MOUNIR'S
CORE BELIEFS

THE CHAMPION'S CODE

5 BELIEFS THAT SHAPED MY JOURNEY



COACH MOUNIR

FROM THE STREET TO THE OLYMPICS

MOUNIR'S CYPHER

BEFORE YOU BEGIN

Mindset does not replace the work. It guides it and protects it.

I didn't become a 13-time world champion because all the conditions were in place. I learned to move forward through uncertainty, to do a lot with very little, and to persevere when results were slow to come.

From my first hours training in train stations to international competitions and my role as head coach in China, certain beliefs have accompanied every stage of my journey.

These five beliefs are neither magic formulas nor a condensed training course. They are the principles that shaped how I approach challenges, pursue my ambitions, and help others grow.



A GUIDE TO READ. BELIEFS TO LIVE BY.

CONVICTION 01

If you can see it, you can seize it.

ONE VISION IS ENOUGH



When I started breaking, I had no training studio, no coach, and no sponsor. Far from the major cities where information was available, I lived in Angers, a provincial city, at a time when the internet wasn't yet at our fingertips.
All I had was a VHS tape I knew by heart, a train station and a shopping mall as training spaces, and one dream: to become the best!
People saw a young kid spinning on the floor of a train station. I was following a vision, and I could already see the champion I wanted to become.

MY BELIEF

A vision is not a guarantee of success. It is a direction strong enough to keep moving forward, even when conditions are difficult and results are not yet visible.

IN BREAKING

Don't let your current circumstances or immediate results alone define the scale of your ambitions. Set a destination that gives meaning to your decisions and efforts, then follow through.

THE QUESTION TO ASK YOURSELF

What ambition have you gradually given up on because it seemed too far from reality?

CONVICTION 02

Use what you have to get what you want.







THE RESULTS ARE TALLIED ONLY AFTER THE FINISH LINE

I didn't train in train stations, on the streets, in basements, or in shopping malls because I wanted to, but because I had to.
Waiting for financial or material support from institutions or sponsors would have meant putting my dream on hold indefinitely.
In winter, I wore gloves to warm up because of the cold. The conditions weren't ideal, but they were all I had.
I learned to accept my starting line without ever accepting that it had to be my finish line.

MY BELIEF

Not having ideal conditions should never prevent you from taking action.

IN BREAKING

Instead of waiting for a sponsor, for the right team, or the best training spot, identify the resources already available and start with what you have to achieve what you want.

THE QUESTION TO ASK YOURSELF

What are you waiting for today before starting something you could have begun yesterday?

CONVICTION 03

Don’t let failure write what happens next or determine the ending.

FALL. GET BACK UP. START AGAIN.

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In 2008 and 2011, I was invited directly to the RedBull BC One World Final without having to go through national and continental qualifiers. My dream was to win that competition, but I failed both times.
In 2012, I wanted to return, but I was told there would be no invitation for me this time. I had to start from scratch, beginning with the French Cypher, which I won, followed by the European Qualifier, which I also won.

After a true fighter’s journey, I was back at the World Final, and this time I won the title.
I finally achieved my dream, not through the comfort of an invitation, but through the discomfort of an extraordinary journey that remains unmatched till today.
I call this the ‘denial of failure’: not refusing to acknowledge defeat, but refusing to let it decide what comes next in my story.

MY BELIEF

Failure is an outcome to analyze, not an identity to accept.

IN BREAKING

When a competition fails, don’t confuse the performance of an action with your own worth or the value of your preparation. Analyze, adjust, and decide what comes next.

THE QUESTION TO ASK YOURSELF

What failure could you turn into progression today?

CONVICTION 04

The hardest part isn’t getting there. It’s to stay.

MENTAL STAMINA AS A STRENGTH



When I started, many people were more talented than I was. More flexible, more agile, they learned faster and progressed more quickly.
Every single one of them gave up before I did. Over time, I understood that my greatest strength wasn’t technique or power but mental stamina: my ability to sustain effort over the long term.
But lasting success also requires learning to work smarter, not just harder.

MY BELIEF

Performance is not measured by its intensity, but by its ability to be repeated over time.

IN BREAKING

You must build a system that protects your ability to perform over the long term. Your health, your energy, and your relationships are not unlimited resources.

THE QUESTION TO ASK YOURSELF

Could you keep working at the same pace for the next ten years without paying a heavy price?

CONVICTION 05

Help others grow to grow yourself.

AN IDEA SHARED IS AN IDEA MULTIPLIED



In Breaking, we have a philosophy: “Each One Teach One.”
The big difference from traditional sports is that we train with our opponents. We share knowledge, ideas, moves and methods. That is how we learn from one another.

This culture of sharing taught me that making progress does not necessarily mean stopping others from moving forward. Quite the opposite!

MY BELIEF

Sharing knowledge is a powerful source of individual and collective progress.

IN BREAKING

As a Bboy or Bgirl you don’t hold all the answers, and to get more you must give more!

THE QUESTION TO ASK YOURSELF

What could you share with your teamate, students, opponents today to help them become a source of inspiration for you and for others?

A PHILOSOPHY
A MINDSET

5 BELIEFS THAT SHAPED MY JOURNEY

01 **IF YOU CAN SEE IT, YOU CAN SEIZE IT.**

02 **USE WHAT YOU HAVE TO GET WHAT YOU WANT.**

03 **DON'T LET FAILURE WRITE WHAT HAPPENS NEXT OR DETERMINE THE ENDING.**

04 **THE HARDEST PART ISN'T GETTING THERE. IT'S TO STAY.**

05 **HELP OTHERS GROW TO GROW YOURSELF.**

These core beliefs shaped my journey as an athlete and continue to guide my work as an entrepreneur and Olympic coach.
I brought this philosophy together in 2013 whith HWE: Hard Work Easy Everything.

Today, this philosophy never felt so true.



"Working Hard So That Everything Becomes Easy"

COACH MOUNIR

THE CHAMPION'S CODE



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BATTLE BEAST

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