



MATT FIDDES
MARTIAL ARTS

BUILDING TOMORROW'S LEADERS

www.mattfiddes.com.au

MONTHLY NEWSLETTER

JUNE 2026

FROM THE MF LEADERSHIP TEAM

Winter Training = Black Belt Habits!

Did you know that Matt Fiddes Martial Arts continues right through the school holidays?

While many activities take a break, we keep training because confidence, fitness and good habits don't take holidays!

The upcoming school holidays are actually one of the best times to train. Classes are often a little quieter, students get extra attention from instructors and it's a great opportunity to bring a friend along to experience martial arts.

Many of our schools also run Ninja Camps during the holidays, packed with martial arts games, challenges, teamwork and fun.

Ask your instructor if there's a Ninja Camp or holiday activity happening near you!



UPCOMING EVENTS

EVENTS & CHAMPIONSHIPS

24
OCT

Australian Championships
PalmView State Secondary College

DISCOVERY DAYS

(Learn about becoming an instructor)

06
JUNE

Lower Hutt NZ

21
JUNE

Brisbane

09
AUGUST

Sunshine Coast

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MARTIAL ARTS INSIGHT: DON'T LET THE WINTER BLUES SLOW YOU DOWN!

ASK A BLACK BELT



**“ WHY DO WE SAY
“YES SIR” AND
“YES MA’AM”? ”**

Saying “Yes Sir” and “Yes Ma’am” is a sign of respect.

In martial arts, respect is one of the most important lessons we learn. We show respect to our instructors, training partners, parents and ourselves. Using respectful language helps build good manners, listening skills and a positive attitude both on and off the mats.

A Black Belt understands that respect isn’t something you turn on and off, it’s a habit that can help you succeed at school, at home, at work and in life.

Remember: Respect is earned, but it should also be given.

As the temperatures drop and the mornings get colder, it’s easy to lose motivation and stay tucked up under the blankets. But did you know that winter is often when the biggest improvements happen?

While others are slowing down, Black Belts are building habits.

Success in martial arts isn’t about being motivated every day. It’s about showing up even when you don’t feel like it.

Every class attended during winter builds discipline, confidence, resilience and momentum that will carry you through the rest of the year.

Remember, your future self will thank you for the effort you put in today

A Black Belt attitude means:

- Showing up when it’s cold
- Training when you don’t feel like it
- Doing your best even on difficult days
- Staying committed to your goals

Let’s make this winter our strongest season yet!

**“Today I will do what
others won’t, so tomorrow
I can accomplish what
others can’t.”**

TODAY'S STUDENTS. TOMORROW'S LEADERS



MF TEEN MATT FIDDES MARTIAL ARTS

AMBASSADOR

INFORMATION ZOOM

WEDNESDAY JUNE 10TH, 2026
AT 8PM (BRISBANE TIME)

VIA ZOOM <https://zoom.us/j/6612803044>

Want to learn more about the Matt Fiddes Teen Ambassador Program?

Join us for a special online information session where we'll cover:

- ✓ Building confidence and communication skills
- ✓ Community involvement
- ✓ Instructor and mentoring pathways
- ✓ What is expected of a Teen Ambassador
- ✓ Questions & Answers

Whether you're already thinking about becoming an ambassador
or simply want to find out more, this session is for you!

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PRO TIP!



“Keep your wrist straight and strong.”

THE PERFECT FIST POSITION

Did you know that learning how to make a proper fist is one of the first skills taught in martial arts?

A correctly formed fist not only helps make your punches more effective, but it also helps protect your hands and wrists from injury.

Follow these simple steps:

- Step 1:** Start with your fingers straight and together.
- Step 2:** Curl your fingertips into your palm.
- Step 3:** Wrap your fingers tightly over the top.
- Step 4:** Place your thumb across the outside of your first two fingers. Never tuck your thumb inside your fist.
- Step 5:** Keep your wrist straight and strong.

WHY IT IMPORTANT:

A loose fist can reduce power and increase the chance of hurting your hand. A proper fist helps transfer power safely and teaches good technique from the very beginning.

INSTRUCTOR PROFILE OF THE MONTH

NAME: Mr Cam Boyd

LOCATION: Ashgrove & Indooroopilly

ROLE: Lead Instructor, MF North West Brisbane

HOW YOU STARTED:

Mr Cam Boyd began his martial arts journey nearly 40 years ago after experiencing bullying at school and early challenges in traditional training environments. What started as a way to build confidence and protect himself quickly became a lifelong path of discipline, learning, and personal growth.

Over the years, Mr Boyd trained formally across a wide range of martial arts, including ninjutsu, karate, kung fu, tai chi, kendo, aikido, tae kwon do, jiu jitsu, and MMA.

His dedication saw him achieve success at state and national levels, while also developing a deep understanding of martial arts as more than just physical skill.

CHALLENGES YOU MAY HAVE FACED:

Mr Boyd's journey has not always been easy. He has faced hardship, self-doubt, and periods of uncertainty, including leaving school early and having to work hard to create stability in his life. Through martial arts, he developed the resilience to keep moving forward, find safe and positive environments, and eventually complete university before building a career in advanced aerospace systems engineering.

For Mr Boyd, martial arts has always carried a powerful lesson: get up one more time, do the hard things, and use every challenge as an opportunity to grow.

WHERE ARE YOU NOW IN YOUR JOURNEY AS AN INSTRUCTOR:

Today, Mr Boyd is the Lead Instructor for MF North West Brisbane and is currently working toward his first Matt Fiddes black belt. Having already walked several black belt journeys across different styles, this stage of his training is a meaningful new chapter.

As an instructor, he brings decades of experience in kung fu, ninjutsu, karate, aikido, and kendo, while continuing to grow within the Matt Fiddes ACIT method.

His classes are shaped by his broad martial arts background, but always delivered through the fun, structured, and family-friendly MF approach.

ONE LESSON YOU TEACH YOUR STUDENTS:

Mr Boyd teaches that martial arts is about the whole person, not just kicking and punching. True martial arts helps students build confidence, focus, respect, resilience, creativity, and character.

He encourages students to think of themselves like a garden: remove the bad habits, shape the good ones, and nourish the mind and body with positive choices.

For Mr Boyd, martial arts is a lifelong journey of becoming stronger, wiser, and more balanced both inside and outside the dojo.

Winter Challenge



From **JUNE 8TH TO JULY 17TH**, every Matt Fiddes Martial Arts school across Australia and New Zealand will be competing in the **MF Winter Challenge**!

This is your chance to help our school win the:

MF Winter Challenge Black Belt Cup Trophy
A Student Celebration Party valued up to \$1,000

Plus some serious bragging rights!

The Winter Challenge is about growing our school, strengthening our community, building confidence in more children, and creating excitement throughout the winter months.

Most importantly, it's about working together as one team.

So let's get behind our school, invite some buddies, spread the word and see if we can bring home the very first: MF Winter Challenge Black Belt Cup!

HOW CAN STUDENTS HELP?

- Bring a buddy to try a class
- Encourage friends and family to join
- Ask your parents to leave a Google review
- Join our Leadership Program
- Help us spread the word about our amazing martial arts school

Every point earned helps our school move closer to the top of the leaderboard.

PARENTS, WE NEED YOUR HELP TOO!

You can support our school by:

- Leaving a Google review
- Referring a friend or family member
- Sharing your positive experience with others
- Inviting children who could benefit from martial arts to try a free class

Every new student, review, referral and Leadership upgrade helps our school earn valuable points.



GET IN TOUCH

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