

# Contents at a Glance

<b><i>Introduction</i></b> .....	<b>1</b>
<b><i>Part I: Welcome to My World (Of Pain)</i></b> .....	<b>5</b>
Chapter 1: Mixed Martial Arts: Past and Present .....	7
Chapter 2: Digging Deeper into MMA .....	13
Chapter 3: Getting Started with Your Training .....	19
<b><i>Part II: Stand-Up Fighting</i></b> .....	<b>25</b>
Chapter 4: Stand Up for Yourself and Strike .....	27
Chapter 5: Inside Fighting with the Clinch .....	55
Chapter 6: The Takedown: Getting to the Ground .....	71
<b><i>Part III: Grappling: You Gotta Have a Ground Game</i></b> .....	<b>81</b>
Chapter 7: Working from the Guard .....	83
Chapter 8: Flowing through the Eight Positions of Power .....	101
Chapter 9: Submitting to No One: Using the Right Submission Techniques .....	109
Chapter 10: Great Escapes .....	127
Chapter 11: Improving Your Ground Game: The Five Animals of MMA .....	147
<b><i>Part IV: Becoming a Well-Rounded Fighter — And Person</i></b> .....	<b>163</b>
Chapter 12: Strength and Conditioning .....	165
Chapter 13: Training with a Purpose .....	175
<b><i>Part V: The Part of Tens</i></b> .....	<b>193</b>
Chapter 14: Ten Ways to Improve Your Speed .....	195
Chapter 15: Ten Ways to Get Yourself Hurt .....	199
Chapter 16: Ten Ways to Prepare for a Fight .....	201
<b><i>Appendix: Resources</i></b> .....	<b>203</b>
<b><i>Index</i></b> .....	<b>209</b>



# Table of Contents

---

## ***Introduction***..... 1

About This Book .....	1
Conventions Used in This Book.....	1
Foolish Assumptions .....	2
How This Book Is Organized .....	2
Part I: Welcome to My World (Of Pain) .....	2
Part II: Stand-Up Fighting .....	3
Part III: Grappling: You Gotta Have a Ground Game.....	3
Part IV: Becoming a Well-Rounded Fighter — And Person.....	3
Part V: The Part of Tens .....	3
Icons Used in This Book .....	3
Where to Go from Here .....	4

## ***Part I: Welcome to My World (Of Pain)*** .....5

### **Chapter 1: Mixed Martial Arts: Past and Present**.....7

From Olympia to America: MMA Reborn as an American Martial Art .....	7
The Many Faces of MMA.....	8
Breaking Down the MMA Skill Set.....	8
Stand-up fighting .....	9
Ground fighting .....	9
Setting Training Goals .....	9
The Shamrock Way: The Art of Fighting Is the Art of Living .....	9
Respecting and Sharing Your New Power .....	10
Choosing the right path .....	10
Treating your body well .....	11
Getting involved in an MMA community .....	11

### **Chapter 2: Digging Deeper into MMA**.....13

MMA Fighting Styles.....	13
The Rules of the Game .....	14
Weight classes .....	14
MMA no-no's .....	15
Approved ways to end a fight .....	16
Fighting promotions .....	16
The Benefits of MMA.....	17

### **Chapter 3: Getting Started with Your Training** .....19

Getting in Touch with Your Animal Instincts .....	19
Conditioning and Stretching Your Body .....	19
Focusing Your Mind through Meditation.....	20

Understanding the Concepts of Combat .....	20
Knowing How to Protect Yourself (Even If That Means Tapping) .....	21
Gathering the Necessary Training Equipment.....	21
Finding a Good Training Facility and a Qualified Instructor .....	23

