



## MIXED MARTIAL ARTS

By

*John Evans*

[www.HowToMartialArts.com](http://www.HowToMartialArts.com)

Legal Notice:- The author and publisher of this Ebook and the accompanying materials have used their best efforts in preparing this Ebook. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this Ebook. The information contained in this Ebook is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this Ebook, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent legal, tax, accounting or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this Ebook. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

**Feel Free To Share This Free Report With Anyone**

## Mixed Martial Arts Fighting History

Mixed martial arts or MMA is a kind of combat sport involving full contact which allows different varieties of fighting methods and techniques, coming from mixtures of the conventional martial arts to the non-traditional ones, all used in the competition. Rules allow the usage of grappling and striking when either battling it out on the ground or standing. Competitions involving mixed martial arts allow different artists having different martial arts background to fight their way to the championships.

It was in 1993 when the modernized competition in the American society emerged thus, the founding of the UFC or Ultimate Fighting Championship. This competition was based initially on recognizing some of the most efficient martial arts for a real and unarmed combat playground. The competitors of different arts vie against each other having minimal safety rules.

Through the decades, promoters of the MMA have adopted additional rules which are aimed at magnifying and increasing the safety of the competitors and to be able to promote a larger audience to see it as a form of accepted sport. Jeff Blatnick, former Olympic gold medalist and Greco-Roman wrestler, was the one who coined the term mixed martial arts.

### Origin

In 1997, the sport was developed worldwide with some of the main development centers in the United States, Japan and Brazil. During its development era, exchanges of knowledge from different countries happened for MMA to finally take place. Some of the techniques currently used came from countries like England, Holland, Russia, Brazil, Thailand, France, America along with bits and pieces from other countries.

### Walk Back to History

Historical Greece made the earliest remark in the history of MMA through its Pankration competitions. In Pankration, some of the Greek's style in boxing and wrestling were utilized. Although, compared to UFC, proving the style that will work best is given very little emphasis. The Greeks were more concerned on the representation of each athlete's native style.

The UFC gave out its first bout, which was known as War of the Worlds, having a kenpo, savateur, boxer, shootfighter, two kick boxers, and a jiu-jitsu fighter turning up against each other. Royce Gracie, a jiu-jitsu fighter from Brazil swept out all other contestants. When UFC III came into being, referees were already allowed to stop the fights.

Competitions on different fighting styles like jujutsu versus boxing became one of the most popular entertainment in countries like Japan, Europe and the Pacific. In Japan, contests like these were called as “merikan” which means American fighting. Merikan contestants competed under several rules which include best of three knockdowns, submission, and points decision. Some of these rules were adapted by the UFC and is still accepted by regulators of the game.

In December 2006, mixed martial arts reached its peak due to the rematch made between Tito Ortiz and Chuck Liddell. This match surpassed UFC’s gross and the entire promotion history.

### **The Evolution**

The game wasn’t the only one that evolved but also its fighters and the rules as well. Due to an increased number in competitors, information sharing, modern kinesiology, and camps supporting organized training, further understanding of different strategies in combat improved increasing.

The sport itself was a masterpiece thanks to the early years and those who have proposed it, continual evolution and worldwide appreciation of mixed martial arts were achieved.

## About Mixed Martial Arts

Mixed martial arts is more popularly known as MMA. You can easily defeat your opponents by using a combination of various combat techniques. Recently, MMA has become extremely popular in the different countries of the world. One of the best known competitions is the ultimate fighting championships.

Different martial arts techniques are utilized by various MMA players. The main aim of these MMA competitions is to identify the best combat techniques that can be used in everyday life. Today's competitions are a bit different because stricter rules are being followed since the sport is already accepted all throughout the world. Still, there is still no established central organization to create standard rules for the game. The MMA rules vary depending on the place where the competitions are held.

In most mixed martial arts competitions or tournaments, grappling or striking techniques are used. It can include punches, knees, and kicks. Aside from that, players can also execute sweeps, throws, and holds. Fish hooking, biting, and eye gouging are usually considered illegal while elbows, spinal locks, and head butts are not always allowed in the game.

A winner can only be proclaimed when the judges give their decision. There are also times when the winner is proclaimed by knock out and submission. The corner man can also decide for the game's outcome. If he wishes to end the game, he may do so. The on-site match doctor can also decide to end the game when the player cannot fight properly anymore.

