



THE LATEST FIGHTING CRAZE MUST SURELY BE THAT OF MIXED MARTIAL ARTS (MMA). MODERN MMA EMERGED IN 1993 WITH THE INTRODUCTION OF THE ULTIMATE FIGHTING CHAMPIONSHIPS. IT WAS BASED ON THE CONCEPT OF PITTING DIFFERENT FIGHTING STYLES AGAINST EACH OTHER IN COMPETITION, WITH MINIMAL RULES, TO DETERMINE WHICH MARTIAL ART WAS THE MOST EFFECTIVE IN A REAL, UNREGULATED COMBAT SITUATION.

As there were so few rules, MMA was a brutal combat sport in which the health of the fighter was always at risk. Then in the late 1990s and early 2000s, MMA competitions started to include additional rules for the safety of the athletes and to promote acceptance of the sport, while maintaining as many of the original no-holds-barred concepts as possible. The new rules dictate that certain moves such as head butting, biting, eye gouging, attacks to the groin area and kidneys, and striking the back of the spine and trachea are prohibited. As there is no world-wide association presiding over MMA, rules tend to vary from country to country and tournament to tournament.

Since these changes were introduced, MMA has grown in popularity so rapidly that it now lays claim to a number of pay-per-view records.

THE EARLY DAYS

MMA has been around since man discovered the need to defend himself, using various methods of combat. It was however the late Bruce Lee who made the movement more structured by creating a unique fighting style that combined everything from western boxing to karate to fencing. That's right, it was the renowned Lee that coined the phrase, "The best style is no style, the best form is no form." He later stated that you must take what works from different martial arts and discard the rest. This is exactly what MMA is based on; two competitors attempting to defeat each other by potentially utilising a wide variety of fighting techniques that include manipulating areas of striking and grappling.

Lee devoted his life to the study of martial arts and even went so far as to create his own 'style', which incorporated various styles into one in the late 1960s. The result was Jeet Kune Do, which literally means 'way of the intercepting fist'.

"The best fighter is not a Boxer, Karate or Judo man. The best fighter is someone who can adapt to any style. He kicks too good for a Boxer, throws too good for a Karate man, and punches too good for a Judo man." BRUCE LEE

Today fighters are attempting to follow in his footsteps by taking the best of what they have studied into the ring. The best MMA fighters are the ones who continually cross-train in several realms of striking and grappling to become the ultimate warrior.

THE MMA WARRIOR

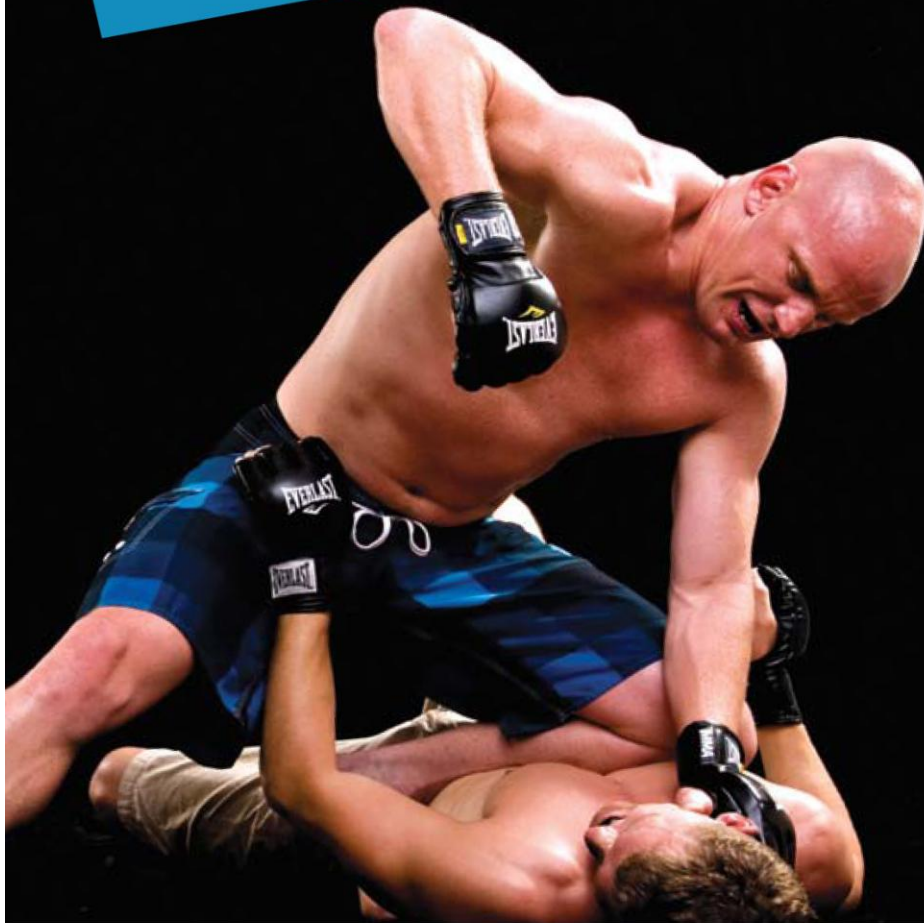
One definition of a MMA warrior is someone who engages in or desires combat. History's greatest warriors have however shown us that being a warrior is more about gaining control over oneself in all aspects of life. There have been many famous cultures from the past that glorified the warrior; the Spartans, Romans, Persians, Knights Templar, Mongols, Vikings and Samurai were all societies renowned for the development of their warriors. The legends surrounding those warriors have been passed down through the generations because of the impact they made on the consciousness of the world.

