



**THE CHAMPS
ARE BACK!**

**WHAT CAN YOU
EXPECT?**



**SATURDAY 5TH
JULY
&
SUNDAY 6TH
JULY**

THE MF CHAMPIONSHIPS ARE BACK

Our Regional Championships is your chance to test yourself against MF Martial Artists from other classes in a fun and supportive way.

We find that our students from different classes tend to have a lot in common, including a shared passion for Martial Arts. It's a great chance to widen your Martial Arts knowledge and to make new friends who share common interests.

These days are always a lot of fun but it's important not to forget the fun and the experience you will gain from training towards the Championships. Goal Setting provides extra focus and the feeling of being able to display the skills and techniques you train for at the Championships is one that's hard to beat!



CHAMPS BENEFITS

As well as having the chance to win a medal and the honour of being an international champion, there are many ways competing in our Championships helps you including:

- It gives you a goal to help focus your training and fitness
- Preparing for competition helps you to understand the application of your techniques
- It helps you get used to performing in front of others
- It helps you find areas to improve so you can perform to the best of your ability



Categories

The first step after deciding to compete is to select which categories you are going to enter:

Everyone has their strengths and weaknesses within everything they do so it is always a good idea to choose categories that play to your strengths.

However it is also important to challenge yourself to things that make you uncomfortable! And since your travelling all that way you may as well enter as many categories as you can!

Junior & Adult Comp

10 Kick Combo

Pair Kicking Combo

Form Categories

Kick Boxing Drills

Hand Drills

Point Stop Sparring

Mighty Matt Fun Day

Hand Drills

Kick Boxing Drills

5 Kick Combo's

Belt Tag

Flying Sidekick

Training

Now you have chosen your categories it's time to get training.

Once you have entered and have informed your instructor to the categories you have chosen they will begin to work with you in class if they haven't already and there will quite often be extra classes that you can attend for just championship training.

Your instructors are very experienced and have had competition experience themselves, so it is important to listen to their advice and take onboard any constructive feedback.



Game Plan

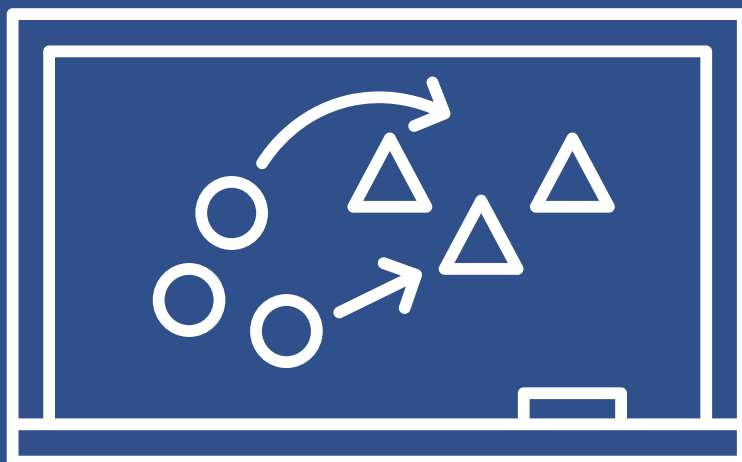
Part of your training should go towards creating a game plan for the competition. (This is most important for the sparring categories)

A solid plan of action will go along way on the day of the competition to prepare you mentally and physically for the day.

For example if punching is your strength then work on keeping close to your opponent to stop them from being able to kick you and only punch when you have the best opportunity to score. However don't forget that you do have legs and they can be useful when the opportunity arises.

This also works for those whose strength is kicking. Use the length of your legs to keep your opponent at bay and only throw the right kicks when you have the correct opportunity.

Those who are good all rounder's while sparring work on combinations to drive your opponent back to create openings for scoring.



Rules

1. Judge's Decision is Final
2. Only come onto the Mats when asked too
3. Wear official MF Uniforms

Mighty matts will sit IN LIST ORDER on the left side of the mats to begin with

Belt Tag Warnings

1. Warnings will be given for both feet out the area
2. Grabbing each others arms
3. Punching or Kicking

3rd Warnings will result in a point going to Opponent.

Competitors will be called up onto the mat two at a time in the pre-arranged order that is found on the knockout sheet.

Sparring Warnings

1. Both feet out the area
2. Excessive Force (Dictated by head Judge)
3. Kicks to Groin
4. Spinning Backfists
5. Face Shots
6. Leg Kicks
7. Sweeps

3rd Warnings will result in a point going to Opponent.

Travelling & Accommodation

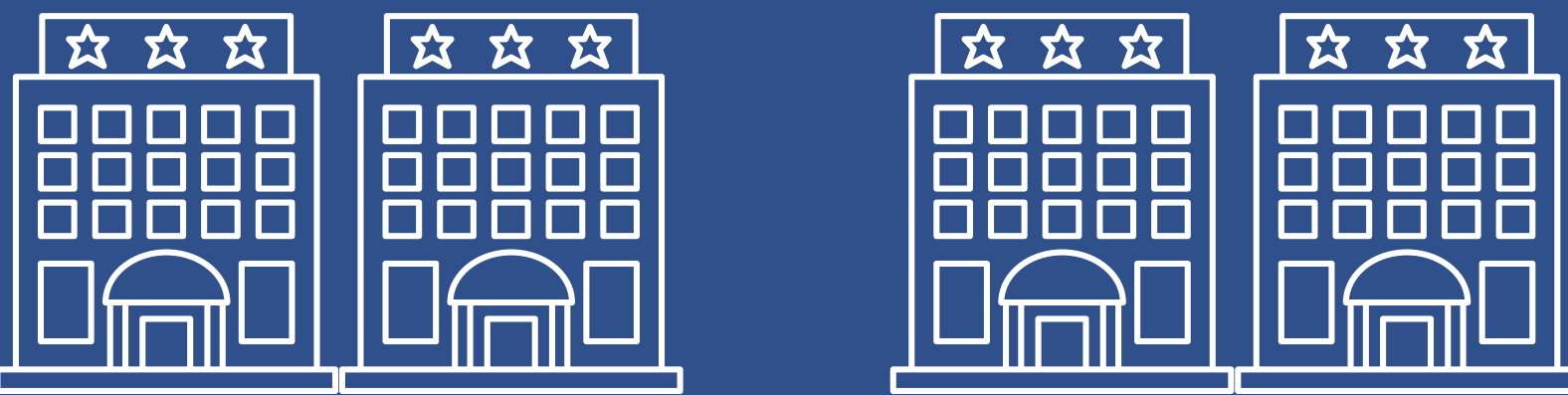
So your training is underway and you have started in your game plan for the day. Now it's time to prepare for how you will get to the competition and when!