Mixed martial arts training can get really tough. You see, in order for a player to play in a match, he should undergo serious training. There are lots of fighting techniques to learn and you can't possibly learn them all overnight. The trainings involve ground combat, clinch, stand up, and many other fighting techniques. Aside from that, training instructors also teach kickboxing and boxing.

By learning these things, you can easily improve your footwork, kneeing, punching, and kicking. Clinching can be improved by leaning freestyle wrestling. Striking power is developed by learning Muay Thai. To improve your ground fighting positioning skills, you should learn Sambo and Brazilian Jujitsu. Combat abilities can be further enhanced through judo, catch wrestling, and shoot wrestling. So you see, there is a lot to learn if you want to become a good player in the mixed martial arts competitions.

It's not easy to become one of the best players because you need to learn many fighting styles and techniques. You should also learn how to alter these techniques from time to time. Don't just stick to several fighting techniques because your opponent might be able to read your moves. Do some modifications so that your opponent can't tell your next move. Succeeding in MMA competitions require hard work and dedication. It is truly demanding and you need to be competent. Competitiveness is a vital key if you want to win various competitions or tournaments.

Start learning various fighting styles, techniques, and combat sports. If you incorporate all the knowledge and skills you've learned, you have a better chance to win. Find good instructors and learn from them. You should be willing to invest time, effort, and money. It may take some time before you can learn many different fighting techniques but it's worth the wait.

By the time you step on the ring, you're ready to win.

## Clothing for Mixed Martial Arts

What do you do when you're in a hostile situation? Do you cry, ran away, or fight back? You don't have to be big and strong to defeat your rival. All you need to do is to learn various mixed martial arts techniques and you're ready to defend yourself. To be able to perform the various techniques involved in a particular fighting system, you should have all the proper equipments; it always begins with the clothes you wear.

The clothing used in the different forms of martial arts varies. If you're into Tae Kwon Do, karate, and judo, you will need to have your own belts, trousers, and jackets. There are little variations depending on the three styles.

The jacket used by Judo students are tough and durable cotton fabric because players pull on the clothing to throw their competitor off-balance. The trousers should be above the student's ankles so that the feet's movements are not obstructed.

Belts are made from thick cotton and to make it durable, it should be double stitched. The skill level of the student is reflected on the belt's color.

In karate, the jacket should be smooth and durable to provide comfort. Since the training involves long sessions, the jacket's pure cotton material can absorb the sweat or perspiration.

Trousers should be strong so that it doesn't rip or get torn easily. The trousers also are available in drawstrings and elastic bands are not recommended because it might apply great pressure on the waists or it might snap unexpectedly. The material for the belt should be thick cotton and its color should be appropriate to the skill level of the student.

If you're a Tae Kwon Do player, you will depend more on spinning kicks. Trousers should therefore be double stitched and strong for durability. A cotton jacket is needed to ensure comfort and durability. Like the belts of Judo and karate, the belts for Tae Kwon Do are double stitched and dual-layer. The skill level is also reflected in the color of the belt.

Different forms of martial arts have their own clothing. Ask your instructor about it. You need to wear proper clothing so that you can play with ease. You can't possibly move if you wear very tight or loose clothing.

If you want to learn about mixed martial arts the right way, you should first purchase the proper clothing and other equipments. You should know how to pick the proper clothing for a certain fighting system or form of martial art. It should be comfortable to wear and you should be able to freely move with it. The clothing protects the player or the students and provides mobility.

It's to shop for your mixed martial arts clothing. This is a very easy thing to do. Some martial arts classes already provide the clothing but you need to pay a minimal fee for it. If the classes don't provide clothing, you can ask the instructor to give you a detailed sketch of the clothes and you can simply buy the right fabric and take it to a seamstress.

There are also ready made martial arts clothing sold in online stores and in local stores. Search the internet to find the proper MMA clothing or you can shop locally. Ask the salesperson where you can find such clothing.

## Mixed Martial Arts Nutrition and Fitness

The productivity of individuals can be enhanced greatly through proper nutrition and fitness. If you indulge in active physical activities like mixed martial arts, you will become physically fit and healthy individual. With physical activity, nutrition, and fitness, you can live a longer life.

Since mixed martial arts involve rigorous training sessions, your body can suffer greatly if you have poor nutrition. In order to perform well during the trainings and in competitions, you should have adequate knowledge about your nutritional needs. One way to find out is by consulting a doctor or a nutritionist.

