

BAHADOR CHAM



Contact

Address:No:390-Ladan 2 alley-
Beheshti Mini City- Shiraz- Iran

Phone:

+98 912 048 7310

+98 917 315 1448

What's app:

+98 9120487310

Email:

ahangesalamat@gmail.com

Languages

English

Persian

Social Media

- Facebook: bahador.cham
- Instagram: bahadorcham.ertpump
- Linked in: bahador-cham
- Twitter : Bahadorcham
- Instagram : Vertexfitnessco
- Instagram: Proshotir
- www.vertexfitnessco.com
- Youtube : @ertpump
- Youtube : @exercisescienceIFBB
- Youtube : VertexFitnessco
- Youtube : Proshotco

Summary

Strategic Sports Director & Elite Exercise Physiologist *Founder of ERT-PUMP | DBA in Sports Marketing | 6th Dan Black Belt*

A visionary leader in the global fitness industry with over 28 years of experience, combining advanced academic qualifications with elite-level practical expertise. As the **Founder of the ERT-PUMP method** (World Copyright Protected - Bern Convention), I have dedicated my career to innovating training methodologies backed by a **Master's degree in Sports Physiology** and a **DBA in Sports Marketing**.

My professional foundation is built on discipline and mastery, holding a **6th Dan Black Belt (IMA)** and a **5th Dan from Japan** in Shotokan Karate. Since 2008, I have been a prolific educator, conducting more than **290 professional workshops and seminars** to bridge the gap between sports science and business excellence. Expert in developing evidence-based fitness systems, strategic brand positioning, and high-performance coaching frameworks



Technical Skills & Certifications

Martial Arts & Combat Sports

- **Shotokan Karate Master:** 5th Dan (Japan Karate Federation) & 6th Dan (IMA).
- **War Trainer:** Specialized in Martial Arts synchronized with music.
- **Combat Conditioning:** Expert in integrating combat movements into fitness frameworks.

Advanced Fitness & Bodybuilding

- **Certified Personal Trainer:** IFBB International Certified.
- **Advanced Bodybuilding & Strength Coach:** Specialized in hypertrophy and contest preparation.
- **ERT-PUMP Master Instructor:** Founder and lead educator of the ERT-PUMP method.
- **Functional Training Specialist:** Official Toa Functional Trainer and Boot Trainer.
- **Advanced Fitness Instructor:** Comprehensive expertise in high-level physical conditioning.

Group & Specialized Training

- **Group Exercise Leadership:** Expert in managing and motivating large-scale fitness classes.
- **Functional Fitness & Boot Camps:** Designing high-intensity, results-driven group programs.
- **Sports Physiology Application:** Applying MS-level physiological insights to personal and group training

Technical Skills & Sports Expertise

Martial Arts & Combat Conditioning

- **6th Dan Black Belt – Shotokan Karate:** Certified by the Japan Federation & IMA; expert in elite-level kata and kumite.
- **War Trainer:** Specialist in high-intensity Martial Arts choreography synchronized with music.
- **Combat Sports Instructor:** Integrating traditional martial arts discipline into modern fitness frameworks.

Elite Fitness & Bodybuilding

- **IFBB Certified Personal Trainer:** Internationally recognized certification for elite personal coaching.
- **Advanced Bodybuilding Specialist:** Expert in hypertrophy, biomechanics, and contest preparation (IFBB Standards).
- **ERT-PUMP Master Instructor:** Founder and lead practitioner of the registered ERT-PUMP methodology.
- **Advanced Fitness Trainer:** Specialized in high-level physical conditioning and performance optimization.

Functional & Group Training

- **Official Toa Functional Trainer:** Certified specialist in functional movement and agility training.
- **Functional Fitness Expert:** Designing integrated strength and mobility programs.
- **Boot Trainer & Group Exercise:** Expert in leading high-energy Boot Camps and diverse group fitness sessions.
- **Physical Fitness Instructor:** Comprehensive knowledge in general health, wellness, and endurance coaching.