Most competitors and spectators will travel to or close to the competition location the day or night before and stay overnight in a hotel.

Doing this has the benefit of not having to rush so much in the morning of the competition as well as allowing competitors and spectators to be well rested and ready for the day ahead.

On the other hand travelling to the location on the day of competition is more cost affective as you don't have to pay for accommodation however this could mean that some competitors and spectators may be less rested than others.

Of course this is down to everyone's personal situations and there is many factors to take into consideration when deciding which option to choose.



Catering

We always strive to make the best choice in venue.

Even though the chosen venues provide a range of hot and cold food and drinks, taking a cooler bag with sandwiches and snacks as well as plenty of water and isotonic drinks which are effective for replenishing electrolytes is a good idea in case of queues.

What to Expect on the Day.

When you arrive at the venue please head towards the hall and wait for registration to open at 8:30AM

Once registered please find a seat and place any bags in the area, which will be designated on the day depending on hall space.

This is a good time for a slight warm up and stretch while you wait for line up which will be approximately 9AM. Depending on hall spacing we may have a dedicated area for warming up and practice.

Mighty Matt Fun Day & Comp

This year we have a whole day dedicated to Mighty Matts!

This will allow us to ensure the mighty matts have a fun and enjoyable experience with the attention and recognition they deserve.

The category number as well as a list of names for competitors within that category will be called out over the PA system.

Upon hearing your name and category number please head to the stated area number and follow the instructions of the judge/referee that will greet you, take your name and explain how the category will explain

If you still have any questions please speak to your instructor!



Junior & Adult Competition

The category number as well as a list of names for competitors within that category will be called out over the PA system.

Upon hearing your name and category number please head to the stated area number and follow the instructions of the judge/ referee that will greet you, take your name and explain how the category will explain.

If you still have any questions please speak with your instructor!



How to win after Losing

Winning is cool but if everyone won it wouldn't be a competition!

Sportsmanship is the first step to winning even if you have just lost.

Commending your opponent on a game well played is a classy way to handle defeat and a good habit to develop for all competition. While you may have a knee-jerk reaction to loss at first, losing gracefully is a valuable life skill that can be beneficial in many aspects of life.

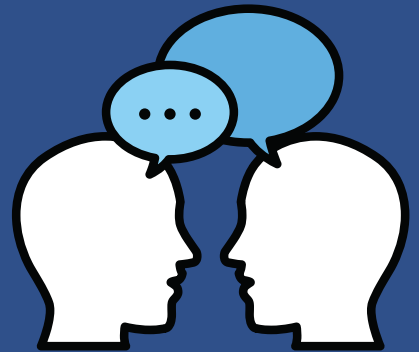
Whether you win or loose offering a high five, handshake or a simple congratulation to your opponent is an excellent show of sportsmanship and a positive step to processing loss.



Talk about the Loss

Even after a defeat, success requires certain mental skills including people skills and the ability to deal with emotions effectively. Discussing your loss with friends, family, teammates, coach or anyone else who will listen is a healthy way to acknowledge your feelings after a competition and to reinforce your commitment to the sport itself.

(Approach them by saying 'I'm feeling down about losing. Can I talk to you about it?')



Making Lists

It is important to remember that competition is more than just about winning or losing. Your performance, mastering of skills and abilities as well as sportsmanship are all-vital components of the competition experience that do not hinge on beating an opponent.

To help you focus on the positive attributes that you show and benefits that your participation provided you can make a list either by yourself or working with the person you spoke to in the point above, such as:

- Mental and physical exercise
- Perseverance and determination
- Social interaction
- Coping skills

As well as listing the benefits you gained you can also make a list of your best features, skills and traits as well as recalling some compliments that you have received in the past that made you feel good about yourself. Writing these lists will force you to acknowledge just how awesome you are!

Have Some Fun!

Losing in any competition can cause negative feelings as mentioned above. Along side the points we have already spoke about, having some fun can be a positive boost to your spirit and promote a optimistic outlook.

There is a wide range of things you could do, for example:

- Watching a film
- Bike rides with friends/ family
- Family meals
- Treating yourself to something new (you deserve it!)
- Mini golf
- Visiting the zoo

The list could go on and on!



Final Thoughts

Just as we set out with your training and travelling it is important to create a game plan post competition whether you win or lose as any and all competitions are a rollercoaster of emotions not only for you but for your family and friends that may be spectating and supporting you.

Using the points above sit with a parent or your coach to set out a plan of action that will work for you as there is no one plan that will work for everyone.

Committing to a plan beforehand, particularly one that implements things that you have learned from previous competitions will allow you to perform and bring your 'A-Game' in a decisive and confident manner.

Try not to focus on getting the medal but instead focus on enjoying the atmosphere of being in the competition and the lessons that can be learnt to help you grow and become a better