If you don't want to end up with injuries, you should be aware of your body's limitations. Before starting your strength training, you should first do warm up exercises. Try to do exercises that involve all the major muscles of your body. Once the muscles are activated, you will have enough strength to do intense workouts. If you do the exercises carelessly and rapidly, you will decrease the effectiveness of the muscles and you will be more prone to injuries. There are machines that you can use for the strength training workouts and you can utilize them if you want.

When the body is still at rest and you exercise, you will only place extra stress and demands to it. In this scenario, the body needs more fuel and nutrients. The nutrients will be consumed quickly and easily. If you're an MMA athlete, you can't play effectively if your body lacks proper nutrition and fitness. As you can see, nutrition and fitness is indeed important. How can you determine a healthy diet from a poor one? Healthy diets usually consist of proteins, carbohydrates, vitamins, minerals, and essential fats. The training loads you get everyday will requires your body to have more calories. You need to support your body with enough calories if you want to carry out all the techniques the right way.

The time of eating is also another consideration. Before you exercise, make sure that you're stomach is not full. It's a good idea if you eat after the exercises so that you can replenish it with new glycogen. If you don't eat properly, you will not be able to perform properly on your training session. If you are undergoing prolonged training, you should have an adequate stock of glycogen. Each individual is unique and so does nutritional requirements. Your nutritional requirements may be different from other individuals so make sure that you consult a medical expert.

If you want sustained energy, try eating a salad together with some chicken breast. Each meal should be complete with complex carbohydrates and protein. By eating balanced meals, you can stabilize glucose; so you will feel satisfied and energized.

Once you decide to be involved in mixed martial arts, don't take your health for granted. Visit your friendly nutritionist or doctor right away. You will learn how to eat better and how to pick the right choices of food. By eating well balanced meals, your body will become strong and healthy. Since it is impossible to provide your body with all the needed nutrients, you should take nutritional supplements but only under the supervision of medical experts.

If you take too much supplements, you might experience side effects. Achieve fitness and health by being involved in MMA and of course, proper nutrition.

## The Importance of Endurance and Stamina

Do you have a personal workout routine? Whether you're into sports or not, you should have a workout routine. This ensures excellent health and physical prowess. If you want to be involved in mixed martial arts, you should prepare your body for extensive trainings and workouts. Most players in MMA competitions know judo techniques, Brazilian Jujitsu, karate, aikido, and many other forms of martial arts.

Just as the word suggests, mixed martial arts competitions allow players to use various martial arts techniques and styles. Minimal rules are followed and so there are times when the games can get a bit bloody. However, the modern MMA competitions are no longer very violent as compared to the competitions organized many years ago.

Endurance and stamina are two vital factors if you want to succeed as an MMA player. As you learn many fighting techniques, you can enhance these two qualities. Beginners often realize that their stamina is not at its best as well as their physical condition. It was only in the 1990's when mixed martial art was introduced and gradually, it became popular as it is now. Today, it is not only the men who are into MMA. You can already find women and little kids learning various fighting techniques.

People have different reasons in learning the MMA techniques and fighting styles. While it is true that most individuals who are undergoing MMA training wants to compete in tournaments, there are also those who simply want to improve their physical fitness/condition or perhaps learn how to defend themselves; so whatever your reasons, learn MMA now.

Most players of MMA were able to enhance their endurance and stamina through Jujitsu. Try to read more about Jujitsu and how it is related to conditioning and strength. Other sports also have their own trainings to condition their athletes. Have you already discovered your own workout routine?

Before, mixed martial arts was very different from boxing or wrestling. The Gracie brothers fought for as long as they want until they finally exhaust their opponents. There wasn't any time limit and so players can execute as many fighting techniques as they want. Today, the Ultimate Fighting Championships already divide the games into several rounds, with each round lasting about for 3-5 minutes. The workout routines of MMA players today are already concentrated on enhancing endurance and stamina.

High altitude trainings can improve endurance and stamina. If you live near Big Bear Lake, the one owned by Tito Ortiz, you can sign up for the trainings there. Ortiz trains other want-to-be MMA players through workout routines including high altitude trainings. What you can expect from the training sessions given by Ortiz? Well, you can gain 10-20 pounds, increase strength by about 300%, remove excess body fats, and enhance your speed. Aside from that, you will also learn about proper nutrition and low fat diets, programs to improve muscles rapidly, and strength workouts.

You can also find a local training MMA location in your area if you're far from Big Bear Lake. Find qualified instructors and learn from them. In no time, you can already see huge improvements in your endurance and stamina. Start your training now so that you can already make your own workout routine.

