

Mixed Martial Arts Training Tips

By [Chess McDoogle](#)

There are three important areas to focus on when training for mixed martial arts. In order to be good in MMA, you need to train the following areas and become comfortable and proficient in each. Here they are:

1. Your Ground Game.

This consists mainly of wrestling, with some submission training thrown in. Basically you need to choose a form of grappling to train and become decent at. Ju-Jitsu is a good choice, as it combines both grappling with submissions and is highly effective in mixed martial arts.

2. Your Stand up Game.

Here you have to train your stand up game which will consist of some form of a striking art, such as boxing or kick boxing. A good choice for your stand up game training is muay thai. This focuses on both striking and kicking, as well as clinching and knee strikes. It's very effective for mixed martial arts.

3. The Cardio game.

This is extremely important and should be seen as a strong area of focus as a mixed martial arts training tip. You can be technically great at your ground game and your stand up game, but if your cardiovascular training is not good, then you can easily be beat by an average fighter who isn't as well versed in the ground or stand up game as you are. That's how important cardiovascular training is.

There are many forms of cardio that are highly effective. A good mixed martial arts training guide will put together an efficient and effective cardiovascular training routine tailored towards fighting, as well as providing optimal training methods for both your ground game and your stand up game.

Here is an excellent Mixed Martial Arts training manual which can take all the guesswork out of how to train in each area - <http://www.squidoo.com/mma-training-tip>

There are some "secrets" to MMA Training and this manual essentially reveals them all - <http://www.squidoo.com/mma-training-tip>

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