Professional Certifications & Credentials

International Federations & Global Bodies

- **IFBB Certified Personal Trainer** | International Federation of Bodybuilding & Fitness (2021)
- **Advanced Bodybuilding & Fitness Trainer Specialist** | IFBB (2021)
- **International Anthropometrist (Level 1/2)** | ISAK - International Society for the Advancement of Kinanthropometry
- **Official TOA Trainer** | Aikaro Sports & e-REPs (International Register of Exercise Professionals)
- **Bodybuilding Trainer** | IFBB Georgia
- **Boot Trainer** | IFBB Armenia
- **War Trainer (Martial Arts with Music)** | IFBB Armenia

Founder & Methodological Credentials

- **Founder of the ERT-PUMP Method** | Globally Registered & Copyrighted (Established 2017, Registered 2021)
- **Master ERT-PUMP Instructor** | Vertex Fitness
- **Functional Fitness Instructor** | Vertex Fitness

Martial Arts Mastery

- **6th Dan Black Belt** | IMA Shotokan Karate (International Martial Arts)
- **5th Dan Black Belt** | Japan Shotokan Karate Association (JSKA - Japan)

National Federations & Specialized Training

- **Physical Fitness Instructor** | Iran Fitness Federation
- **TRX Suspension Trainer** | Iran Fitness Federation

Education

Doctor of Business Administration (DBA)

Specialization: Sport Marketing

- Focus on strategic brand development, sports consumer behavior, and global market positioning in the fitness industry.

Master of Arts (MA) in Sport Physiology

Physical Education Department | Shiraz University

- Advanced research and study in human performance, metabolic responses to exercise, and physiological adaptations in elite athletes.

Bachelor of Arts (BA) in Physical Education

- Foundational studies in sports science, kinesiology, and physical pedagogy.

Martial Arts Diploma

FIMA University (Federation of International Martial Arts)

- Professional certification in the technical and instructional aspects of high-level martial arts

Professional Experience

Executive Management & Leadership

Director Manager | Proshot International Company 2008 – Present

- Overseeing strategic operations and business development for a leading entity in the sports and fitness industry.

Director Manager | Vertex Company (Armenia, Georgia, Turkey) Armenia (Since 2015) | Georgia (Since 2017) | Turkey (Since 2023)

- Managing international branches, supervising fitness facilities, and coordinating cross-border fitness education programs.
- Spearheading the expansion of Vertex Fitness as a premium brand in the region.

Founder & Global Director | ERT-PUMP & Functional ERT 2017 – Present

- Created and launched the ERT-PUMP methodology, managing its global intellectual property and implementation.
- Developed "Functional ERT" as a specialized branch for functional movement and athletic performance.

Academic & Instructional Roles

University Instructor | Iran 2011 – 2017

- Lectured in physical education and sports science departments, bridging the gap between academic theory and practical training.

Lead Instructor | IFBB Georgia & Vertex Fitness 2019 – Present

- **Functional Fitness:** Lead educator for functional training certification courses.
- **Weight Training Programming:** Specialist instructor for advanced hypertrophy and strength periodization programs.

Master Educator & Workshop Lead 2008 – 2021

- Conducted over **220 professional workshops and certified courses** across Iran, focusing on fitness instruction, physiology, and modern training techniques

International Certifications & Diplomas

Elite Bodybuilding & Personal Training

- **IFBB Certified Personal Trainer (PT)** | International Federation of Bodybuilding & Fitness
- **Bodybuilding Diploma Level A+** | IFBB Georgia (2019)
- **European Bodybuilding Federation Training Certificate (Level A)** | EBFF (2018)
- **Advanced Bodybuilding & Fitness Specialist** | IFBB International (2021)

Specialized Fitness & Modern Methodologies

- **Level 1 Anthropometrist** | ISAK (International Society for the Advancement of Kinanthropometry) (2012)
- **TOA (The Outdoor Athlete) Certified Trainer** | AIKARO Federation & e-REPs (2018)
- **Boot Camp Instructor** | IFBB Armenia (2018)
- **TRX Suspension Training Instructor** | Iranian Fitness Federation

Rhythmic & Martial Arts Fusion (Music-Based)