By doing the workout, eating healthy, and learning various fighting techniques, you can surely win many mixed martial arts competitions.

## Mixed Martial Arts and Behavior

Unarmed combat sports like mixed martial arts are gaining popularity these days. Even if the earlier games were bloody and not widely accepted, it has dramatically changed over the years. The modern game matches usually include fight forms like Wrestling, Boxing, Kickboxing, Judo, Jujitsu, Tae Kwo Do, etc. Those who take MMA classes have different reasons – for fun, fighting in competitions, self defense, and for fitness.

According to researches, mixed martial arts originated in Greece. It was called Pankration and the games them were similar to today's modern games. Most players back then used techniques similar to boxing and wrestling. After the first fight in the UFC in 1993, the world has taken much interest in the unarmed combat sport. The very first champion in MMA is Royce Gracie. Aside from Pankration, mixed martial art is also like Vale Tudo in Brazil which became popular in the 1920s. MMA is very popular in Japan, United States, and Brazil.

The predominant techniques utilized by most players in the MMA competitions are grappling and striking. The techniques are already combinations of the various fighting styles known in Russia, France, Holland, Thailand, Japan, Brazil, and America. Rules are still not standardized as compared to other sports and it varies from one country to another. Minimal rules are followed for safety and for the promotion of the sport. Groin attacks, abusive language, joint manipulations, fish hooking, eye gouging, and biting are often considered illegal and unethical.

The athletes of the MMA are categorized into strikers, wrestlers, and ground fighters. The latter are very good especially when they are able to force their opponents to the ground. The wrestlers prefer take downs and strikers want to win games by knock out. You should belong to a certain category. All categories require extensive and comprehensive training. This is the only way to become a total MMA athlete. Traditional players of MMA are trained in Brazilian Jujitsu, Muay Thai, and other prominent fighting systems. Professional trainers guide their students all throughout the training sessions. You can find a lot of training schools in Virginia, Maryland, Washington DC, and in countries like Brazil and Japan.

Mixed martial arts do not concentrate merely on the physical capabilities of an individual. It also focuses on the spiritual and mental well being of the person. When you join MMA classes, you will surely learn many good qualities that you can apply in your everyday life. You can also improve your mental state through the trainings. The behavior of most MMA players is refined as compared to non players. They are disciplined, hard working, dedicated, patient, and good natured. You will also be able to develop these qualities by joining MMA classes.

Find a local mixed martial arts class in your area and sign up. Some organizations provide free MMA trainings and you can take advantage of that. Find classes in your area now. If you have kids who are interested in MMA, try to encourage them more because starting at an early stage is a good idea to become one of the best players. The professional instructors will also help in instilling the good qualities in your child as he or she grows older.

Adults can also use the different MMA techniques as part of their workout routines which is an excellent way to stay in shape.

## Mixed Martial Arts and its Benefits

Mixed martial arts are not only for competitions or tournaments. You can also enjoy its many health benefits. Through regular MMA training, you can enhance flexibility, tone your muscles, and provides excellent cardio workout. After several weeks of training, you can already see improvements in your stamina, strength, and hand-eye coordination. Many individuals who want to lose weight can also benefit from MMA. You can incorporate it in your weight loss program together with proper diet.

If you're an MMA enthusiast, you will learn many fighting techniques like that from Tae Kwon Do, Jujitsu, Karate, Judo, and many others. Many players of mixed martial arts are able to improve their minds and bodies by engaging in martial arts seriously. If you want to improve the shape of your body, this is an excellent tool to achieve it. Many teachers or instructors also teach their students on how to enhance their spiritual lives. Their mental state also becomes better. All these things you can enjoy without spending many hours in the gym. There are many MMA classes all over the world; both children and adults are already into this combat sport.

If you try to watch a MMA match, you will notice that the players are using combinations of Tae Kwon Do, Jujitsu, Boxing, Tang Soo Do, Wrestling, Grappling, Karate, and other forms of martial arts. The matches follow minimal rules. You can never really tell what will happen in the games. Players use different techniques as they see fit; it is therefore very important to know various fighting techniques so that when you're in the actual situation, you will know which techniques or martial arts styles to apply.

