

MONTHLY NEWSLETTER

SEPTEMBER 2026

FROM THE MF LEADERSHIP TEAM

LEADERS AREN'T BORN. THEY'RE TAUGHT.

When we talk about our **Leadership Program**, one of the biggest misconceptions is that a student needs to already be confident, outgoing or a natural leader before Leadership is right for them.

In fact, it's almost the opposite.

We don't invite students to Leadership because they already know how to lead. We invite them because they are ready to start learning how.

Leadership is a skill.

Just like learning a kick, a stance or a martial arts technique, leadership needs to be **taught, practised and developed over time.**

And that is exactly what our Leadership classes are designed to do.

Students learn how to communicate confidently, take responsibility, work with different personalities, encourage others, solve problems, set a positive example and become someone others can rely on.

LEADERSHIP DOESN'T ALWAYS LOOK LOUD

We often associate leadership with the person at the front of the room.

But some of the best leaders aren't the loudest or most naturally confident people.

A quiet student can become an incredible leader.

A student who lacks confidence can learn to speak up.

A student who finds responsibility difficult can learn to become dependable.

A student who normally follows can learn when it's time to step forward.

That's why we teach it.

Our Leadership students are given opportunities to develop these skills in a safe environment through their **classes**, where they are allowed to practise, make mistakes, receive feedback and try again.

Over time, we want those lessons to extend well beyond their martial arts classes.

We want our students to have the confidence to put their hand up at school.

To communicate respectfully with adults.

To support someone who is struggling.

To make good decisions when their friends aren't.

To take responsibility when they get something wrong.

And eventually, to have the confidence and skills to lead others.

IT'S A JOURNEY

As students progress through their martial arts training, students will be invited to take the next step into our Leadership Program.

That invitation doesn't mean we're saying:

"You are already a leader."

We're saying:

"We can see your potential. Now let us teach you how to use it."

Because leadership isn't a personality type.

It's a skill, and skills can be taught.

UPCOMING EVENTS

EVENTS &
CHAMPIONSHIPS

24
OCT

Australian Championships
PalmView State Secondary College



MARTIAL ARTS INSIGHT: CHAMPIONSHIPS ARE FOR EVERYONE!

When some students hear the word “**Championships**”, they immediately think:

“I’m not good enough for that yet.” Or, “That’s for the really competitive students and black belts.”

But that couldn’t be further from the truth...

MF Championships are designed for ALL students, all ages, all belt levels and all levels of experience.

You don’t need to be a black belt.

You don’t need to have competed before.

And you definitely don’t need to be the best student in your class.

You just need to be willing to have a go!

HOW DO CHAMPIONSHIPS WORK?

Students compete against others in appropriate **age and belt divisions**, so a beginner isn’t expected to compete against an experienced black belt.

There are also different events to choose from, allowing students to showcase different areas of their martial arts training.

For our youngest **Mighty Matts**, events are designed to be fun, achievable and age appropriate.

For Juniors, Teens and Adults, there are events covering different martial arts skills, from techniques and combinations through to forms, breaking and sparring.

Junior and adults students don’t have to enter everything. They can choose events that suit their age, experience and confidence level.

BUT WHAT IF I DON’T WIN?

This might be the most important part.

Championships aren’t really about the medal.

Of course, winning a medal feels fantastic, and we love seeing our students standing proudly on the podium!

But some of the biggest victories happen before a medal is ever awarded.

It might be the student who was terrified to compete but stepped onto the floor anyway.

The student who remembered their whole form under pressure.

The student who lost their first event, picked themselves back up and competed again.

Or the student who watched someone perform better than them and thought, “That’s what I’m going to work towards.”

Competition teaches lessons that are difficult to recreate in a normal class.

Students learn how to **manage nerves, perform under pressure, set goals, show sportsmanship, handle winning and losing, and discover what they are capable of.**

They also get to meet and compete alongside MF students from other schools and become part of something much bigger than their weekly class.

YOUR FIRST CHAMPIONSHIPS

If you’ve never competed before, it’s completely normal to feel nervous.

In fact, that’s part of the experience!

Courage isn’t about having no nerves. **It’s about being nervous and having a go anyway.**

Your instructors will help you understand which events are suitable for you and what you need to practise beforehand.

