



MATT FIDDES
MARTIAL ARTS

BUILDING TOMORROW'S LEADERS

www.mattfiddes.com.au

MONTHLY NEWSLETTER

JULY 2026

FROM THE MF LEADERSHIP TEAM

What Master Weir Is Teaching Us Right Now...

Over the past few weeks, our MF community has faced something none of us expected.

As many of you know, Master Weir experienced a serious medical emergency that required life-saving heart surgery. While his recovery journey continues, one thing has become very clear:

The lessons he has spent years teaching us are now the same lessons he is living every day.

At MF Martial Arts, we often talk about perseverance, courage, resilience, and never giving up when things get tough. These aren't just words we learn in class. They are life skills that help us through our biggest challenges.

Master Weir has always encouraged students to:

- Keep moving forward, even when things are difficult.
- Focus on what you can control.
- Take one step at a time.
- Never let setbacks define you.

Watching his recovery has reminded us that true strength isn't just about physical ability. It's about attitude, determination, and the decision to keep fighting when life throws unexpected challenges your way.

We have been overwhelmed by the kindness shown by our students, families, instructors, and communities. The messages, videos, cards, and well wishes have meant the world to the Weir family.

As we move through Term 3, we encourage every student to honour Master Weir's fighting spirit by:

- Giving their best effort in every class.
- Showing kindness and support to others.
- Working towards their goals on and off the mats.
- Never giving up when things get challenging.

The road to recovery is made up of many small steps, and every day Master Weir is taking those steps forward.

Thank you for being part of such an incredible community.



**"Stand
your ground
and keep
moving
forward."**

UPCOMING EVENTS

EVENTS & CHAMPIONSHIPS

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

DISCOVERY DAYS

(Learn about becoming an instructor)

09 **Sunshine**
AUG **Coast**

FOLLOW US





MARTIAL ARTS INSIGHT: WHY MARTIAL ARTS AND WINTER SPORTS MAKE THE PERFECT TEAM

As the winter sports season begins to wind down, many families are looking ahead to what comes next. Whether you've spent the last few months on the rugby field, soccer pitch, netball court, or AFL oval, now is the perfect time to think about how to maintain and build on all that hard work.

The great news is that martial arts and traditional sports work incredibly well together!

BUILDING BETTER ATHLETES

Martial arts develops many of the skills that help young athletes succeed in their chosen sport, including:

Balance and Coordination – Essential for kicking, running, changing direction, and overall body control.

Agility and Speed – Martial arts training improves reaction time, footwork, and movement efficiency.

Strength and Conditioning – Classes build functional strength, flexibility, and core stability that transfers directly to other sports.

Focus and Discipline – Learning techniques, patterns, and self-control helps athletes stay focused under pressure.

Confidence and Resilience – Martial arts teaches students how to overcome challenges, learn from setbacks, and keep pushing forward.

STAYING ACTIVE DURING THE OFF-SEASON

One of the biggest challenges young athletes face is losing fitness and momentum during the off-

season. Martial arts provides a fun and engaging way to stay active, maintain conditioning, and continue developing both physically and mentally.

Rather than starting from scratch when next season begins, students who continue training often return stronger, fitter, and more confident.

MORE THAN JUST SPORT

While martial arts can improve sporting performance, the benefits extend far beyond the field.

Students learn valuable life skills such as respect, leadership, goal setting, perseverance, and self-discipline—qualities that help them succeed at school, at home, and in their communities.

As one season ends, another opportunity begins. Whether your child plays rugby, soccer, netball, AFL, or any other sport, martial arts is the perfect way to keep them active, motivated, and growing all year round.

Train for sport. Train for life. Train with confidence.

ASK A BLACK BELT



“WHAT SHOULD I
DO IF I’M INJURED
AND CAN’T TRAIN?”

Don’t disappear!

Always follow your doctor’s advice, but if you’re able, still come to class and watch. You’ll continue learning by observing techniques, supporting your teammates, and staying connected to your instructors and friends.

One of the hardest parts of an injury can be feeling disconnected from the people you train with. By continuing to attend class, you’re reminded that you’re still part of the team and still progressing on your martial arts journey.

Remember, martial arts isn’t just about physical training—it’s about developing a strong mindset. Injuries are temporary, but the resilience, discipline, and positive attitude you build during challenging times will stay with you long after you’ve healed.

A Black Belt always finds a way to stay connected and keep moving forward.

“A goal is not
always **meant to**
be reached, it often
serves simply
as **something**
to aim at.”

- Bruce Lee

PRO TIP!



Imagine there is a laser pointing from the tip of your elbow. Wherever that laser points, is where your power goes. Focus on accuracy first, then power.



ELBOW STRIKE SMALL MOVEMENT. BIG IMPACT.

The elbow is one of the strongest weapons on the body and is incredibly effective at close range.

HOW TO PERFORM A STRONG ELBOW STRIKE

Stay Balanced

Start in a strong fighting stance with your hands up protecting your face.