Before, mixed martial arts did not follow any rules and so the game tends to end up bloody. To ensure the safety of the athletes, minimal rules are already being followed. This is also one way of promoting the game so that it can gain worldwide acceptance. In the recent years, MMA gained widespread acceptance and this is proven by the interest of many individuals in the combat sport, including small kids. Parents support their little ones by allowing them to attend MMA classes. Many people realized the benefits of MMA and because of this, mixed martial arts classes are now widely available.

Competitions are generally safe because of the regulations or rules imposed. In order to compete with other opponents, a player needs to undergo tough physical and mental conditioning. In the recent mixed martial arts games, there wasn't any news of critical injury or death. You can find MMA classes in schools, youth groups, dojos, church groups, and many other organizations. Classes always start with warm up and stretching exercises. You will also

learn how to do jumps, rotations, abs tightening, and squats. You need to wear protective clothing especially during sparring sessions.

Many individuals who attend MMA classes claim that they became healthier and stronger. They also noticed improvements in self confidence and in handling their temper. The things they learned from the mixed martial arts classes can be applied in everyday life. Enroll in a local MMA class now and enjoy the same benefits enjoyed by the athletes.

You don't have to compete in actual competitions or tournaments. Sparring sessions in class is also good for you so that you can practice the theories you've learned.

## Mixed Martial Arts and its Components

MMA is another term for mixed martial arts. Several fighting systems are utilized in the MMA. Therefore, players can use the techniques of Judo, Karate, Boxing, Wrestling, and many other fighting systems. Oftentimes, players combine ground and striking techniques in order to defeat their opponent. Stand up fighters in the United States way back in the early days were not prepared when they fall to the ground and ground fighters can easily defeat them; however, in the standing position, ground fighters have no luck. Because of this, fighters tried to learn many different systems since this was the only way to defeat their opponent no matter what position they end up in. New breed of fighters were born and MMA slowly gained popularity and acceptance.

Mixed martial art is considered a demanding sport. Many years ago, no rules were followed and so many players get injured. The games were bloody and some people did not appreciate it. Modern MMA games follow stricter rules or regulations these days and so players are guaranteed safe and protected. Because of the modifications of the games, many people are now interested in learning more about it. In fact, kids, teens, and adults love to enroll in MMA classes to learn various fighting systems and disciplines.

MMA has several components such as:

Striking – players who want to knock out their opponents use punches, elbows, kicks, or knee. He can be proclaimed a winner by submission, K.O., or the stoppage of the referee and corner man. Submission occurs when the opponent taps his hand because of manipulation techniques like strangulation or arm bar. Rear naked chokes are quite effective in submissions.

Ground and pound – this time, the fighter brings his opponent down by mounting him and pummeling him through strikes. Referee stoppage and K.O. can declare the winner.

Take down – this happens when the player is able to take his opponent to the ground or mat; his intention is to ground and pound or submission.

Sprawl – this takes place before the take down. If you're the defender, you should put your hands on the shoulders of the other player and you need to sprawl your legs behind him or her. This movement can prevent take downs.

Shoot – this happens when you dive in on the legs of your opponent for the take down.

These are the basic components of the mixed martial arts. There are still others but as a beginner, you should learn about the basics first. Once you've mastered the basics, you can now move to intermediate or advanced knowledge.

Physical training is already part of MMA. Rigorous training can really exhaust you but you need to be prepared for everything. Weight training introduced together with cardio style trainings. In all the training sessions, you can improve endurance, stamina, and strength. You will encounter activities like sprints, rope skipping, and other high intensity exercises. Most trainings aim at preparing fighters to withstand rounds of extreme fighting.

Safety should not be disregarded to avoid death and injuries. The referee will ensure that players will not get severely injured in the fights.

Familiarize yourself with the different components of mixed martial arts. Undergo trainings to learn the various MMA techniques and fighting styles. You don't have to be a fighter just to enjoy its health benefits. It's up to you whether you will play in the competitions or just incorporate it in your workout regimen.

## Mixed Martial Arts Rules to Follow

In every game, there are rules to follow. With the modern mixed martial arts, several rules are imposed. Through time, the rules changed significantly ever since the Pankration showed up to Japanese shoot wrestling and up to the UFC. As the sport spread out among spectators and fighters, it was agreed upon that rules must not be to a minimal but to an extent, thus, amendments were made. Some of the main motivators for the changes in rules were due to the protection of the fighter's health, shedding the image of a barbaric bout and most of all, being recognized and appreciated as a sport.

