

ABC's of MMA

Brought to you by Bart Beattie and SLCMMA.com

Disclaimer

This document is for entertainment purposes only. I am not a doctor nor is this medical advice.
Seek professional consultation before you enter into any kind of exercise program.

Don't be stupid. Be safe. I am not responsible for anything you do.

Amen.

Forward

The idea of the ABCs of MMA started within in 2009 and really flowered through the interactions I had with students and my instructors. My intention is that the ABC's will assist those new to the sport in getting a workable vocabulary of fighting techniques and training drills. With this foundation, they can proceed to get advanced instruction and should feel like they know their way around things.

As I've watched different coaches teach, I have thought about the content of what a MMA class should teach, the details of how, when and why. I've come to the belief that a purpose-driven teaching approach, alongside a well-defined curriculum produces a superior learning experience for students.

With that in mind, I wanted a framework and curriculum that would address some of my needs as a coach as well as my desires as a student of MMA:

- Presentation platform that would teach the basics of MMA that would be easy to understand and remember
- Road map for achievement for students
- A system to help students keep track of their progress
- A modular curriculum that be flexible for an instructor's teaching style and schedule
- Built in levels of difficulty and complexity of technique
- A workable foundation for students to easily transfer to higher instruction, join a gym, etc
- A modifiable teaching paradigm that could be altered and updated

There is much to know, and more to become, if someone really wanted to step into the cage. I'm not professing to know it all nor be some kind of guru. What it takes to get ready for your first fight in MMA is beyond the scope of this outline.

However, in choosing a select number of items from an extensive library of mixed martial arts knowledge, I feel that you can develop a strong sense of the basics on which a great deal of everything else will flow from.

Constraints

If we were all rich, of course we'd have our own octagon to train in. We'd have a mountain of free weights, expensive devices, hot tubs, ice tubs, heart monitors and experienced training partners. We'd have mitts, gloves, wraps ... and the list goes on.

Early on in life, I realized that sometimes you just have to make due with what you've got. When it comes to some specific items in this curriculum – particularly the drills and exercises - I had to pick and choose.

There are some things I simply cannot do. There are moves and mastery points I just don't know. Furthermore, I just don't have all the safety equipment needed to do certain drills and event-based trainings. The genius is learning to do the best with what you have without sacrificing much in return – something I am perpetually striving to get right.

With that being said, even if I had a full gym with all the amenities, I wouldn't deviate much with the coursework items found here. We'd just do them a tad differently. And with cooler equipment.

The ABC's

A - Striking	B - Grappling	C - Conditioning
A1	B1	C1
A2	B2	C2
A3	B3	C3

There are three basic components of mixed martial arts study: striking, grappling, and conditioning. Almost everything involving MMA training can put into one of these categories.

As you see above, each component has three gradations for a total of nine boxes. The three levels (1-3) generally represent difficulty; the deeper you go the more challenging/technical the moves tend to be. The caveat is that while the moves themselves may not be more technical, the level of mastery expected of the student is probably higher.

I have provided a number of suggestions for specifics for each of these boxes in the following pages: the intent is to paint the landscape in broad strokes, not to constrict.

A - Striking

There are three basic themes within section A: footwork/structure, basic strikes, and combinations/counters.

A1

Basic fighting stance, basic structural based defense, basic step-drag foot work; (Newton's 3 laws of fighting)

The straight jab, cross, lead hook, uppercut; the basic “1,2,3,4” type combinations.

The outside thigh kick.

A2

Elbow strikes, knees, push kick; double jab, jab/cross counters, striking while moving (“step when your strike, strike when you step” type maxim)

Basic attribute based defense – bob, weave, slip, fade.

Attack angles, lines of power, squaring up.

The inside thigh kick.

A3

Ground and pound, cutting off the cage, general cleanup of striking technique to minimize openings for opponents, fakes/feigns, upkicks from the bottom.

Combinations expand with kicks and strikes being mixed, stacking combinations on top of each other, executing a counter, a combo, a counter and another combo.

B – Grappling

There are three basic themes within section B: clinching/takedowns, transitions/escapes, submissions/submission-defense/submission-prevention

B1

Standing inside position, overhooks/underhooks, pummeling.

Double leg takedown, falling correctly (Ukemi).

Basic base and posture on the ground (4-leg table theory, 3-point pyramid theory).

Escape from the mount: bridge and roll, knee-to-elbow; escape from side control: stiff arm sit up, pull guard, turn to the knees.

Guillotine: standing, from the guard, armbar from the mount; preventing the guillotine (keeping your opponent down, arm control), escape from the guillotine.

B2

Single leg takedown, basic trips (outside/inside), gut wrench (duck under), double/single leg takedown defense, single/double collar tie, grip control, T-stance takedown, snap down.

Pummeling from side control, holding side control, basic guard pass: knee wedge, ground stack, getting up from the guard (pushing away and turkish getup), escape from back control, situp sweep, moving from front headlock position to side back control.

Armbar from guard, triangle from guard, rear naked choke, darce/brabo choke, armbar/triangle prevention; stacking, grip control and basic escapes (from these moves).

B3

Omoplata, arm-in guillotine choke, submission chain armbar:triangle:omoplata.

Slams, takedown into a passed guard, uchi-mata/harai goshi.

Half guard sweep: old school, deep half guard roll, transition from side control to mount to knee on belly, transition from mount to back control, protection from strikes when on bottom.

C- Conditioning

There are three basic elements of beginner MMA conditioning: mobility/flexibility, strength-endurance, cardio. Note that power/explosiveness and pure strength are not listed as beginner core conditioning.

C1

Basic warmups: jumping jacks, pushup to guard stack, crab walking, bear walking, arm circles, leg circles, star jumps, elbow circles/the Egyptian, side lunges, reverse lunges, lunge with twist, spiders, grasshoppers, table makers, birddogs, neck rolls, hula hoops, belly dancers, reverse hurdlers.

Feats of conditioning might include:

100 jumping jacks + short run

2 sessions of ten minute shadow boxing (two minute rest)

C2

Tougher warm ups: bridging, pummeling + push/turns, burpees, hindu pushups, hindu squats, turkish getups, wheelbarrows, shrimping, forward/backward rolls, v-ups, triangle pop-ups, spidermans/jaguars, forward shrimping.

Basic carries: barrel, shoulder, back.

Static stretches: butterfly, lunge, split variations, quad/calf, shoulder, hips, arms.

Feats of conditioning might include:

25 hindu pushups, 25 hindu squats, 25 burpees, 26 turkish getups in a row under 4 minutes.

3 sessions of 3 minute pummeling (30 second rest)

C3

Bear walking with partner backpack, rainbow rolls, granby rolls, windshield wipers

Feats of conditioning might include:

5 back-to-back 5 minute grapples.

3 five-minute shadow box sessions with added labor (one minute rest)

Pistols/One armed pushups.

Training Axioms and Philosophy

- The first three rules are safety, safety, safety.
- Keep it clean, keep it positive.
- Pick and choose the details - don't overwhelm.
- Drill.
- Each class should be structured with a purpose.
- When the time comes, spar with a purpose.
- Where possible, flow from the general to the specific (gross motor movement to specific refined movement)
- Build on success before introducing much resistance
- Build a team and the team will build great fighters.
- Lose your ego, lose yourself in the training;, find success.
- Have a consistent voice – metaphors, phrases, and descriptors should aid in painting the overall picture and never detract from it.
- Have fun.