

Boxing reimagined in Bahrain

AA Boxing opens doors with mission beyond the ring

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TDT | Manama

AA Boxing has opened its doors with a vision that goes beyond producing fighters. Founded by Bahrain national team welterweight Ali AlAradi, the gym aims to reshape how boxing is seen in the Kingdom. For AlAradi, boxing is not simply a combat sport, but a way of life built on values and character. The gym is located at SixtyOffices Building, 4th Floor, Studio 401, Manama.

Speaking exclusively to The Daily Tribune, AlAradi traced that philosophy back to his own beginnings in the sport. He first took up boxing in 2013, motivated by a desire to stand up to bullying and encouraged by his brother Ahmed. What started as self-defence quickly became something deeper.

"After 26 fights and being exposed to the international boxing scene, I realised boxing is more than physical contact," AlAradi said. "It's about how a champion carries himself inside and outside the ring."

That belief became the foundation of AA Boxing. AlAradi describes the sport as an elegant form of expression that rewards control and intelligence. He believes true boxing is built on pre-



Ali AlAradi stands proudly in front of the AA Boxing wall

cision rather than aggression. "Boxing is the art of hitting and not getting hit," he said. "You don't need labels. It shows in your character and in how you handle pressure."

Inside the gym, that philosophy translates into a culture where values are taught alongside technique. AlAradi emphasised that discipline, integrity, and compassion are non-nego-

tiable traits, even in a sport often misunderstood as purely aggressive. "People assume boxers are brutal," he said. "But when you look at the greatest champions — Muhammad Ali, Canelo, Bivol

Training and Membership

Fight-Ready Personal Training: single session BHD 23, 4 sessions/month BHD 90, 8 sessions/month BHD 160, 12 sessions/month BHD 229, 20 sessions/3 months BHD 382

Fighters' Circle PT: single session BHD 13, 4 sessions/month BHD 54, 8 sessions/month BHD 138, 12 sessions/month BHD 198, 20 sessions/3 months BHD 229

Development Squad: drop-in class BHD 5, 8 classes BHD 22, 12 classes BHD 31, monthly unlimited BHD 43, 3 months unlimited BHD 112, 6 months unlimited BHD 207

High Performance Squad: monthly unlimited BHD 54, 3 months BHD 144, 6 months BHD 259

Women's Squad: drop-in class BHD 7, monthly unlimited BHD 50, 3 months BHD 150, 6 months BHD 225

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— you see confidence balanced with humility. Champions know they've been through the hardest moments, and that creates compassion."

AA Boxing also carries a clear developmental mission. Beyond recreational training, the gym is designed to support competitive athletes with aspirations of representing Bahrain internationally. "We want to inspire young boxers," AlAradi said. "To give them a place where they can grow, compete, and one day wear the national colours." He con-

firmed close cooperation with the national federation, alongside plans to accommodate fitness-focused members, personal training, group sessions, and an upcoming women's squad.

Looking ahead, AlAradi sees AA Boxing as a long-term investment in people rather than trophies. "A champion is someone who balances strength with humility," he said. "If we can pass those values to the next generation, boxing can make a real difference — in and out of the ring."

Asian U14 tennis main draw opens in Bahrain



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The main draw of the Asian Tennis Federation (ATF) Bahrain Under-14 Championship (Category One – West Asia) got under way on Saturday, delivering high-quality performances and keen competition as the tournament runs from January 18 to 24 under the host Bahrain Tennis Federation.

In the boys' singles, a series of closely fought matches highlighted the opening day, with players from across Asia advancing after intense three-set and straight-set encounters. Indian players featured strongly, while competitors from Saudi Arabia, Singapore, Hong Kong and Iran

also booked places in the next round, underscoring the depth of talent on display.

The girls' singles also produced compelling contests, with players from Hong Kong, Uzbekistan, Russia, India and China progressing after confident performances. Several matches saw momentum swings and comeback victories, reflecting the competitive balance among the region's leading young prospects.

The tournament continues throughout the week with further singles and doubles matches, as emerging players vie for ranking points and regional honours in one of West Asia's most prominent junior tennis events.

Upsets and strong performances mark Bahrain women's open round of 32

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The round of 32 at the Bahrain Open Women's Tennis Championship (M75) delivered promising matchups and notable upsets yesterday, as players battled through an action-packed day of competition at the Bahrain Tennis Federation courts.

The standout result saw Russia's Ekaterina Ovcharenko produce a major surprise by eliminating top seed compatriot Aliftina Ibragimova in a hard-fought three-set match, winning 6-3, 3-6, 6-4. Japan's second seed Rina Saigo continued her strong run, overcoming

Ekaterina Yashina 7-5, 6-3 after a closely contested opening set. Elsewhere, China's Shuai Cheng secured a straight-sets victory over India's Ankita Raina, while Maria Kalyakina staged an impressive comeback to defeat Bulgarian contender Isabella Shinikova in three sets. France's fifth seed Fiona Ferro

advanced with a solid win over American Gina D. Valco, as several other seeded players were tested or knocked out.

The tournament continues with growing anticipation as the



remaining contenders advance toward the later rounds, with the Bahrain Open once again showcasing high-level women's tennis and intense competition on the international stage.

Salah back in Liverpool squad after AFCON

AFP | London

Mohamed Salah made his much-anticipated return to the Liverpool squad yesterday following the Africa Cup of Nations as the club prepare to face Marseille in the Champions League.

A smiling Salah was put through his paces at the club's training centre with the rest

of Arne Slot's squad ahead of Wednesday's match in France.

The return of the Egypt forward has been a major talking point after he took aim at Liverpool in an explosive interview early last month.

Salah accused the club of throwing him "under the bus" after he was benched for three games in a row and said he had no relationship with Slot.

But he appeared as a substitute in a 2-0 Premier League win against Brighton on December 13, providing an assist, and Slot subsequently said the club had moved on from the furore.

Last week, Slot said he welcomed Salah's return, refusing to divulge the content of his conversations with the 33-year-old, whose team finished fourth at the Africa Cup of Nations.



Mohamed Salah