- **Martial Arts with Music Instructor** | IFBB Armenia (2018)
- **WAR/POWER MUSIC Certified** | FWIED CO. (2018)
- **Resistance Workout with Music (RIP)** | FWIED CO. (2015)
- **Training Certificate in WAR** | FWIED CO. (2015)

Martial Arts & Academic Diplomas

- **Martial Arts Diploma** | FIMA University (Federation of International Martial Arts) (2006)
- **6th Dan Black Belt** | IMA Shotokan Karate
- **5th Dan Black Belt** | Japan Shotokan Karate Association (JSKA - Japan)

International Karate Credentials (Black Belt Progression)

Japan Shotokan Karate Association (JSKA - Japan)

- **5th Dan Black Belt** | Oct 2014
- **4th Dan Black Belt** | Oct 2009

Shotokan Karate-Do International Federation (SKIF)

- **3rd Dan Black Belt** | Oct 2005
- **2nd Dan Black Belt** | Nov 2002
- **1st Dan Black Belt** | Sep 2000

Coaching & Professional Experience

National & Institutional Appointments

- **Member of the 'Karate Sport for All' Committee** | Iran National Karate Federation
- **Head Fitness Coach** | Fars Province Karate Team - Iranian National Karate League
- **Physical Fitness Coach** | Fars Province Karate Team (Arjan Karate Club) - National Championships
- **Head Karate Coach** | Dariun University
- **Head Karate Coach** | Estahban University

Long-Term Coaching Mastery

- **Master Karate Instructor:** 26 Years of elite coaching experience.
- **Physical Fitness Specialist:** 22 Years of expertise in general and professional conditioning.
- **Strength & Weight Training Coach:** 19 Years of experience in resistance training and programming.
- **Professional Bodybuilding Coach:** 12 Years of dedicated experience in muscle development and aesthetics.
- **TRX Suspension Instructor:** 6 Years as a certified instructor under the Iran Physical Fitness Federation.
- **Self-Defense Instructor:** 3 Years of specialized tactical training

Teaching & Academic Experience

International Instructor & Faculty Member

Lead Instructor | IFBB Armenia & World Federation (ANFBB) 2021 – Present

- **Master Educator:** Appointed as an official instructor for the Armenia Federation of Bodybuilding and Fitness (ANFBB) under the IFBB World Federation.
- **Personal Training Specialist:** Conducted **7 intensive International Personal Training (PT) certification courses**, certifying the next generation of elite fitness professionals.

University Lecturer | Iran 2013 – 2017

- Taught specialized courses in Sports Science and Physical Education, focusing on the intersection of academic theory and practical athletic performance.

Professional Workshops & Certifications

Global Seminar Leader 2009 – Present

- Delivered more than **290 professional workshops and seminars** internationally, covering advanced training methodologies, sports physiology, and fitness management.

Master Coach Educator 2008 – Present

- Led and instructed **40 comprehensive coaching certification courses**, developing curriculum and training standards for professional coaches.

Federation Instructor | Iran Physical Fitness Federation

- Key instructor for national-level fitness certifications, focusing on standardized training protocols and safety

Athletic Achievements & Championships

Continental & International Level

- **Bronze Medalist** | Asian Karate Championships (Masters Category) – IMA Style | Isfahan, Iran (2024)
- **Silver Medalist** | National Shotokan Karate International Championship (Selection for South Africa World Competitions) | **2003**
- **Bronze Medalist** | National Martial Arts & Team Arts Festival | **2005**

University National Championships (Azad University)

- **Gold Medalist** (-60 kg) | University Students National Championship (Zone 1) | **2003**
- **Silver Medalist** (Open Weight) | University Students National Championship (Zone 1) | **2003**
- **Silver Medalist (Team)** | University Students National Championship (Zone 1) | **2007**
- **Silver Medalist** (-75 kg) | University Students National Championship (Zone 1) | **2007**

Regional & Provincial Championships (Fars Province)

First Place (Gold Medalist):

