

## **MMA Mixed Martial Arts**

Mixed Martial Arts or MMA is a mixture of many types of martial arts including grappling and striking techniques. The victor is decided by knockout or submission.

There are three major MMA organisations including the Ultimate Fighting Championship, King of the Cage and Pride Fighting Championships. MMA has progressed from the NHB or No Holds Barred when rules were developed that banned certain techniques for the combatant's safety.

The original goal of MMA was to determine which fighting style would be most effective in a real life situation. Originally combatants would fight with minimal rules, however in order to promote the sports wide acceptance rules were developed for the fighter's safety. MMA rules vary based on the sanctioning body and the localities.

MMA techniques comprise of kicks, knees, punches and pinning holds, submission holds, sweeps, take downs, throws and clinch holds. Illegal techniques consist of biting, fish-hooking, small joint manipulation and eye gouging. Strikes to the groin are illegal whereas elbows, head butts and spinal locks vary according to the competition or organisation.

### **History of MMA**

Pankration was the earliest form of unarmed hand-to-hand combat resembling today's MMA. Modern day mixed martial arts events are rooted in two movements. Firstly the Vale Tudo (anything goes) events in Brazil and secondly the Japanese shoot wrestling shows. Vale Tudo began in the 1920's with the Gracie challenge and eventually upheld by the Gracie family. Japan in the 1970's held a series of MMA matches hosted by Anonio Inoki eventually led the first mixed martial arts organisations such Shooto formed in 1985.

In the 1960's and early 1970's Bruce Lee devised Jeet Kune Do. Jeet Kune Do was a hybrid fighting system that employed facets of wing chun, western boxing, fencing, muay thai, Filipino Martial Arts and even wrestling. JKD permitted a relaxed movement and effective blows were the traditional martial arts were seen as too limited with fixed positions that strongly inhibited many fighters/practitioners.

### **MMA fighting strategies**

#### **Sprawl-and-brawl**

Sprawl-and-brawl is a stand-up fighting strategy generally employed by boxers, kick boxers, Muay Thai and or full contact karate fighters. These fighters study wrestling techniques with the primary objective of preventing the fight from moving to ground. The Sprawl-and-brawl fighter will try to learn enough wrestling to gain a restart to the match or to move the fight back to the standing position.

#### **Clinch-and-pound**

Clinch-and-pound fighting involves clinching an opponent to prevent the fight from moving to a distance. An array of close distance strikes such as knees, stomps and dirty boxing techniques are used. Clinch-and-pounders typically are wrestlers that have

included the striking components of boxing into their repertoire. The advantage of clinch tactic is if the short strikes techniques do not prove effective the match can be quickly brought to ground where the wrestler is in his element.

### Ground-and-pound

Ground-and-pound involves taking an opponent to ground using a takedown or throw to obtain a dominant position. Whilst in a grappling position either the opponent is struck until knocked out or the referee stops the bout as a TKO.

### Submission Wrestling

Submission wrestlers take the opponent to ground using a takedown or throw to obtain a dominant position. A submission hold is then applied to win the contest.

## **MMA Mixed Martial Art Apparel**

### MMA Gloves

As MMA developed from a brawl to a regulated sport MMA Gloves were introduced. MMA Gloves protect the small bones in the hand from fracture. The small bones in the hand are prone to breaking when striking the torso or forehead. MMA Gloves minimise the occurrence of cuts. MMA Gloves are small open-finger gloves which protect the fist while still allowing freedom of movement for the hand to engage in grappling techniques.

### MMA Rash Guards

MMA Rash Guards help prevent against burns scratches attained from grappling.

### MMA Kit

Other MMA Apparel consists of hand wraps to strengthen the wrists, MMA kick thigh pad to protect against kicks to the upper leg. Pad-Up! Also provide a range of regular MMA shorts and MMA shorts with rash protection.

### MMA DVD

MMA DVD from the popular UFC, Brazilian Jujitsu and Frank Shamrock are available from Pad-Up!