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Mixed martial arts, also known as MMA is a full contact combat sport which involves the fight between two opponents, and the opponents are allowed to use different fighting techniques such as: boxing, kickboxing, wrestling, Muay Thai, Jiu Jitsu, martial arts, or even capoeira. Those who are ready to start practicing MMA, they should firstly start some mixed martial arts lessons, but this will be worthless if they donâ€™t master at least one fighting technique. The MMA lessons are just like the boxing lessons or Muay Thai lessons, because the MMA is a rough sport and the lessons are the same. Also, those who are ready to start the MMA lessons they should know that they need a good body building, and thatâ€™s why when they are going to MMA lessons, the first task for them are the MMA workouts. But this is not something bad, because the MMA workouts are practiced by the professional MMA fighters too, because they want to keep their healthily and their shape of the body. Without these workouts not too many practitioners will resist in a MMA match.

Also, by the time of the training, the practitioners are not allowed to train themselves if they donâ€™t wear gloves, shorts, and in some gyms, the mouth piece design for teeth protection. This sport is based on the rapidity of thinking and fighting strategies and this is what the practitioners are learning in the MMA lessons. Also, the workout should be around 3 or 4 hours per day, for obtaining a good body building and fighting technique, and also, the necessary resistance for every practitioner to resist in a MMA match. A MMA match is a very rough one, because the opponents are not taking any break until one of them is K.O. (knock out), and some match could be ended with blood, and there were some cases when one of the opponents couldnâ€™t left the ring on his own feet because he was too damaged. Thatâ€™s why the correct body building is necessary and mastering at least one fighting style is a must. Also, at the MMA workouts, boxing fitness training could be added for creating the necessary resistance for every practitioner, this way they can make sure that they will learn how to fight and they will have a very fast and lethal strike, and thatâ€™s why the correct MMA workout is necessary.

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