- **2009:** Shotokan S.K.I Provincial Champion (-75 kg)
- **2007:** Shotokan S.K.I Provincial Champion (+75 kg)
- **2006:** Fars Province Karate Board Champion (-70 kg)
- **2006:** Shotokan S.K.I Provincial Champion (-70 kg)
- **2005:** Fars Province Karate Championship (**Kata Division**)
- **2004:** Shotokan S.K.I Provincial Champion (-65 kg)
- **2001:** Fars Province Karate Board Champion (-60 kg)
- **2001:** Shotokan S.K.I Provincial Champion (-60 kg)

Second Place (Silver Medalist):

- **2007:** Shotokan S.K.I Provincial Champion (+80 kg)
- **2007:** Shotokan S.K.I Provincial Champion (**Kata Division**)
- **2006:** Fars Province Karate Board Champion (-70 kg)
- **2004:** Shotokan S.K.I Provincial Champion (-65 kg)
- **2003:** Shotokan S.K.I Provincial Champion (-65 kg)
- **2003:** Shotokan S.K.I Provincial Champion (-60 kg)
- **N/A:** Shotokan S.K.I Provincial Champion (+80 kg)
- **N/A:** Shotokan S.K.I Provincial Champion (-60 kg)

Third Place (Bronze Medalist):

- **2006:** Shotokan S.K.I Provincial Champion (+80 kg)
- **2006:** Fars Province Karate Board Champion (-70 kg)
- **2002:** Shotokan S.K.I Provincial Champion (Firoozabad) (-60 kg)

Athletic Achievements & Championships

Continental & International Level

- **Bronze Medalist** | Asian Karate Championships (Masters Category) – IMA Style | Isfahan, Iran (2024)
- **Silver Medalist** | National Shotokan Karate International Championship (Selection for South Africa World Competitions) | **2003**
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- **Gold Medalist** (-60 kg) | University Students National Championship (Zone 1) | **2003**
- **Silver Medalist** (Open Weight) | University Students National Championship (Zone 1) | **2003**
- **Silver Medalist (Team)** | University Students National Championship (Zone 1) | **2007**
- **Silver Medalist** (-75 kg) | University Students National Championship (Zone 1) | **2007**

Key Tournament Participations (International & National)

- **Selected Participant** | National Karate (Shotokan) Competition | Eslamshahr (**2012**)
- **International Competitor** | International Karate Championship (Shotokan SKI) | **2006**
- **International Competitor** | International Karate Competition (Sanat-Cup) | **2006**
- **National Competitor** | National Karate (Shotokan) Competition | Kashan (**2005**)
- **Early-Career Competitor** | Iranian Shotokan Karate International Championship | Ghaemshahr (1994)

Regional & Provincial Titles (Fars Province)

- **First Place (Gold Medalist):**
 - Shotokan S.K.I Provincial Champion (-75 kg in **2009**, +75 kg in **2007**, -70 kg in **2006**, -65 kg in **2004**, -60 kg in **2001**)
 - Fars Province Karate Board Champion (-60 kg in **2001**, -70 kg in **2006**)
 - Fars Province Karate Championship (**Kata Division**) | **2005**
- **Second & Third Place Titles:**
 - Over 10 Silver and Bronze medals in various categories (from -60kg to +80kg and Kata) in Fars Province Board and S.K.I Championships (Years: **2001, 2002, 2003, 2004, 2006, 2007**)

Executive Management & Leadership

Regional Director Manager | Vertex Fitness Co.

Georgia, Armenia, and Turkey | 2015 – Present

- **Strategic Leadership:** Managing multi-national operations and fitness facility development across the Caucasus and Middle East regions.
- **International Federation Collaboration:** Working in direct partnership with **IFBB Georgia** and **IFBB Armenia** to standardize fitness education and certification protocols.
- **Global Standards Integration:** Successfully coordinated and held **TOA (The Outdoor Athlete) courses** in Armenia (2018) and Iran (2019) in collaboration with **Aikaro Sports** and **UAE REPs**, aligning regional training with international professional registers.

Director Manager | Proshot International Company

2008 – Present (15+ Years)

- Overseeing long-term corporate strategy, international trade in sports equipment/services, and brand positioning in the global market.