Lead with the Point of the Elbow

The striking surface is the point (tip) of the elbow. Aim to drive this part of the elbow through the target.

Rotate Your Hips and Shoulders

Power doesn’t come from swinging your arm. Turn your hips, shoulders, and core into the strike to generate maximum force.

Keep the Opposite Hand Up

Your non-striking hand should stay protecting your face at all times.

Return to Guard

After the strike, immediately bring your hands back into position and stay ready.

COMMON MISTAKE

Swinging the arm like a punch.

Instead, think about turning your whole body and driving the elbow forward in one powerful movement.

INSTRUCTOR PROFILE OF THE MONTH

NAME: Kim Williams **LOCATION:** MF Carindale
ROLE: Franchise Owner and Instructor

My interest in martial arts began when I was in my 20s training with my father in boxing. From there, I was interested in doing more along the lines of Karate but was told that it was no good because they didn't punch properly so I didn't join and continued to do boxing.

My journey with MF Martial Arts began in 2016 when I was in my 40s - as a mum sitting on the sidelines watching my son going through drills and gradings, doing my best to remember all the drills so I could tell him when we got home in case he had forgotten them. I eventually decided to join a class because it looked like fun and JJ wanted me to do it. JJ was so excited he used to do it along side me in an adult class to help me.

At the time, life for us was not easy. We were new to Australia and within 6 weeks of being on the Sunshine coast we were homeless. But, the one thing that was consistent in our lives was martial arts. The support we received from Mrs Kent and having someone to talk to and cry to helped me to get through the tough times. I didn't stick to martial arts long at the time, due to work commitments, so took a step back from it and focused on JJ and what he was doing. My priority was to give him something that he loved and a regular routine in at a time of uncertainty in our lives.

After moving to the Gold Coast, I decided to once again get back into it but again it was not for long as I started a job as a FIFO Chef.

As covid hit, JJ continued to do his classes online, then when face to face classes began again, I decided to join under the instruction of Mr Donaldson doing classes whenever I was home. Moving into leadership, I started to think it could be good to train as an instructor as I was always wanting to own my own martial arts business or a business of some sort and it would give me something that JJ could eventually run.

The opportunity came up to buy a franchise, so I jumped on it as quickly as possible to not miss out and went from there. It did come as a shock to many as no one expected it - one minute I am sitting in a seminar about being an instructor and a franchise owner, to only a few short weeks later going through the process of purchasing my own. Although I had no money, I had to come up with every way I could think of to buy it. It was with sheer determination and lots of tears that I finally purchased my first business. Terrified at what I had done, and with no job and no money, I had to make it work. I had to do everything



I could to succeed. I was told that I was stupid for opening three schools at once, that I should have only opened 1, but that was not an option for me. I needed money - and quickly - or I would have ended up back in NZ with nothing. I could barely pay my rent and the business was not paying enough to get me by so I had to think of other ways to succeed. So, I began to write more books and try to have more income flow. With a little help from my mother to cover the rent for a couple of weeks through the Christmas period, we managed to start to get a few students signing up.

The challenges I have had to face have been many: from being homeless with only \$25 to my name, moving into a backpackers to live in one shared room for 8 months with 2 kids, to being stalked and threatened by those we thought we could trust, to having people laugh at my goals and put all the negative spins they could on everything I did and continue to do, and to failing the odd grading and thinking I am not good enough.

Challenges are always there in some way shape or form, but it is how you deal with them that determines whether you fail or succeed. I will not let someone's opinion of me determine my success or failure. I will always do my best to rise above and use their negativity to make myself more successful and this is something that I try to teach my students.

Having now had our schools running for 4 years, we have grown from 3 schools to 7 and have had the pleasure of meeting and influencing so many other people's lives. I have, from the day we started, had the dream of buying a Franchise in NZ and taking MF there and I am well on the way with plans in process.

MF Martial Arts have been a huge part of our lives and has helped to change things for the better, going from homeless to a business owner and influencing others in a positive way. I am now the proud Owner and Head Instructor for Matt Fiddes Martial Arts Carindale.

Winter Challenge

FINAL PUSH!



IT'S NOT TOO LATE!

The MF Winter Challenge finishes on **17 JULY**, and there's still time to make a difference for your team!

Every point counts as our schools across Australia and New Zealand compete for the Winter Challenge Cup and \$1,000 towards a school celebration party.

The winning territory will be announced at our Annual Franchise & Instructor Awards Dinner on 25 July, where we will also be going LIVE on Facebook to reveal the winner to our entire MF community.

Whether you're a student, parent, instructor, or supporter, every action helps your school climb the leaderboard and move one step closer to victory.

Let's finish strong, support our schools, and show everyone what the MF Spirit is all about!

HOW CAN YOU HELP?

- Attend your classes
- Bring a friend to try a FREE class
- Leave a Google Review
- Upgrade to Leadership
- Re-sign your membership
- Share your MF experience with family and friends



MF MATT FIDDES
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GET IN TOUCH

1800 840 403 (AUS)
+64 21 380 181 (NZ)
info@mattfiddes.com.au
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