

# Never Gas and Finish More Fights with these 'Secret' MMA Training and Tactical Strategies

From: Eric Wong, BSc, CSCS  
<http://www.EricWongMMA.com>  
Your MMA Performance Coach

Now I say, 'Secret' kind of tongue-in-cheek, because NOTHING in training is actually a 'secret'. BUT, that doesn't mean that what you're going to learn in this report is widely-known.

**In fact, almost nobody talks about the content in this report, so by reading it, you've got the upper-hand.**

If you've ever had the feeling of being *this close* to finishing an opponent (or training partner, for that matter), then you know EXACTLY what I'm talking about.

It's that **intense burning feeling that's going through your bi's** as you're trying to squeeze hard and long enough to get the tap. *I'm so close if only I can hold on a little longer I can get him.*



Finish or be finished

Depending on your positioning, whether or not you have the hooks in, or how strong and tough your opponent is, you might get the sub.

**But the worst is the feeling AFTER you don't get the tap.**

Some experienced fighters might even let you think you're going to get the choke, knowing he'll get right out of it and then your arms will be jelly (maybe you can start baiting people in like this too).

That's when you usually get to your guard and say to yourself, "**Oh shit!**"

Because your arms are gassed out, you have difficulty locking your opponent up, and you'll probably eat some nice shots with him in your guard.

**Then, it'll be a lot easier to pass your guard and BAM – you're mounted or side mounted.**

## **So WHY does this happen so often?**

Here are a few of the reasons, and what you can do about them to make sure you finish more fights and never gas your arms out again.

### **Reason #1: You've got to learn when to go for it and when to just let it go and regroup.**

This is more to new/younger fighters but still good to hear if you're a veteran,



Just let it go, dude.

And that can only come in training, and it's something you've got to drill and practice to improve. The more experience you have in attempting chokes and learning when they work and when they don't, the better chance you have of not making a mistake in a fight.

The thing is, when you're in a fight, your nerves are probably going to get you over-excited and you'll go for moves when they're not there.

But if you make it a focus in your training to figure out where and when to go for the finish, you'll be a lot more likely to pick the right time in a fight to get the tap.

In my first BJJ (Gi) tournament, nerves definitely got the best of me.

When I engaged my opponent in my first match, I was gripping his collars so hard that after the fight I couldn't straighten my fingers.



I had nothing left in my hands after this fight. But he was a 'red belt' after all.

Luckily I won the fight and moved on, but I fought 4 more times that day (our division had 52 or 56 guys, I can't remember exactly) and my hands and forearms were exhausted and definitely limited my performance.

**So regardless of your level of fitness, there are times when you have NO CHANCE to finish, so save your energy, let it go and work for something else.**

Now, if you're in a situation where it's possible for you to finish the fight, and the only thing holding you back is your strength and endurance in your arms, it's time to listen up.

**Reason #2 – You're not training your maximum strength enough with your pulling muscles.**

If you want to talk energy systems, the various names of the system used for maximum strength are: anaerobic alactic, ATP-PCr, and high-energy phosphate. I'll refer to it as the anaerobic alactic system.

Most fighters know that maximum strength (1 rep-max strength) is important to MMA performance. Except those guys who only do circuit workouts.

Sure, circuits are good, but if you're not training your max strength, you're seriously limiting your performance in the cage. There's a time and place for everything, and anyone who says something like, "You only need to do \_\_\_\_\_ (insert popular training style here) for MMA" doesn't have their shit together.

**Only doing circuits for MMA is like only training 1 discipline (like boxing for example) for MMA – you're going to get exposed.**

But even for those who are training max strength, usually it only happens with the bench press, the deadlift, and sometimes the squat. The traditional power lifting moves.

Barely anyone trains max strength for exercises like chinups, pull-ups, and rows. And these are the exercises that will improve your ability to squeeze an opponents head off and win the fight via vicious sub!

So if you're not training your max strength, **START NOW**.

