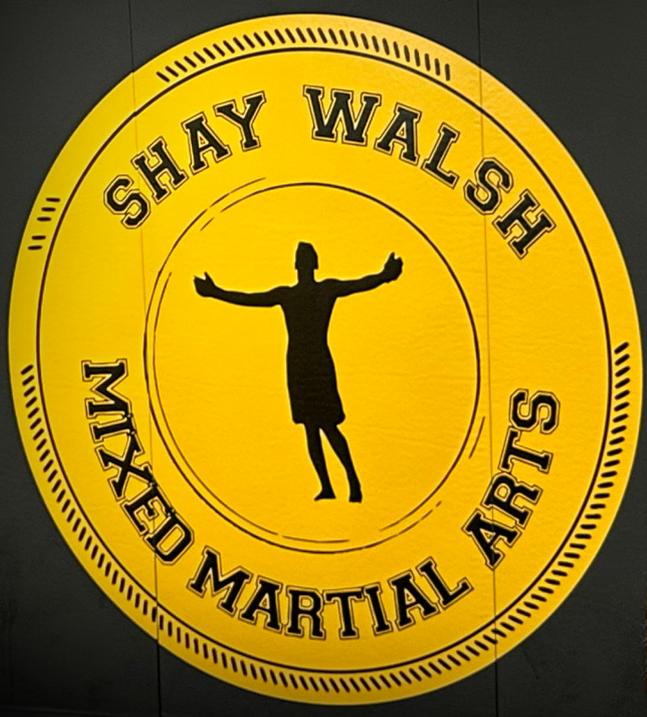




START MMA

TOP TIPS FOR BEGINNERS



By Head Coach
Shay Walsh



1 EMBRACE THE LEARNING CURVE

MMA is a skill-based sport with a wide range of techniques, from grappling to wrestling to striking. It's important to approach each training session with an open mind and a willingness to learn. This mindset will help you get the most out of every moment.

Try not to compare yourself to others. MMA requires you to understand your own body and leverage your unique attributes. Remember, we're all on our own journeys. There's always something new to learn, so embrace the process and fall in love with being a beginner.



2 MISTAKES ARE ESSENTIAL

In MMA, mistakes are essential for training to be effective. You'll find yourself in positions where your opponent gets the better of you, and that's perfectly normal. Whether it's getting submitted, taken down, or out-positioned, these moments are where the real learning happens. Accepting mistakes with humility is key to building greater understanding.

3 HAVE FUN AND BE PLAYFUL

MMA introduces a whole new world of movement—some of it may feel awkward or unfamiliar at first, and that's okay! Embrace the fun of discovering different positions, transitions, and techniques. Whether it's learning how to move in a clinch or executing a takedown, each new skill offers an opportunity to explore your body in a unique way.

Approach each session with a playful attitude, allowing yourself to make mistakes, learn, and laugh along the way. The more you enjoy the learning process, the quicker you'll adapt and the more comfortable you'll become in the sport.



4 BE CURIOUS AND ASK QUESTIONS

MMA requires you to trust your body and act on your intuition without hesitation. To build this trust, you need to stay curious. If you think you should ask a question, do it - whether it's about a technique, a position, or how your body feels in certain moments. The more you inquire and explore, the stronger your understanding of the sport and your body will become.



5 BUILD GREAT FRIENDSHIPS

MMA is more of a team sport than it is an individual one. Having great training partners, where there's trust and respect, is essential for training safely and learning effectively. To grow, you need to rely on each other, communicate openly, and appreciate one another's abilities.

Focus on being a good partner - be controlled, patient, and intentional in your training. The relationships you build here will be some of the most rewarding aspects of your MMA journey, both on and off the mats.

