

## How To Become an MMA Fighter



Mixed martial arts (MMA) is the fastest-growing sport in the world. Millions of fans watch the best athletes on the planet combine boxing, Muay Thai, wrestling, jiu-jitsu and other forms of combat into the most exciting spectator sport today. Thousands of fighters from all over the world and all walks of life dream of competing under the bright lights of MMA's biggest stages. But how do they get there? *Become an MMA Fighter* is the definitive guide for aspiring fighters. This book takes the reader through the process of becoming a professional fighter. This book includes sections on: \* Training \* Fighting Styles \* Nutrition \* Choosing a Gym \* Managing a Career... and so much more! With input from fighters, trainers, promoters and managers from around the country, this book is an indispensable tool in the career of any MMA hopeful. Gerald Hanks is a regular MMA contributor to *College Gentleman Magazine*.

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fighter takes a lot of qualities that most will do well to hard wire a persons brain for MMA training and competition. **Becoming an MMA fighter is tough, but not as tough as this 40-year** There are many ways to do it. However, there are things that will be better than others. Heres a . To become a true MMA fighter, you first need to do the obvious, have training in multiple disciplines. Even though I started muay thai when I was **Reddit, how can I become an amateur mma fighter? : MMA** Mar 27, 2017 If it were up to former UFC and Pride veteran Quinton Rampage Jackson, he would have never gotten into mixed martial arts at all. Yes, you

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