MMA includes different fighting methods or techniques using several forms of martial arts like judo, taekwondo and even karate. This made the people who are concerned with keeping the participants safe to make additional rules in order to maintain an organized competition that avoids any mishaps. New rules involve weight class introductions which was a significant factor. Some of the rules are as follows:

1. Gloves (open-fingered) – introduced to encourage participants to use their hands to strike another participant so as allowing captivating matches, gloves protect the fists when giving out a punch, and reduce any occurrence of cuts.
2. Time – limit in time were emphasized in order to avoid tenacious and long fights. Limiting the time also gives the competitors the chance to conserve their strength for the following round. Technically, matches that doesn't have any time limit become dull and seem to complicate the airing of events.
3. Stand-up rule - here, the referee has the capacity to stand the fighters up when it's becoming as if both of them are already resting on the ground or if they are not perceived to be advancing to any dominant position.
4. Clothes – men are usually required to wear shorts, thus being the only attire permissible. To be able to attain leg flexibility combined with durability, there are now different shorts made for MMA fighting.

The gloves mentioned were introduced by Shooto promotion originally coming from Japan. Its use has become mandatory and were adopted later on by the UFC, developing MMA into a regulated event. In the United States, state boxing and athletic commissions have played a

very important role introducing the additional sets of rules for the reason that they envisioned MMA to be more similar to boxing.

Some shows have the capacity to use rules that can become more restrictive out of less or inexperienced fighters battling it out for the first time. Europe and Japan has no regulating power and authority to regulate competitions therefore their fighting organizations have greater liberty in developing rules and structuring the event to a much accepted degree.

One of the major prohibitions in MMA is performing a head butt against an opponent. This was no longer an accepted method because, even if it requires lesser effort, head butts can lead to serious damages most especially to the brain. The notion of head butting was taken from the wrestler's method of taking down their opponent, assaulting them and making a major finish.

A mixed martial arts match will be announced to be victorious if the judges say so after the time allotted has already elapsed, a signal of stopping the fight was made by the referee or by the events doctor, committing a submission, knockout, or if the corner man of the competitor's side threw a towel.

## Mixed Martial Arts Training

Mixed martial arts is a kind of combat competitive sport that utilizes different martial arts tactics which is aimed at putting the fighter to his ultimate level of combat fitness and skills. Mixed martial arts is now widely known and is highly developed with different disciplines being implemented for the benefit of the fighter. Methods of training can go to the extreme. There are several things that one should keep in mind if he wants to become the ultimate fighting machine.

First, you have to assess the base forms. MMA has heavy basis regarding a few martial arts tactics. Kick boxing, wrestling, jiu-jitsu and muay thai altogether contributes to the heavy mixing of training. If you think you can handle the tough and steady training which involves a lot of physical strength and endurance, then you have to be successful in achieving a positive attitude first. Survey the range of the sport so that one can further understand the evolution of training methods and its tactics.

Start intensively. Work on a training schedule that your body can handle. Majority of those who win in MMA are those who contributed a huge part of their day training and maintaining a healthy upkeep. Training usually comprises of intensive strength. In order to achieve a minimal fitness level, you have to start a high level intensity training. A number of mixed martial artists utilize several combinations when training in order to test their limits and if how far the technique will work out for them. Resistance training or functional weight is also needed to attain an explosive strength.

If you can't do it on your own, find someone who can teach you how. Nowadays, there are multiple mixed martial arts school that are willing provide support and training to those needing it. MMA schools are now devoted in showing the majority enrolling in their classes that everyone can achieve the strength needed to perform the art which can also be useful in self-defense. For instance, several boxing institutions offer training for those wanting basic tactics in MMA. It is advisable to train at clubs, organizations or schools not solely for someone to be familiar with the instruction but also to program themselves as fighters inside the ring.

Observe. If you are a fan of MMA, you could watch tons of UFC videos and fights. This is a good step in achieving the discipline. Watching experienced fighters or masters manipulate their opponents will give you different hints on the do's and don'ts of the game. If possible, search for the earliest data made for the Ultimate Fighting Championship then head on to the recent years which already stabilizes the current trend in MMA. There are tons of videos made by the masters like Tito Ortiz or Chuck Liddell that can teach you different incorporations of the

techniques. Watch as much as you can, maintaining your stand on your training and keeping by heart the details of the numerous techniques that can or cannot be useful.

While training is as important as winning a match in mixed martial arts, it is also important that you, as the player, should observe safety and caution. Before starting your training, you have to do some warm-ups first. Your days work of training will all go to waste if you have already suffered a major disaster even before starting the big fight.