International Educational Management

- **Master Organizer:** Orchestrated and delivered **389 professional workshops and seminars** across Iran, Georgia, and Armenia since 2008.
- **Specialized Program Director:**
 - Organized and led **3 Power Music Certification courses** in Armenia (2015, 2017, 2018).
 - Directed and held **Functional Fitness Certification courses** in Georgia (2018, 2019)

Professional Recognitions & Commendations

International Federation Acknowledgments

- **IFBB Armenia:** Awarded multiple Commendation Letters for outstanding professional contribution and educational excellence (**2018, 2021**).
- **IFBB Georgia:** Received official recognition for cooperation and instructional impact (**2019**).
- **Iran Sport for All Federation:** Commended for excellence in promoting community health and fitness methodologies (**2018**).

Tournament Organization & Officiating

- **Official Referee:** Commended for officiating in the **National Shotokan Karate Championship** (Kashan, 2005).
- **International Event Coordinator:** Received letters of appreciation for organizing/coordinating:
 - **Shiraz Clubs vs. Qatar National Team** Championship (2005).
 - Shotokan Karate International Fars Province Championships (**2004, 2007**).
 - National Shotokan Karate Championship (Kashan, 2005).
- **Professional Karate League:** Officially recognized for attendance and contribution to the Professional Karate League (Shiraz, 2009).

Academic & Scientific Contributions

- **Lecturer Recognition:** Commended by **Payame Noor University** (Fasa) for expert lecturing in Karate Board seminars (2011).
- **Scientific Board Member:** Recognized for contribution to the Scientific Board of the Physical Education Department – **Arsenjan Islamic Azad University** (2007).
- **Congress Organizer:** Commended for managing the "Sport, Science & Health Congress" (2007).
- **Kuk-Sool-Won Congress:** Honored for active attendance in the Great Kuk-Sool-Won of Iran Congress (2012).

Honorary Awards

- **Successful Sportsman Award:** Awarded by Arsenjan Islamic Azad University for outstanding performance in Region 1 competitions (2007).
- **Academic Excellence:** Recognition from Islamic Azad University, Dariun Branch (2013).
- **Industry Recognition:** Commended by the International Sportive Instruments Fair (2011) and Maximum Bodybuilding Gym (2015)

University Teaching Portfolio

Academic Lecturer | Sports Science & Physical Education (2013–2017)

Scientific & Physiological Foundations:

- **Kinesiology & Biomechanics:** Advanced study of human movement and mechanical principles.
- **Sport Physiology & Anatomy:** Comprehensive instruction on physiological adaptations to exercise.
- **Biochemistry & Chemistry:** Molecular foundations of metabolic processes in sports.
- **Sport Injuries & Corrective Exercise:** Prevention, assessment, and rehabilitation methodologies.

Strategic Sport Management:

- **Principles of Management in Sport:** Strategic organizational leadership and administration.
- **Structure & Rules of Sportive Organizations:** Legal and structural frameworks of global sports bodies.
- **Management of Sportive Caravans:** Logistics and leadership for professional athletic delegations.
- **Philosophy of Physical Education:** Theoretical and historical foundations of sports science.

Practical Skills & Coaching Science:

- **Coaching Principles:** Advanced methodologies for elite athletic development.
- **Technical Instruction (Practical Fields):** Gymnastics (2015-2017), Handball, Basketball, Badminton, and General Physical Education.
- **Special Sports:** High-performance training for specialized athletic disciplines.

Linguistic Expertise:

- **English for Physical Education (Specialized Texts):** Instruction of academic and technical English in the field of sports science

Key Leadership & Administrative Responsibilities

National & Provincial Leadership (Iran)

- **Responsible for the 'Sport for All' Committee** | IMA Karate Association of Iran (2021)
- **Member of the Elite Committee** | Physical Education Organization of Fars Province (2009)
- **Educational Expert** | Physical Education Organization of Fars Province (2009–2010)
- **Official Representative** | IMA Karate Association in Fars Province (2021)
- **Representative** | Shotokan Karate International (SKIF) – Estahban (2003)

