



BUILDING TOMORROW'S LEADERS

www.mattfiddes.com.au

MATT FIDDES
MARTIAL ARTS



MONTHLY NEWSLETTER

MARCH 2026

FROM THE MF LEADERSHIP TEAM

It's hard to believe we are already well and truly into the new year. The mats are full, new students have started their journey, and we are seeing great focus and effort from everyone in class.

One of the things that makes martial arts special is the tradition and pride that comes with wearing the uniform.

When students put on their Gi, something powerful happens. It signals that it's time to focus, to train hard, and to step into the mindset of a martial artist.

Your uniform represents:

- Respect for the art
- Pride in your progress
- Commitment to your training
- Being part of the Matt Fiddes Martial Arts team

Just like athletes wear their team jersey, martial artists wear their Gi with pride.

Throughout the year, you will see students training in either their full Gi or their Matt Fiddes branded training shirts with Gi pants and belts.

For important milestones such as gradings and championships, students wear their full Gi uniform and belts, as these moments represent progression, dedication, and achievement in their martial arts journey.

By wearing our uniform proudly, we continue to build a culture of respect, discipline and team spirit across all of our schools.

Thank you to all our students and families for being part of this journey with us.

We're excited for everything still to come this year.

UPCOMING EVENTS

EVENTS & CHAMPIONSHIPS

26
APRIL **NZ Community Champions Experience Day**
Stokes Valley Rugby Club

03
MAY **Australian Regional Championships**
Beenleigh State High School

24
OCT **Australian Championships**
PalmView State Secondary College

DISCOVERY DAYS

(Learn about becoming an instructor)

17
MAY
Townsville

31
MAY
Lower Hutt NZ

20
JUNE
Moreton

21
JUNE
Brisbane

09
AUGUST
Sunshine Coast



MARTIAL ARTS INSIGHT:

INTERNATIONAL WOMEN'S DAY



ASK A BLACK BELT

“ HOW DO YOU BECOME A LEADERSHIP STUDENT? ”

Great question!

The Leadership Program is **invite only**, and it's not about being the best physically.

What we look for is something much more important:

- ✓ Students who show up every week ready to learn
- ✓ Students who help others in class
- ✓ Students who listen and apply feedback
- ✓ Students who lead by example on the mats

Leadership is about **attitude, effort and character.**

If you keep showing these qualities consistently, the invitation will come.

March is the month we celebrate International Women's Day, and it's a great opportunity to reflect on how much martial arts has evolved.

Traditionally, martial arts was a very male-dominated sport.

But times have changed.

Across our schools today we are incredibly proud to see:

- Almost 50/50 boys and girls training
- Female students progressing through the ranks
- Female instructors teaching and mentoring younger students
- Strong female role models leading classes

Martial arts is not about size or strength. It's about confidence, discipline, resilience and leadership.

We love seeing young girls grow from shy beginners into confident leaders who support others on their journey.

To all the girls and women training with us — keep showing up, keep pushing yourself, and keep leading the way.

“Martial Arts should be a part of every girls education.”



INSTRUCTOR PROFILE OF THE MONTH



NAME: Mr Donaldson

LOCATION: Brisbane

ROLE: School Owner/
Head Instructor

My boss I had in Hervey Bay knew Master C and said "you're starting a martial arts school up here" and I said "ok". The rest is history!

The biggest challenge I have faced is in the early stages of build MF Brisbane where I was working full time, had a new baby and trying to build up the martial arts schools, all at the same time!

Still learning every day, trying to find new ways to educate the students. Im also on my own journey to "master" rank which i expect will be the most arduous thing I do in my entire life.

"School is like pushups. You don't have to love it, but you do have to do it, so you may as well enjoy it."



This month we're focusing on something simple that makes a BIG difference...

CHAMBER YOUR KNEE BEFORE YOU KICK

Think of it like this:

Before you throw a ball, you pull your arm back.

Before you jump, you bend your knees.

Before you kick... you lift and load your knee.

That lift is called your chamber.



WHY IS IT SO IMPORTANT?

More Power

When you lift your knee first, your kick is stronger, not floppy or swinging.

More Speed

If your knee is already up, your kick gets to the target faster.

Better Balance

Chambering helps you stay steady so you don't wobble or fall over.

More Control

From one good chamber, you can do a front kick, turning kick, side kick and so much more.

HOW TO CHECK YOUR CHAMBER

- ✓ Knee lifted high
- ✓ Toes pulled back
- ✓ Hands up guarding
- ✓ Standing foot turned properly
- ✓ Kick out... then snap it straight back!

Remember: Don't throw your leg. Lift. Kick. Bring it back. Reset.

TEEN AMBASSADOR OPPORTUNITY (16+)

We are looking for a small group of teen students (16 years and above) from across our schools who would like to step up and help represent the positive culture of Matt Fiddes Martial Arts. This opportunity is about building community, supporting events, and helping share the journey of martial arts with others.

Students involved may have the chance to:

- Help support community events
- Represent the school in positive ways
- Share their martial arts journey and experiences
- Encourage and inspire younger students
- Occasionally assist with community and social media projects that showcase what we do

This is a great opportunity for students who enjoy martial arts and want to develop confidence, communication skills and leadership beyond the mats.

If this sounds like something you would be interested in, speak with your instructor and ask them to put your name forward to Head Office for consideration.

CHAMPIONSHIP CHALLENGE

Students, here's a fun challenge for March!

We are giving 4 students the opportunity to win a free entry into either the Regional Championships, or the NZ Community Championships Experience Day.



ENTRIES CLOSE 31ST MARCH

THE CHALLENGE

Take a photo or short video of your Martial Arts journey.



THIS COULD BE:

- 1 Training in class
- 2 Practicing at home
- 3 A photo in your Gi
- 4 A moment with your training partners or instructors

!! Remember, martial arts is not just about belts and competitions - it's about confidence, friendships, and being part of something bigger.

HOW TO ENTER

1. Take a photo or short video of your martial arts journey
2. Post it on your or your parents' social media
3. Tag @matt_fiddes_australia_ and _nz and your local school
4. Use the hashtag #MattFiddesMartialArts

At the end of March, we will select 4 students who have helped share the positive spirit of our martial arts community.

WE CAN'T WAIT TO SEE YOUR POSTS!