## Strategies of Mixed Martial Arts

Mixed martial arts is a kind of competition that involves the participant to train in wrestling, submission fighting and striking. There are generally two categories of techniques used in the competition: grappling and striking techniques. Grappling involves using submission holds, throws, clinch holds, takedowns and sweeps.

### Grappling Explained

Grappling is the standard name given to the act of controlling, gripping and handling an opponent in the absence of striking which uses different applications like choke holds, grappling holds and counters to be able to hold various attempts. Grappling is important in both standing clinch and ground fighting. Some of the sports which uses grappling are: judo, jiu-jitsu, wrestling and MMA. Grappling is a method widely used by several martial artists all over the globe. It is not some kind of distinct martial art, although it is seen as striking which is a collection of strategies and techniques aimed at defeating the opponent.

### Use of Grappling

Grappling is utilized into a certain degree which usually happens in joint fighting systems. There are systems like submission wrestling, jiu-jitsu, judo and amateur wrestling that are exclusively prohibiting striking but mostly uses the art of grappling. A lot of combat sports like mixed martial arts emphasize the act even at the retention of striking.

### Grappling and Self-defense

Using grappling is not only a form of offensive technique but also a form of self-defense. It is used by law-enforcement officers when apprehending an offender. One of the most common techniques which uses grappling as self-defense are escapes from grips and sometimes, pain compliance application.

### Striking: the ultimate MMA technique

Striking comes in numerous details. It is defined as a kind of discipline requiring the fighters to stand up. This definition is usually used in MMA whenever assigning methods that are done from a standing position, more than those techniques incorporated with ground fighting. Technically, striking arts happens on the start of the fight including series of punches and kicks as well as blocking techniques. The entire aspect of striking used in MMA includes multiple attacks with a goal of giving hurt to the opponent and more importantly, knocking them down. In MMA, the most common striking art practiced is with kick boxing, Muay Thai and boxing.

### Striking Effectiveness

A majority of those who use striking moves must understand its concept of correct timing and positioning. This is essential for it determines the set of specialty techniques needed to deploy and identify the ones which needs to be nullified. The three main distancing requirements would be: out of range, kicking distance, and the punching range.

Out of range is the area wherein the combatant is not within the range of getting any punches or kicks. It is only when he enters the opposition's distance that she will be hit. The opposing person will intentionally shoot some takedowns or might take the chance of getting close with the other person if engaged in Clinch fighting.

Kicking distance is considered as the farthest position wherein an opponent makes consistent contact using the legs, here, the combatant will fire kicks like a front or round house kick.

The punching range refers to the distance wherein one can hit using the elbows or fists in order to hurt the opponent. In respect to boxing, it is a striking art that is exclusively concerned with the distance in punching. However, with mixed martial arts, wherein closed range fighting is a requirement, it is important to familiarize yourself with a majority of the punching ranges so that a player can effectively execute the techniques mentioned.

## Famous Disciplines in Mixed Martial Arts

There are various styles adapted from its conventional form like stances used in boxing which lacks efficient counters to takedowns and leg attacks. It is common that a fighter trains under several coaches teaching different methods or techniques to improve different aspects of the game in an instant. Speed drills, flexibility, heart conditioning, and strength training are also important in a fighter's training. There are schools willing to train certain MMA fighters, leading to a genre within its own category.

In the present time, MMA is no longer concerned with only the competitive fighters. This sport is now common among the traditional and non-traditional fighters of this generation. It is now widely taught and has become an accessible sport accepted by wider aspects of ages.

### Hybrid

Hybrid styles can be used by a fighter through the fight course in order to achieve his victory. While some participants have been concluded successful in taking down their opponents through ground and pound, striking and submission, there are those who rely on the not-so-satisfying techniques. Some of those familiar techniques fall under:

#### 1. Clinch fighting

This is a tactic that consists of utilizing a clinch hold so that their opponent will be kept from moving from striking ranges which are distant, while attempting to produce takedowns and hitting the opponent using stomps, punches, knees and elbow strikes. Wrestlers usually use the clinch technique. These wrestlers use clinch fighting as a technique to neutralize their opponent's advanced striking skills and also prevent takedowns by a ground fighter. Muay Thai fighters often use the clinch in order to improve the accuracy of their elbows and knees through controlling the physical condition of the opponent.

