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## Mixed Martial Arts - How to Train for the Well-Rounded Game

Mixed martial arts (or MMA) has taken the world by storm in the past few years, making regular appearances on pay-per-view and regular cable channels as well as live shows around the United States and the world. MMA events may have local, amateur fighters, or national professional fighters, or appearances by both! You may have seen shows like The Ultimate Fighter or Tap Out which chronicle fighters, their training and subsequent competition. Or you may have seen promotions like The UFC, Dream or Strikeforce and been simultaneously amazed and curious as to how to get started in MMA. Here is an overview of the sport and what you'll need to begin to educate yourself on before you begin.



[Mixed martial arts](#) is a competitive martial arts style that combines several different forms of combative styles to create a well-rounded and multi-faceted game. Fights can be won by submission from a joint lock or choke, submission due to strikes, a knockout, or a judge's



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decision if a submission or knockout has not occurred. The main forms of martial arts used in mixed martial arts training are boxing, wrestling, Brazilian Jiu-Jitsu, and Muay Thai training.

A successful mixed martial artist is proficient at most or all of the styles listed above so they can dominate the ring and their opponent whether they are fighting on their feet or on the ground. During MMA training a fighter may use wrestling or judo to get a fight to the ground right away, then use techniques learned from Brazilian jiu-jitsu to submit his opponent and end the fight. Some fighters prefer to stay on their feet using boxing and Muay Thai strikes until knocking their opponent out or onto the ground. Muay Thai training is good for mixed martial arts training not only for its strikes, but for the clinch. The clinch is a position in which the fighters are in close contact on the feet, trying to control the head or the arms of their opponent. Not only can the clinch be a great position and set-up for knee and elbow strikes, the clinch can also be used to control the opponent against the cage and set-up a takedown attempt.

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