



Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



MF MARTIALARTS
ACADEMY



For more info email
Jesse Sazant - Head of Elite Academies
on jsazant@canterbury.kent.sch.uk



Working in partnership with  Simon Langton Boys to provide a
grammar school band in a comprehensive school

www.canterburyacademy.co.uk



Excellence in Sport

The Canterbury Institute of Sport

MF MARTIAL ARTS ACADEMY

Programme Overview

The MF academy Programme has been specifically designed to challenge and develop each student's performance within Martial Arts. Whether a beginner or advanced, students will study a variety of Martial Arts disciplines and apply modern Sports Science to push the boundaries of performance.

Led by Master Finch from the Matt Fiddes Martial Arts School, this programme is utterly unique within its field. In addition to physical performance, this programme will give students the opportunity to learn about becoming an Instructor and Leader within the MF Kent Academy.

The academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab.

Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme.

With over 25 years experience both as a competitor and Instructor Master Finch now runs the fastest growing Martial Arts School across Kent with over 200 students.

The MF Kent Academy is part of the Matt Fiddes Martial Arts International Group where Master Finch is the head of Instructor Training and Student Assessment.

His students have seen great success at both regional and national level as well as producing a team of highly proficient and successful Instructors.



Contact: Master Finch - Head Coach
Email: kent@mattfiddes.com
www.mattfiddeskent.com

www.canterburyacademy.co.uk or Telephone 01227 463971