## ***Part II: Stand-Up Fighting..... 25***

### **Chapter 4: Stand Up for Yourself and Strike ..... 27**

Core Position: Fighting Stance .....	27
Focusing on the T-zone .....	28
Using your clock to achieve power .....	29
Punching Your Way to Victory .....	30
Jab.....	30
Front uppercut .....	32
Rear uppercut.....	33
Cross.....	34
Hook .....	34
Kicking with Variety .....	35
Switch kick.....	35
Inside out kick .....	36
Front leg roundhouse kick.....	37
Rear leg roundhouse kick .....	38
Front kick with front leg.....	40
Springing Your Knee on a Nearby Opponent .....	40
Rear knee .....	41
Front knee .....	41
Throwing an Elbow.....	43
Rear elbow .....	43
Front elbow.....	44
Getting Fancy: Combinations .....	45
Jab cross hook.....	45
Jab uppercut.....	47
Jab cross hook uppercut.....	47
Jab roundhouse.....	49
Jab hook knee.....	50
Defending against Strikes .....	52
Parrying/catching a punch .....	52
Blocking with an elbow .....	52
Checking those kicks .....	53

### **Chapter 5: Inside Fighting with the Clinch..... 55**

Clinch Variations.....	55
The Core Position: Clinch Hold.....	56
Neck and elbow position .....	56
Double head tie .....	57
Shoulder-to-shoulder.....	58
Double underhooks .....	58

Entering the Clinch.....	59
Punch.....	59
Jam.....	60
Fighting in the Clinch.....	61
Head punch.....	62
Uppercut.....	63
Punch to body.....	64
Elbow.....	65
Knee.....	66
Escaping the Clinch.....	67
Shoulder shuck.....	67
Duck under.....	69

### **Chapter 6: The Takedown: Getting to the Ground.....71**

Establishing a Solid Wrestling Stance.....	71
Trying Out the Double Leg Takedown.....	72
A More Advanced Technique: The Single Leg Takedown.....	75
Striking to a Takedown.....	77
Perfecting the Hip Toss.....	78
Defending against a Takedown.....	80

## ***Part III: Grappling: You Gotta Have a Ground Game.....81***

### **Chapter 7: Working from the Guard.....83**

Practicing the Core Position: Passive Guard.....	83
Half guard.....	84
Active guard.....	84
Guard sit-up.....	85
Guard posture.....	86
Striking from Passive Guard.....	86
Punch to head.....	86
Heel kick.....	87
Attacking from Inside an Opponent's Passive Guard.....	88
Guard head punch.....	88
Guard body elbow.....	89
Parrying, Blocking, and Catching in Passive Guard.....	90
Applying Submission Holds.....	91
Turning arm bar.....	91
Guard sit-up front choke.....	93
Guard sit-up shoulder lock.....	94
Escaping from the Guard.....	95
Sweep.....	96
Kick over.....	98

### **Chapter 8: Flowing through the Eight Positions of Power.....101**

Position 1: Head and Arm Hold.....	101
Position 2: Side Mount.....	102

Position 3: Head Wrestle.....	103
Position 4: The Mount.....	104
Position 5: Leg Hold.....	105
Position 6: Rear Mount.....	105
Position 7: Rear Side Mount.....	107
Position 8: Rear Head Wrestle.....	107
<b>Chapter 9: Submitting to No One: Using the Right Submission Techniques .....</b>	<b>109</b>
Submission Grips.....	109
Long grip.....	109
Strong grip.....	110
Figure four.....	110
Applying Submission Holds from the Eight Positions of Power.....	111
Position 1: Head and arm hold submission options.....	111
Position 2: Side mount submission options.....	114
Position 3: Pec choke.....	116
Position 4: Mount choke.....	117
Position 5: Leg hold submission options.....	118
Position 6: Rear choke.....	121
Position 7: Neck crank.....	123
Position 8: Front choke.....	124
<b>Chapter 10: Great Escapes .....</b>	<b>127</b>
Position 1 (Head and Arm Hold) Escapes.....	127
Bending backward: The bridge.....	128
Enclosing your opponent: Leg wrap.....	129
Saving face: Head hook roll.....	131
Position 2 (Side Mount) Escapes.....	132
Going out the side door.....	132
Making like a shrimp.....	134
Position 3 (Head Wrestle) Escapes.....	135
Position 4 (The Mount) Escapes.....	137
Working the bridge.....	137
Popping that hip.....	140
Position 5 (Leg Hold) Escape.....	141
Position 6 (Rear Mount) Escape.....	142
Position 7 (Rear Side Mount) Escape.....	144
Position 8 (Rear Head Wrestle) Escape.....	144
<b>Chapter 11: Improving Your Ground Game: The Five Animals of MMA.....</b>	<b>147</b>
A Well-Protected Position: The Turtle.....	147
Reviewing the turtle position.....	148
Escaping from the turtle: Turtle elevator.....	149
Employing the takedown: Turtle sweep.....	150
Backing Up Your Strength: The Dog.....	153
Checking out the dog position.....	153
Attempting a submission from the dog.....	154