Committee Chairmanship & Educational Planning

- **Head of the Workshop Committee** | Iranian Physical Fitness Association (2020–2021)
- **Chairman of the Training Committee** | Fars Province Karate Staff (2009)
- **Chairman of the Championship Committee** | Shotokan Karate International, Fars Province (2007–2008)
- **Chairman of the Training Committee** | Shiraz Wushu Association (2012)
- **Member of the Technical Committee** | Shotokan Karate International, Fars Province (2004)

Academic & Scientific Leadership

- **Head of Scientific Delegation** | Dispatched to the International Congress of Sport Psychology (2007)
- **Audio-Visual Director** | Health Science Congress – Shiraz (2007)
- **Regional Director** | Bamdaade-Ketab Publishing (Specialized Sports Publications), Fars Province (2007)

Continuing Professional Development (CPD) & Workshops

Sport Psychology & Mental Performance

- **International Islamic World Science & Sport Conference (Tehran, 2007):**
 - *Psychodrama for increasing athletes' social activities.*
 - *Human psychology in major sport events.*
 - *Psychology in high-performance sports.*
- **NLP in Sports:** Effective communication with athletes using Neuro-Linguistic Programming (2012).
- **Relaxation Techniques:** Essential points in psychological relaxation for recovery (2009).

Exercise Science & Advanced Physiology

- **Exercise Physiology Workshop:** Specialized course at **Shiraz University** (2010).
- **Kinesiology & Anatomy:** Applied biomechanics and structural anatomy workshop (2008).
- **Game-Specific Endurance:** Specialized training for high-intensity sports (2010).
- **Nutrition & Exercise Science:** Joint congress by Payame Noor University & Physical Education Department (2009).
- **Weight Control Management:** Scientific principles of weight gain and loss (2009).

Injury Prevention & Sports Medicine

- **First Medicine & Sport Seminar:** Fars Province (2017).
- **Sport Massage Certified:** Advanced recovery and manual therapy (2015).
- **Sport Injuries & Tapering:** Strategic tapering for performance and injury risk reduction (2008).
- **Women's Sportive Injuries:** Specialized course on physiological injury risks in female athletes (2012).

Coaching Methodology & Management

- **National Sport Management Congress:** (2008).
- **Exercise Programming (Level 4):** Advanced periodization and program design (2009).
- **Anti-Doping Seminar:** Ethics and pharmacology in professional sports (2009).
- **Sport & Physical Activities in Water:** Aquatic conditioning (2007).
- **Operational Tests & Measurement:** Performance testing and athlete profiling (2009).

Federation & Teaching Credentials

- **Instructors Congress:** Iran Sport for All Federation (Qom, 2017).
- **Iranian Physical Fitness Teaching Course:** Professional certification for instructors (2018).
- **Weight Training Equipment Certification:** Aerobics & Physical Fitness Federation (2011)

Professional Coaching Certifications

Elite International Certifications

- **Advanced Bodybuilding & Fitness Trainer Specialist** | IFBB (International Federation of Bodybuilding & Fitness) - *World Level Qualification*.
- **International Professional Karate Coaching Certificate** | Certified by **Kancho Hirokazu Kanazawa** (April 2005).
- **TRX Suspension Training** | Certified by the Iranian Federation of Sport for All (2015).

National Coaching Licenses

- **Certified Bodybuilding Coach** | National Federation (2016).
- **National Physical Fitness Coaching Certificate** | (2010).
- **National Karate Coaching Certificate** | (2004).
- **Self-Defense Instructor Candidate** | Advanced coaching protocols (Technical training completed 2017).

Multi-Sport & Specialized Education

- **Sepak-takraw Educational Certification** | Technical & Tactical training (2007).
- **Darts Educational Certificate** | Sports concentration and precision training (2006)

Refereeing & Technical Officiating

Karate Officiating (National & International Standards)

- **Certified Karate Referee - Grade JA** | National Federation (September 2004)
- **Certified Karate Referee - Grade JC** | National Federation (September 2003)
- **New Referee Principles Certification** | Advanced Rules & Regulations Workshop (October 2003)

Multi-Sport Officiating

- **Darts Referee Certificate - Level 3** | Professional Officiating & Scoring (May 2006)

Refereeing & Technical Officiating Experience

National & Elite Competitions

- **Official Referee** | Persian Olympic Karate Championships (**2007**)
- **Official Referee** | National Iranian Dart League (**2006**)
- **Official Referee** | Iran Shotokan Karate National Championship (**2005**)

Regional & Institutional Tournaments

- **Referee | Fars Province Karate Championships:** Extensive experience officiating multiple provincial-level tournaments (**2004, 2005, 2006**).
- **Referee | Army Karate Championship (Fars):** Specialized officiating for military athletic competitions (**2005**).
- **Referee | Shiraz City Karate Championships:** (**2005**).

