwork, confidence, and overall well-being.

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

With over 30 years of experience in martial arts, physical education, and student development, I bring a wide range of experience to my teaching. My background includes training in karate, kung fu, Tai Chi, aikido, Thai kickboxing, French boxing (Savate Boxe Française), self-defense, and gymnastics.

My practical experience is complemented by my academic background. I hold an associate degree in Physical Education from France, as well as studies in Business Administration and Economic Science from Lebanon. I am also currently pursuing my Bachelor degree of Arts in Physical Education in the United States.

I hold international certifications from Japan, France, the United States, and Lebanon. I am a First Category Instructor and a First Category International Referee, and I am proud to have remained undefeated in both amateur and professional martial arts tournaments throughout my competitive career.

My teaching journey has given me the opportunity to teach and train students in Lebanon, the United Arab Emirates, France, and the United States. I am honored to bring this international experience, knowledge, and passion to the ICCI Academy community.

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

I live by the following philosophy:

“WORK OUT. EAT HEALTHY. WORK HARD. BE KIND. BE HONEST. LIVE AS AN OPEN BOOK. SLEEP WELL. THAT’S A GOOD DAY.”

At ICCI Academy, my mission is to inspire students to discover their potential, embrace discipline, develop healthy habits, and build the confidence to succeed both inside and outside the classroom.

I look forward to another exciting, successful, and rewarding school year together. Let’s make the 2026–2027 school year our best one yet!

Sincerely,

Mr. Nizar Farhat
Physical Education & Dean’s Teacher
ICCI Academy

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