The warrior tradition is still very much alive today. Although every generation has its own warriors, we have sadly lost sight of how to recognise one. A new breed of warriors has in fact exploded onto the landscape of the world through the vehicle of MMA. These men and woman will be the role models that future generations use as a gauge of their own warrior status. There is nothing more primal and intriguing than watching two fighters battle it out in a ring or cage for glory. Even though they may not be battling in a life or death scenario, the main attributes of these modern-day warriors are the same as those of the warriors of the past.

MMA STYLES

MMA is the most complex form of combat known to man. When Royce Gracie shocked the world at the UFC1 in the 1990s, everybody thought that Brazilian JiuJitsu (BJJ) was the ultimate art of fighting. It was a style that could beat every other discipline of fighting. This led to many people thinking that learning BJJ was enough to compete in the UFC. However, with the growing popularity of the UFC and more and more talented fighters from different horizons coming to compete in the octagon, it was rapidly proved that BJJ was not enough. Fighters started to borrow skills from other styles and slowly invented the cross-training art of fighting. Today, only a well-rounded fighter using a highly elaborated cross-training style can succeed in MMA. ▶

**WELCOME TO
THE WORLD OF
THE MMA WARRIOR**





MMA is a hybrid martial art, which combines all types of unarmed combat, as well as the best and most effective techniques and training methods of those styles into one.

STAND UP FIGHTING

A MMA athlete needs to be able to throw punches like a boxer and kick like a Thai boxer or kickboxer.

CLINCH FIGHTING

Here the MMA athlete draws on various systems and styles such as punches, knees, elbows and takedowns. Greco Roman wrestling, Freestyle Wrestling and Muay Thai form a strong foundation in the clinch.

GROUND FIGHTING

This is arguably the most technical range in MMA. Here the MMA athlete needs to be able to dominate superior positions on the ground to set up devastating submissions and ground-n-pounding. Brazilian JiuJitsu, Submission Wrestling and Sambo/Shoot Wrestling form the foundation here.

Everyone in the MMA world trains to be a winner, but not everyone is willing to do the preparation that it takes to win. Expose yourself to Stand Up, Clinch and Ground fighting to ensure you become a complete fighter. How well you train, plan your training and how hard you work is all up to you. If you train athletically, with fewer restrictions, you will have more options that you can actually apply. These are the aspects you have control over:

- >> Fighting knowledge
- >> Developing a combat athletic mindset
- >> Becoming fighting fit through combat athletics

THE MIND OF AN MMA FIGHTER

Whether one is a fighter or just wants to train like one, anyone can develop the fitness and strength of character required to become a warrior.

The mind of a warrior is just as important to exercise as any other muscle in the body. Without the cooperation of the warrior's mind, success is not possible. Although you can train certain muscles once in a while, the mind of the warrior must be trained consistently everyday. The mindset of the warrior will eventually determine his destiny as a fighter, MMA athlete and eventual destiny in life. To control the mind is to control one's thoughts. When this is done correctly, the warrior is able to control his actions. This goes for anyone wanting to start MMA training as well. Most people are put off from training for reasons such as fear and negative thoughts like 'I can't do that stuff', 'I am too old' or 'I don't need this, I can look after myself' and so on. Acquiring the ability to quiet the mind and stop it from running wild with these types of emotions and thoughts is often one of the toughest tasks for a new warrior. The results are so rewarding when one leaves one's ego at the door and takes that first step to a better lifestyle by obtaining the warrior mindset.

THE DEMANDING TRAINING REGIME OF MMA IS VERY REWARDING, AS IT DEVELOPS THE MINDSET SO THAT NO MATTER HOW HARD LIFE THROWS YOU TO THE GROUND, YOU WILL ALWAYS GET BACK ON YOUR FEET AND HOLD YOUR HEAD HIGH! •