

## Special Report: How My (Genetic) Stupidity Can Help You Decrease Your Chance of Suffering a Career Ending Concussion in MMA

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Your MMA Performance Coach

**This is an embarrassing story**, and the only reason why I'm sharing it with you is because the best fighter (and one of the nicest guys you'll ever meet) I've ever trained has suffered some severe concussions and I know just how debilitating they can be, so I want to help you avoid them at all costs.

**First, look at this pic:**



This dent was a result of me driving straight into some guy's trailer hitch. Nice move!

But it's not my fault, I swear.

You see, my background is Chinese. **You've probably heard about or experienced Chinese driving yourself.** Chinese driving is some Chinese guy (or woman, we're not sexist) cutting you off because they failed to check their blind spot, or driving 20 km/h (or mph) slower than the speed limit. Other driving no-no's occur as well, but these are the most common.

Now Chinese genetics aren't all bad, they have given me some gifts. I've always been good with numbers and math, which helps because manipulating training variables to get the optimal effect like rest, sets, tempo, and reps comes second nature to me. I can calculate how long exactly your workout is going to take (if you follow my plan perfectly) to the minute.

Hell, I know my credit card, bank card, driver's licence, social insurance, and passport numbers all off by heart!

Plus, I'm hung like a horse. But enough about that.

This time my genetics worked against me. I was making a right turn and the guy in front of me was as well. It was a busy intersection, and he moved up quite a bit and for some reason I thought he went and I made the turn and **BAM** - straight into his bumper.

Luckily no one was hurt and the damage wasn't too bad. Nice couple – I felt bad for hitting them. Thankfully nothing happened to them or their car.

The thing that surprised me was the impact and the whip that I got from the collision. The other driver said he felt a pretty strong jolt too, surprisingly strong for the little damage that occurred.

**Now, just imagine what happens to your head and neck when you get cracked with a big punch, kick, or knee.**



The famous Cro-Cop head kick. Ouch!

With a concussion, part of the damage comes from the strike, but also, part of the damage comes from the whiplash effect, just like in a car accident.

**You may have heard other 'trainers' talk about the benefits of neck training to prevent injuries. But a lot of the exercises out there for the neck are just plain junk.**

So if you're a bit confused about how to train the neck properly and with strength and conditioning for MMA in general, **it's not your fault.**

Unfortunately on the net, uneducated and underqualified people can publish whatever they want. **But if you've been following me, you know that I practice what I preach and actually train fighters in person, not just talk about it.**

Anyway, the most obvious solution to prevent head and neck injuries is to not get hit in the noggin in the first place!

But outside of the obvious, when training the neck, there are 2 key traits to focus on:

1. Stability and isometric endurance
2. Reactive ability

Here's how you can train both traits to limit your chance of getting a head/neck injury or concussion.

### **Neck Training Key #1 – Train Static Stability and Isometric Endurance**

A lot of the neck exercises that use the neck harness are more harmful than beneficial.



“E = MC<sup>2</sup>”

Most of the exercises I've seen are neck extensions, crunches, and side crunches.

The thing is, when you're doing loaded exercises with a harness, you're probably over recruiting the superficial neck muscles, like the upper traps, levator scapulae, and sternocleidomastoids (SCM).

Although strengthening these muscles will help you fight out of a choke or posture up on an opponent who is holding you down by the head, they won't do anything to prevent a concussion.

And only doing these exercises will create a muscular imbalance because you're not developing the deep stabilizers.

**It's like doing leg press instead of squats** – when you're doing squats, you have to hold stable and maintain position, so your core muscles get worked hard, whereas on the leg

press, your core takes a break. That's why some guys can leg press enormous amounts of weight but can't hold their form during a squat.

What you need to train are the deep stabilizers around your cervical spine. You've probably never heard of these muscles, having names like rectus capitis, colli, hyoid, etc etc. Don't worry about the names of the muscles.

I had to learn these muscles in university where I got to poke through dead bodies to study anatomy, but luckily, the muscles don't matter much to you, its their function that counts.

The superficial muscles are designed for dynamic movement, while the deep muscles are designed for stability.

The deep muscles keep your head where it's supposed to be on your spine, providing stability when your head is in the neutral position. These are the exercises you must do before you get into any loaded neck training. **Build a strong foundation before building the rest of the house.**

There are many different exercises you can perform to train your neck stability. Here are a few examples from my Ultimate MMA Strength and Conditioning Program:



These exercises are all examples of static stability. Hold the position for 5-10 seconds and repeat for 6-8 reps. One thing to note is to make sure you keep your tongue on the roof of your mouth - this is to allow certain deep muscles to work, otherwise they won't fire.

## **Neck Training Key #2 – Train Reactive Ability**

Reactive ability is training the ability of your neck muscles to fire quickly.

The best example of a reactive exercise is the depth jump. In a depth jump, you step off a box (say 24") and immediately jump up as high as you can when you land. You want to spend as little time as possible on the ground.

Another example that I like to use is with a pushup. Start the pushup lying flat on the ground and pushup into the air as high as possible. Pause for 2 seconds at the bottom, then do it again (again, this is all outlined in my Ultimate MMA Strength and Conditioning program).

**To train the reactive ability of your neck muscles, there's something you can right now while reading this report:**

1. Place your right palm on your forehead
2. Push your forehead back as fast and powerful as possible, while keeping your head and neck still
3. Hold for 5 seconds
4. Repeat for 6 reps

You can do this with your hand on the sides of your head, or with the ball exercises shown above. **It's even better to do with a partner, because you don't know when he's going to apply the force.**

This will train your neck muscles to fire quickly, helping them stay alert and ready to stabilize your head in case you get smacked with a hard blow.

### **So How Do I Put this All Together?**

Add these exercises in at the END of your strength and conditioning routine. That's where I have them in my Ultimate MMA Strength and Conditioning program.

Make sure you don't do it before any MMA classes/training. This is because you don't want to fatigue the stabilizers before you need them to keep your head from whipping back and forth when you take a shot.

There's also another method called Dynamic Neck Stability Training that I'm working on that will be a part of my upcoming Advanced MMA Power program. You'll get details about this soon, it's a great way to integrate the entire body, from head to toe.

I'm really excited to share Advanced MMA Power with you because as I'm working on it, I can already see the emails pour in about the results after following the program.

But for now, use the info I've outlined in this report to keep your head on straight.

Train smart,

A handwritten signature in black ink, appearing to read 'Eric Wong', with a stylized flourish underneath.

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