

FROM THE MF LEADERSHIP TEAM

THE CLIMB IS THE LESSON

The climb is what gives it meaning.

There is something incredibly special about watching a student tie a Black Belt around their waist for the first time.

For many, it represents years of training, beginning as a White Belt, turning up week after week, progressing through each grade, learning new skills and overcoming challenges along the way.

But, a Black Belt represents much **more than time spent on the mats.**

It represents **dedication. Consistency. Discipline. Resilience. Preparation. And the willingness to work for something that isn't guaranteed.** And that last part is incredibly important.

Why do we hold the standard?

Sometimes we are asked, "They've been training for years, haven't they done their time?"

Our answer is simple:

Black Belt isn't awarded for time served. It is awarded when the student is ready.

Time and minimum training periods are important, but they are only part of the journey. A student must also demonstrate the technical ability, physical preparation, knowledge, attitude and determination expected of the grade.

That means there may be times when a student reaches the minimum timeframe but still has work to do.

They may need to improve their technique. They may need to become physically stronger. They may need to practise more outside of class. They may need to improve their fitness, confidence, focus or consistency.

And that's okay. In fact, that is where some of the most valuable learning happens.

The challenge is there for a reason.

If we removed every difficult part of the Black Belt journey so that every student could achieve it simply by attending for long enough, the belt might become easier to obtain, but we would also take away much of what makes achieving it so powerful.

There needs to be a mountain to climb. Because life will give our students mountains too. One day they may apply for a job and not get it the first time. They may have to compete

for an opportunity they desperately want. They may struggle at school, university or in their career. They may experience disappointment, setbacks or periods where something feels incredibly difficult.

We cannot prepare young people for those moments by removing every obstacle from their path.

Instead, through martial arts, we can give them a safe environment in which to learn:

"This is hard. I'm not there yet. But I can work at it, become better and try again."

That is resilience.

The real reward isn't the belt...

This is why the journey from red stripe to Black Belt is deliberately a significant step.

We want students to have to rise to the standard, rather than lowering the standard to meet them.

When a student needs to develop more strength, we want them to train until they become stronger.

When their technique isn't yet at Black Belt standard, we want them to practise until it is.

When something feels difficult, we want them to discover what happens when they don't give up.

Because eventually, when that student stands in front of their examiner and earns their Black Belt, something far more important has happened than simply receiving another belt.

They have proved something to themselves.

They have learned:

I can do difficult things.

I can work towards something that doesn't come easily.

I can experience setbacks without giving up.

I can become stronger than I was yesterday.

And if something matters enough to me, I am capable of putting in the work required to achieve it.

That belief is the real gift of the Black Belt journey.

The belt itself is a symbol.

The person they had to become to earn it is the achievement.

ANTI-BULLYING WEEK – AUGUST 2026

MARTIAL ARTS INSIGHT:

STRONG ENOUGH TO STAND UP

When we think about martial arts and bullying, it's easy to think the answer is simply teaching children how to defend themselves.

But **true self-defence starts long before a punch or kick is ever thrown.**

At MF Martial Arts, we want our students to develop the confidence to **stand tall, use their voice, make good choices and ask for help when they need it.**

Bullying can take many forms. It can be physical, but it can also be repeated name-calling, exclusion, intimidation, spreading rumours or behaviour online designed to hurt or embarrass someone.

That's why some of the most important skills we teach aren't physical techniques at all.

We teach students to recognise when something isn't right. To confidently say "Stop." To remove themselves from an unsafe situation. To speak to a trusted adult. And, importantly, to keep speaking until somebody listens.

CONFIDENCE WITHOUT AGGRESSION

Martial arts should never teach a child that being strong means being the toughest person in the room.

Real strength is having the confidence to stand up without needing to put somebody else down.

It's having the self-control to walk away when you can.

It's knowing that asking for help isn't weakness.

It's including someone who is being left out.

It's refusing to join in when others are picking on somebody.

And sometimes, it's having the courage to say, **"That's not okay,"** even when everyone else is staying quiet.

BEING A BLACK BELT IN CHARACTER

We often talk to our students about becoming a Black Belt — but Black Belt behaviour isn't only about what happens on the mats.

We want our students to become young people who demonstrate respect, courage, kindness, discipline and self-control wherever they go.

At school. At home. Online. With their friends.

And especially when nobody is watching.

Because martial arts isn't about teaching children how to fight.

It's about developing young people who are confident enough to stand up for themselves, strong enough to stand up for others, and disciplined enough to know the difference between defending themselves and hurting someone.

This Anti-Bullying Week, that's a conversation worth having with every child.

Be confident. Be kind. Speak up. Stand tall.

**PRO
TIP!**



THE POWER OF THE HIPS

Want more **power** in your martial arts techniques?

The secret isn't always trying to punch or kick harder, it's learning to use your hips!