A Study in Versatility: The Cat .....156  
     Examining the cat position .....156  
     Kicking from the cat .....156  
     Escaping from the cat.....158  
 Monkey Business .....159  
 Snaking Your Way to Victory.....161

***Part IV: Becoming a Well-Rounded Fighter — And Person ..... 163***

**Chapter 12: Strength and Conditioning .....165**

Increasing Your Flexibility .....165  
     Dynamic stretching.....165  
     Static stretching .....168  
 Pumping Up That Blood Flow: Cardiovascular Training .....169  
 Building Your Endurance .....170  
 Keeping Things Interesting: Interval Training .....170  
 Revving Up Your Resistance Training.....171  
 Getting Proper Nutrition.....172  
 Flexing Your Mental Muscles .....172  
     Meditation.....172  
     Hypnosis .....173  
     Visual training .....173  
 Healing and Getting Rest .....173

**Chapter 13: Training with a Purpose .....175**

Turning Your Training into a Game .....175  
     Balance and control game .....175  
     Dog game .....176  
     Leg game .....178  
     Choke game .....179  
     Clinch game .....181  
     Position game .....182  
 Bettering Your Balance with Ball Training .....183  
     Sitting on the ball.....183  
     Getting up on your knees .....184  
     Practicing positions on the ball .....185  
 Drilling to Develop Your Technique .....187  
     Boxer twist.....187  
     Parry punch.....188  
     Punch catch.....188  
     Bridge .....188  
     Bridge off wall.....188  
     Elevator mat drill .....189  
     Shrimp mat drill .....189  
     Pummeling .....189  
     Shoulder shuck .....189

Guard sit-up drill .....	190
Dog stand up to fighting stance drill .....	190
Sit out and follow .....	190
Kick and turn drill .....	190
Switch and turn drill .....	191
Pyramid drill .....	191

***Part V: The Part of Tens*..... 193**

**Chapter 14: Ten Ways to Improve Your Speed.....195**

Practice Good Technique .....	195
Work the Speed Bag.....	195
Take a Dip: Water Training .....	196
Jump Rope .....	196
Hang Ten .....	196
Improve Your Flexibility .....	196
Play Video Games .....	196
Juggle .....	197
Lose Weight .....	197
Sleep .....	197

**Chapter 15: Ten Ways to Get Yourself Hurt .....199**

Closing Your Eyes or Looking Away .....	199
Dropping Your Hands.....	199
Passing on Your Warm-up.....	199
Failing to Stretch.....	199
Skipping Out on Conditioning.....	200
Forgetting to Breathe .....	200
Not Tapping When You Feel Pain.....	200
Neglecting to Wear Protection .....	200
Overtraining .....	200
Using Bad Technique .....	200

**Chapter 16: Ten Ways to Prepare for a Fight.....201**

Prime Your Body for the Rounds.....	201
Drink Lots of Water.....	201
Get to Know Your Opponent .....	201
Obtain Clearance from Your Doctor.....	201
Develop a Diet Plan .....	202
Stick to Your Training Program.....	202
Rest.....	202
Meditate .....	202
Warm Up .....	202
Stretch.....	202

---

<b><i>Appendix: Resources</i></b> .....	<b>203</b>
Professional Organizations.....	203
Shamrock Submission Fighting Instructors .....	203
Arizona .....	203
Arkansas.....	203
California.....	204
Nevada.....	204
New Jersey .....	204
North Carolina.....	205
Pennsylvania .....	205
Washington .....	205
Wisconsin.....	205
United Kingdom .....	206
MMA Web Sites and Community Forums .....	206
Official Frank Shamrock Web Sites .....	206
Mixed Martial Arts Supplies .....	207
Organizations and Promotions .....	207
Rules and Athletic Commissions .....	207
 <b><i>Index</i></b> .....	 <b>209</b>