So if you’ve been thinking:

“Maybe next year when I’m a higher belt...”

Don’t wait! Your first Championships isn’t about proving you’re the best.

It’s about being brave enough to step onto the floor, give it your best and learn from the experience.

Because every champion had a first Championships once.

**PRO
TIP!**



CHECK YOUR HORSE RIDING STANCE

A strong Horse Riding Stance starts from the ground up!

Next time you're practising, check these key points:

FEET FACING FORWARD:

Try not to let your toes turn out.

KNEES BENT:

Sit down into the stance rather than standing tall.

HANDS IN FISTS ON YOUR BELT:

Keep them pulled back and ready.

BODY UPRIGHT:

Keep your chest up and your posture strong.

A good Horse Riding Stance should feel
strong, balanced and stable.

PRO TIP

*If your legs aren't starting to work, you
might need to bend those knees a little more!*

MF MATT FIDDES
MARTIAL ARTS

AUSTRALIAN CHAMPS 2026



24 OCTOBER



SUNSHINE COAST

REGISTRATIONS OPEN NOW!

HOW TO REGISTER

Each MF school has its own registration link, so we've made it easy and put them ALL in one place!

Please make sure you select the correct school when registering.

FIND YOUR SCHOOL & REGISTER HERE

<https://mattfiddes.com.au/championships-registration/>



FOLLOW US  



FOR THE MONTH OF SEPTEMBER

**EVERY DAD THINKS
HE'S A SUPERHERO, SO
LET'S GIVE HIM THE
SKILLS TO MATCH!**

Get in touch to book your complimentary trial.

"There is **more than
one path to the top
of the **mountain...****

**Choose the path
that **hardens** you,
not the one that
comforts you."**

- Miyamoto Musashi.



ASK A BLACK BELT

**“ HAVE YOU EVER
WANTED TO QUIT
MARTIAL ARTS?
”**

Yes!

Most Black Belts will tell you there have been times during their martial arts journey when they felt like quitting.

Sometimes training gets hard. You might struggle with a technique, feel like you're not progressing as quickly as you want, lose motivation or simply have other things happening in your life.

The important thing is remembering that **those feelings usually pass.**

There will be classes where everything feels great and others where nothing seems to go right. That's all part of learning.

Black Belts aren't Black Belts because everything came easily to them. They've had frustrating classes, difficult gradings, setbacks and times when they didn't feel like training too.

They became Black Belts because they kept coming back.

So if you ever feel like giving up, talk to your instructor. Sometimes one class, one small goal or remembering why you started is all it takes to get excited about training again.

INSTRUCTOR

PROFILE OF THE MONTH

NAME: Yvette Grant

LOCATION: Caloundra, Moreton, North Brisbane and Townsville Territories

ROLE: Franchise Owners and Instructor

HOW I STARTED:

After spending 18 months watching my daughter, Chloe, train, I finally decided to try a class myself. I joined in 2017 with the simple goal of improving my fitness, but I quickly discovered that martial arts had so much more to offer. It helped me build confidence, resilience and a sense of purpose being a part of an amazing community. Martial arts has become a major part of my life.

CHALLENGES I HAVE FACED:

One of my greatest challenges has been learning to believe in myself and step outside my comfort zone. I began as a parent watching from the sidelines, so becoming an instructor, earning my 2nd Degree Black Belt and leading multiple territories required me to continually challenge my own self-doubt. I am also forever learning how to balance the many responsibilities of being an instructor, business owner, leader, wife and mum while continuing to grow personally.



WHERE I AM NOW IN MY JOURNEY AS AN INSTRUCTOR:

Today, I am a 2nd Degree Black Belt, Franchise Owner and Head Instructor across the Caloundra, Moreton, North Brisbane and Townsville territories with 650 students. My role has grown beyond teaching students, I now have the privilege of developing instructors, mentoring future leaders and helping create a consistent, supportive environment where every student and team member can thrive. I am still learning, growing and working towards my 3rd Degree Black Belt and beyond.

ONE LESSON I TEACH MY STUDENTS:

You do not need to be the most confident, talented or naturally gifted person in the room, you simply need the courage to begin and the determination to keep going. Progress comes from showing up, believing in yourself and taking one step at a time.

YOU CAN DO HARD THINGS!



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