

# MMA STANDARDS

MMA is a sport and a ruleset, that requires competency in both striking and grappling martial arts. If you are just starting out, it is counter productive to think too heavily about “doing” MMA just yet. Instead you should be getting stuck into both kickboxing and BJJ/wrestling, developing solid fundamentals in both. If you can’t defend a triangle, shoot a takedown, or throw a round kick under pressure, then it’s too early to start pointless supposition about a theoretical MMA game. It is also important that you enjoy both and love rolling and sparring. If you find yourself avoiding sparring to aimlessly hit the bag, or sitting on the edge during rolls after BJJ class, then perhaps it’s time to re-evaluate what you actually want to do. There’s nothing wrong with being a pure kickboxer, or a pure grappler, just be honest with yourself.



Before your first amateur MMA fight, we would expect the following achievements as a minimum:

- Blue belt in BJJ
- Successful BJJ competition result at blue belt/intermediate level
- Successful kickboxing fight
- 2 Successful MMA interclubs

(“successful” in the above examples doesn’t necessarily mean a victory, but it does mean an admirable performance that proves a certain level under duress).

Once you start thinking a bit more seriously about MMA and competition, your routine should include:

- ◆ The Weds and Saturday MMA sessions
- ◆ 2+ weekly grappling sessions and 2+ weekly kickboxing sessions (on top of the MMA sessions).
- ◆ 2-3 weights/S&C sessions (3 absolute max)
- ◆ ≈ 180 mins total zone 2/low intensity cardio
- ◆ 1 HIIT cardio session

We also strongly recommend you invest in a Morpheus HR tracker (->) to keep on top of your recovery, timing of easy/intense sessions and help scientifically track your cardio totals for the week. It will also allow us to track you via the coach platform and thus advise you better.

While it is important to train as much as feasible, you should be careful not to over-train (something the Morpheus can also help with). The majority of days should be low-medium intensity, with 2 high intensity days per week (one of which should be the Saturday MMA session).

Feel free to ask any of the coaches if you need any clarification or guidance on how best to proceed within your situation if this is your goal!



Example timeline to the cage from beginner:

1. Roughly 1 year training BJJ and kickboxing, establish routine, learn to love both in their own right for their own sake. Get used to rolling and sparring. While you may prefer one over the other, if you feel avoidant towards either then MMA is not for you.
2. Start following training guidelines more seriously, incorporating S&C, zone 2 and HIIT training etc.
3. Start competing in BJJ (continuous, 2-3 times a year or more).
4. 1st kickboxing interclub.
5. 1st MMA interclub.
6. Achieve your blue belt in BJJ.
7. 2nd Kickboxing interclub.
8. 2nd MMA interclub.
9. Start placing competitively in BJJ competition at blue belt/intermediate level.
10. Kickboxing fight.
11. Amateur MMA debut, following 8-12 week fight camp.

This entire timeline should take roughly 3-4 years, assuming starting from roughly a beginner level with 5-6 training days per week. Some stages may take longer than others pending satisfactory results. The purpose of this timeline is to adequately prepare you both physically and psychologically for the demands of MMA competition, on top of providing the necessary skills. Despite this, it is no guarantee of success. Even at the “amateur” level, MMA is an extremely demanding and high skill sport with many other competitors potentially having extensive backgrounds in other combat sports and being no stranger to competition. It must be taken seriously and can not be rushed.