Your hips help connect your whole body to your technique. When you rotate your hips correctly, you're able to use your legs, core and body weight to generate power rather than relying on your arms or legs alone.

PUNCHING: Rotate your hips as you punch instead of using only your arm.

KICKING: Turn your hips over and through the technique to create more power and improve your range.

REMEMBER: Power comes from the whole body working together.

TRY IT! Practise a punch slowly without moving your hips. Then try again, rotating your hips with the technique. Feel the difference?

BLACK BELT TIP

*Good technique creates power.
Don't force it...generate it!*

ASK A BLACK BELT



**“ HOW OFTEN
SHOULD I PRACTISE
AT HOME?**

You don't need to train for hours every day to make a difference!

Even 10–15 minutes of focused practice, 2–3 times a week can really help improve your technique, strength and confidence.

The secret is consistency.

Choose one or two things you're currently working on in class, perhaps your kicks, stances, hand drills or form, and spend a few minutes practising them properly.

BLACK BELT TIP:

Don't wait until the week before grading to start practising! A little bit of quality practice each week adds up to BIG improvements over time.

REMEMBER:

Black Belts aren't made in one big training session. They're built through thousands of small ones.

**“True victory
is victory
over oneself.”**

- Morihei Ueshiba

INSTRUCTOR

PROFILE OF THE MONTH

NAME: Rhys & Tahnae Kent

LOCATION: MF Sunshine Coast South

ROLE: Franchise Owners and Instructors

Rhys and Tahnae Kent are the franchise owners and instructors of MF Sunshine Coast South. Together, they oversee their schools, with Rhys serving as Head Instructor and Senior Grading Examiner, while Tahnae plays a key role in instruction, administration and customer service.

Their MF journey began 12 years ago, at a time when their lives looked very different. Rhys was working as a courier driver for StarTrack Express, often working up to 60 hours a week with very early mornings and long days. Tahnae was working as a Dental Treatment Coordinator at Avenue Dental.

Master Canavan was a family friend, and after Rhys had been training under him in martial arts for around a year, he approached Rhys and Tahnae with an opportunity to run their very own school in the Caloundra area.

Coming from secure, employed backgrounds, the idea of becoming self-employed was both exciting and daunting. There were plenty of nerves and uncertainty around giving up the stability they knew and taking on the risks that came with running their own business.

Rhys, however, was extremely keen and was definitely the driving force behind taking the opportunity. He was unhappy in his current work and knew he wanted something that could offer more than just long hours. Together, Rhys and Tahnae were looking for greater flexibility, more time together, and the opportunity to build a future that would allow them to grow both a business and a family.

One of their biggest obstacles in the beginning was actually their family. Their loved ones were understandably concerned and simply wanted the best for them, questioning whether they would be able to grow the schools enough to create a secure future.

Twelve years later, those early risks have led to something they are incredibly proud of. Together with their business partners, Yvette and Dean, they now have a combined student base of around **600 students across the Sunshine Coast South area**, with a goal of reaching many more individuals and families by the end of 2026.



But for Rhys and Tahnae, their greatest achievement isn't measured purely in student numbers. It is knowing they have helped thousands of students develop confidence, resilience and a genuine sense of self-belief through martial arts.

Their own journeys of growth are continuing too.

Rhys is currently working towards achieving his **Master rank** — a journey that is both physically and mentally challenging, but one that continues to bring a great sense of achievement, development and personal growth.

Tahnae is continuing to challenge herself to become a stronger and more confident instructor, pushing through physical challenges and developing her own martial arts. With her sights set on achieving her **2nd Degree next year**, she continues to demonstrate the same perseverance she encourages in her students.

Above all, the message Rhys and Tahnae aim to instil in every student is simple:

Believe in yourself, and never give up — no matter how difficult the journey may feel.

A quote that has stayed with them and reflects the importance of perspective and perseverance is:

"I cried because I had no shoes, until I met a man who had no feet."



MATT FIDDES
MARTIAL ARTS

AUSTRALIAN CHAMPIONSHIPS

SAVE THE DATE
REGISTRATIONS
OPEN SOON!



A COMPETITION FOR EVERYONE



**SATURDAY
OCTOBER 24TH
2026**



**PALMVIEW STATE
SECONDARY COLLEGE
SUNSHINE COAST**

GET READY FOR ONE OF THE BIGGEST MF EVENTS OF THE YEAR!

The Matt Fiddes Martial Arts Australian Championships are coming to the Sunshine Coast, and we want students from across Australia and New Zealand to come together for an incredible day of competition, teamwork and MF spirit.

Whether this is your very first competition or you're an experienced competitor, there will be events for you - you don't need to be an advanced student to compete.

Our Championships are about more than winning medals. They're about having a go, challenging yourself, building confidence, representing your school and making memories with your MF teammates.



MATT FIDDES
MARTIAL ARTS

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