MMA Training Safety

- Yao Qian

What you need to know

- Your physical conditions
  - Cardio and conditioning workouts
- Current and past injuries
  - Talk to your coach
- Do research on the gyms/martial art schools
  - Beginner
  - Intermediate
  - Advanced
Gears

- Gloves, hand wrap, shin guard, headgear, mouth guard

- Measure your hands, calves, head
- Wear comfortable workout clothes
  - DO NOT wear baggy shirts or shorts
Training Safety

- Choose a partner that is similar to your size
  - Weight class **is** important
- Be aware of your and your partner’s ability
- Let your partner know if you have injury

Training safety

- Fall **CORRECTLY**
  - Tuck in your chin and keep the head up to prevent neck injury
  - **DO NOT** reach back with your hands
- Protect your knees
  - **TURN** your hip and base foot for round kicks
Sparring Safety

- Keep your hands up
- Do not wear glasses or contacts
- Always wear mouth guard and head gear
- Keep in mind that you are not trying to hurt anyone
- Protect each other

References

- https://www.facebook.com/pg/tfwdenver/photos/?ref=page_internal
- https://www.youtube.com/watch?v=NFPPrhxPFR4
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- https://www.mmawarehouse.com/collections/protective-equipment/mouth-guards
- https://warriorfightstore.com/shop/fairtex-hg3-classic-headgear/