Advanced Technical Training & Mastery (Karate)

International Technical Stages & Masterclasses

- **Kobe Osaka Shito-Ryu Technical Stage** | Advanced technical refinement in Shito-Ryu style (**January 21, 2016**)
- **W.S.K.F Karate Technical Course** | World Shotokan Karate-Do Federation advanced instructional seminar (**February 6, 2014**)
- **Shotokan Karate International Technical Stage** | High-level technical and tactical mastery workshop (**September 16, 2011**)
- **Shotokan Karate International Technical Stage** | Specialized technical training and standardization (**August 15, 2003**)

Martial Arts Professional Rankings

National Karate Federation Certifications (Iran)

- **Black Belt 5th Dan** | Shotokan Karate | *Official Certification by Iran Karate Federation*
- **Black Belt 4th Dan** | Shotokan Karate | **September 16, 2011**
- **Black Belt 3rd Dan** | Shotokan Karate | **March 16, 2007**
- **Black Belt 1st Dan** | Shotokan Karate | **March 1, 2001**
- **Black Belt (Sho-Dan Ho)** | Shotokan Karate | **October 23, 1995**

National Team Selection & Elite Status

International Representations

- **National Team Selectee | Shotokan Karate International (SKI):** Officially selected as a member of the Iranian National Team for the **Karate Global Games in Tokyo, Japan (2006)**.
 - *Recognition of Elite Technical Standing at the National Level*

Published Works & Research Contributions

Professional Journal Articles (Selected Publications)

- **"Karate Means Kata & Kata Means Karate"** | *Black Belt Monthly Journal*
 - A comprehensive instructional analysis on the foundational role of Kata in martial arts mastery.
- **"Instructional Points & Combat Methods in Karate"** | *Black Belt Monthly Journal*
 - Technical breakdown of tactical engagement and competitive combat strategies.
- **"Readiness for Combat Karate"** | *Karate World Monthly Journal*
 - Strategic preparation and physiological readiness for elite-level competition.

Scientific Presentations

- **Poster Presentation & Acceptance** | *National Science & Karate Congress* | Tabriz, Iran
 - Presenting scientific research on the intersection of karate techniques and modern sports science

Elite Fitness Coaching & Competition Prep

Head Coach | Professional Bikini Fitness & Model Preparation

- **World Champion Preparations:**
 - **Trainer of Minoo Pakzad:** Achieved **Gold Medal in Ms. Bikini** and **Silver Medal in Ms. Model** at the **WABBA World Championship (2023)**.
- **International Grand Prix & National Titles:**
 - **Trainer of Farzaneh Memarnejad:** * **Gold Medalist** | Armenia National Competition (2021).
 - **Silver Medalist** | Georgia Grand Prix (2018).
 - **Trainer of Bahar Barati:** * **Bronze Medalist** | Turkish Anatolian Cup (2024).
- **Professional Athlete Management:**
 - Coached and developed customized physiological and nutritional programs for elite athletes including **Kimia Refahi** and other international competitors

International Academic Faculty & Master Instructor

Official IFBB Instructor (International Federation of Bodybuilding & Fitness)

As an authorized International Master Instructor, responsible for certifying and educating new generations of fitness professionals in the following specialized domains:

- **Advanced Personal Fitness Training (Lead Instructor):**
 - Continuous faculty leadership across multiple international cohorts: **Dec 2021, May 2022, July 2022, Nov 2022, March 2023, July 2023.**
 - Ongoing Professional Instructor for Personal Training Programs (2025–2026).
- **Sports Nutrition & Dietetics:**
 - Lead Instructor for **Basic Nutrition** certification courses (**July 2023**).
 - Appointed Faculty for Nutrition Science & Supplementation courses (2025–2026)