#### 2. Sprawl and brawl

A stand-up fighting technique, sprawl and brawl consists effective striking at the point of avoiding attempts of ground fighting which uses sprawls as defense against takedowns. A fighter who uses sprawl and brawl are those who are involved in Thai boxing, full contact

karate, boxing and kick boxing. These fighters were trained in wrestling so as to avoid being taken down and maintain a stand-up fight. Usually submission wrestling are studied by these fighters to avoid forced submission if they find themselves on the ground.

### 3. Submission grappling

A reference of taking an opponent down, submission grappling is the general term used in martial arts. Using a throw or a takedown, the fighter applies a submission hold that forces an opponent to submit. While there are fighters who use grappling as a way of attaining the dominant position, some are more comfortable with the other fighting techniques and positions. In cases where the grappler failed to produce a takedown, he may result to attempting a pulling guard wherein they intentionally pull their opponents to the ground.

### 4. Ground and pound

Ground and pound is a kind of ground fighting technique that consists of taking a particular opponent down to the ground using a throw or takedown, while trying to obtain the dominant position, then hitting the opponent with the fists. This style, in mixed martial arts, is used by wrestlers who are very much experienced in performing takedowns and good in applying submission defense.

Nowadays, ground strikes are very important for a fighter to be trained with. Tito Ortiz is a very good example of a ground and pound fighter.

## Winning Tactics in Mixed Martial Arts

Aside from the different skills that you have to know and practice as a fighter, to be able to win the battle, you must out-wit, out-fight and outlast your opponent. These are three simple, self-achieving tasks that one must earnestly know in order to survive mixed martial arts. Through utilizing wise strategies an athlete having little skills can have better chances of winning when going up against an experienced fighter using only brawn for battle. Some of the winning tactics used in MMA are those obvious ones but are usually neglected by those who think they are good enough to reach the championships.

Any fighter can beat his opponent if he only knows how to use the different techniques used in MMA. The instructions provided is easier said than done therefore pay attention and see to it that the said details are retained somewhere in your mind.

### Observe your opponent

Before going into battle with someone, you must first observe his every move. Scout him. Every fighter possesses certain strengths and weaknesses which gives you the perfect opportunity to know what the weakness is. Some of the experienced fighters fail to work on their strengths. Instead, they focus more on their favorable strengths. By knowing your opponent's weakness, you can use it as a target and practice on it. By knowing his strength, it will be much easier for you to formulate a plan on how to counter every move.

### Expect the unexpected

Just because you have thought of it doesn't mean that your opponent hasn't. If you have plans on scouting your opponent's techniques, there is a big chance that he will scout on your angle like what you've done. When an opponent scouts you and found out your secrets, that would be the beginning of your downfall. Therefore it is not only important to asses somebody else but also yourself. Look back on certain fights that you have conquered or those wherein you almost made it. Point out areas where you have miscalculated your moves which paved the way to your opponent's victory.

### Be prepared

No matter how easy or difficult a match is, make sure that you are prepared for it. Try to figure out a universal tactic aimed to counter any kind of attack. Plan ahead. If you know for once that you are carved for that one particular fight then make sure that you don't enter the ring empty handed. Attack your opponent's weaknesses with your best laid plan.

## Probe

Before heating up the fight, try to do a little probing. At the start of every round, give yourself a couple of seconds to figure out how your opponent reacts to a jab or kick. Pick out every single detail that may reveal your opponent's game strategy. If you plan to hit your target with a rapid knock out, make sure that your fist will hurt him. Probing is like warming up in exercises.

## Win the fight

Go out the arena and make yourself win the fight of your life. A lot of mixed martial arts matches last a bit long though there are some that ends up with a knockdown. Don't put your bet on achieving knock out. If the fight lasts longer than you expected, you have to think about different tactics and opportunities to gain score.

That is how mixed martial arts stay afloat. Now, go out there and win the fight.

## Resources:

- [Learn the Martial Art of the Samurai The Aikijutsu Academy](#)
- [Self Defense Combat Website](#)
- [7 Most Effective Self Defense Techniques](#)
- [The Truth About Abs Guide](#)
- [Muscle Building Website](#)
- [The Muscle Bible : 7 Minute Body](#)
- [Turbulence Training](#)
- [Fat Burning Website](#)
- [Learn About Starting A Martial Arts School](#)

*By John Evans*

[www.HowToMartialArts.com](http://www.HowToMartialArts.com)

**Feel Free To Share This Free Report With Anyone**