BAHADOR CHAM

Strategic Sports Director | Master Exercise Physiologist | International Educator *Founder of ERT-PUMP Method | DBA in Sports Marketing | 6th Dan Black Belt*

EXECUTIVE SUMMARY

A visionary leader in the global fitness and martial arts industry with over **28 years of elite experience**. Founder of the **ERT-PUMP method** (Global Copyright Protected), combining a **Master's degree in Sports Physiology** with a **DBA in Sports Marketing**. As an **Official IFBB International Instructor**, I have certified generations of trainers across the Middle East and Caucasus. A prolific educator with a track record of **389+ professional workshops** and a proven history of coaching **World Champion athletes** in Bikini Fitness.

CORE COMPETENCIES

- **Scientific Faculty:** Biomechanics, Kinesiology, Exercise Physiology, Sports Nutrition.
 - **Management:** International Business Strategy (15+ Years), Educational Leadership, Branding.
 - **Elite Coaching:** Master Trainer (IFBB), Competition Prep Specialist, Karate Mastery (Dan 6).
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ACADEMIC BACKGROUND

- **Doctor of Business Administration (DBA)** | Specialization: Sport Marketing
 - **Master of Arts (MA) in Sport Physiology** | Shiraz University
 - **Bachelor of Arts (BA) in Physical Education**
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INTERNATIONAL ACADEMIC FACULTY (IFBB)

Official Master Instructor | International Federation of Bodybuilding & Fitness

- **Lead Instructor for Personal Fitness Training:** Conducted multiple international certification cohorts (Dec 2021, May 2022, July 2022, Nov 2022, March 2023, July 2023).
 - **Specialized Faculty (2025–2026):** Appointed instructor for Advanced Personal Training and Basic Nutrition Science.
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PROFESSIONAL EXPERIENCE & MANAGEMENT

- **Regional Director | Vertex Fitness Co.** (Georgia, Armenia, Turkey)
 - Direct collaboration with **IFBB Georgia** and **IFBB Armenia**.
- **Director Manager | Proshot International Company** (15+ Years)
- **University Lecturer | Sports Science Departments** (2013–2017)

- Taught: Biomechanics, Biochemistry, Sport Management, and Corrective Exercise.
 - **Educational Expert:** Fars Province Physical Education Organization (2009–2010).
-

ELITE COACHING & COMPETITION PREP

Head Coach for World-Class Athletes:

- **Minoo Pakzad: Gold Medalist (Ms. Bikini) & Silver Medalist (Ms. Model)** – WABBA World Championship (2023).
 - **Farzaneh Memarnejad: Gold Medalist** (Armenia National 2021) & **Silver Medalist** (Georgia Grand Prix 2018).
 - **Bahar Barati: Bronze Medalist** – Turkish Anatolian Cup (2024).
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ATHLETIC ACHIEVEMENTS & KARATE MASTERY

- **Bronze Medalist** | Asian Karate Championships (Masters) – IMA Style | **2024**
 - **National Team Selection:** Officially selected for the **Karate Global Games in Tokyo, Japan** (2006).
 - **Rank: 6th Dan Black Belt (IMA) | 5th Dan Black Belt** (Iran National Federation).
 - **Technical Stages:** Advanced training with **W.S.K.F** and **Kobe Osaka Shito-Ryu**.
-

PUBLICATIONS & RESEARCH

- **Published Author:** Multiple technical articles in *Black Belt Monthly Journal* and *Karate World*.
 - **Scientific Presenter:** Poster presentation at the National Science & Karate Congress (Tabriz).
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DIGITAL PORTFOLIO & VERIFICATION

All certifications and professional activities are documented and available for review:

- **Professional Credentials:** facebook.com/bahador.cham
- **Teaching Activities:** [@proshotir](#)
- **Educational Business:** [@bahadorcham.ertpump](#)
- **ERT-PUMP Method:** [@ertpump](#)

I hereby certify that all information provided in this CV is documented and authentic.

Bahador Cham

August 2026