For chinups, pull-ups, and any of their variations, the easiest way to do it is to hold a dumbbell between your legs. Here's how:

Now you don't want to add so much weight that you can't maintain good form and use a full range of motion, but add enough so you fatigue in the 2-4 rep range.

**When you're training max strength, take 2-3 minute rest periods, hitting 3-5 sets.** You can sit around and watch hot girls while they workout, or you can do something productive with your time and work on mobility and flexibility between sets.

A lot of fighters have the mentality when it comes to working out that, "If it doesn't burn or if I don't puke, it's not a good workout." Well this is completely wrong and it will set you up for limited gains or overtraining.

There's a time for puking, but there's also a time for taking long rest periods and getting full recovery between sets – this is one of them.

Max strength training works your anaerobic alactic energy system locally in the muscles, which lasts up to 12 seconds, but it also taxes your nervous system, which is responsible for optimal recruitment of your muscle fibres and synchronization (making sure your muscles work synergistically together).

But enough with the science talk – simply follow the guidelines and you're set.

So once you've developed your maximum strength, you need to focus on building your endurance...

### **Reason #3 – You've never properly trained the endurance of your pulling muscles.**

Now this comes after max strength because why would you want to develop 'weak' endurance? Improving your maximum strength will automatically improve your endurance, but then once you've got a decent level of strength (2 chinups in perfect form from a dead-hang with 25% of your bodyweight added), then you focus on being able to apply that strength in case a fight goes the distance.

**OK so here's how you go about developing strength-endurance of your pulling muscles properly:**

1. Pick a pulling exercise such as seated cable rows or bent-over dumbbell rows (I avoid chinups and inverted rows for this method because grip is often the limiting factor)
2. Choose a weight that you can do about 10 reps with in good form. You might have to lower the weight as you progress to keep hitting 10 reps, but fight to maintain the same weight throughout.
3. Use a 202 tempo.
4. Perform the exercise twice a week using the following progression scheme:

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Day 1</b>	5 sets 45 sec rest	7 sets 45 sec rest	5 sets 30 sec rest	7 sets 30 sec rest
<b>Day 2</b>	3 sets 30 sec rest  Rest 5 mins (no upper body work) then repeat	4 sets 30 sec rest  Rest 5 mins (no upper body work) then repeat	3 sets 20 sec rest  Rest 5 mins (no upper body work) then repeat	4 sets 20 sec rest  Rest 5 mins (no upper body work) then repeat

Use this scheme for 4 weeks, then take a week off before moving back into a max strength phase.

**“OK – What Else Do I Need to Know to Bring My MMA Conditioning to the Next Level?”**

The info in this report is often overlooked and rarely trained properly, but it's just a small piece of the puzzle when it comes to elite-level strength and conditioning for MMA.

As you may have heard, I'm releasing my Advanced MMA Power program sometime in July 09. Right now, I'm working on putting everything together into an easy-to-follow, step-by-step program that will have you feeling like a completely new fighter.

I want to take my time with the program because I know the biggest thing with fighters is that they want something that lays everything out without any guesswork. I've learned this from my first book the Ultimate MMA Strength and Conditioning program.

The Advanced MMA Power program is designed to take those with high levels of strength and conditioning (like guys who've followed my Ultimate MMA program) to a whoel new stratosphere.

So if you're still having issues with strength and conditioning, the Advanced MMA Power program is NOT the place to start.

But if you already consider your conditioning to be pretty solid, the Advanced MMA Power program is for you.

**After 12 Weeks You'll Be Shocked at  
How Strong and Powerful You Feel,  
Even AFTER 3 Hard Rounds**

So stay tuned as I'll be revealing more killer content for you to take your game to the next level.

Train smart,

A handwritten signature in black ink, appearing to read "Eric Wong". The signature is fluid and cursive, with a large, sweeping underline that extends to the right.

Eric Wong, BSc, CSCS  
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# MMA Workout Challenge - Soccer Post 10

Brought to you by [EricWongMMA.com](http://EricWongMMA.com)

1. 5 x Circle around posts forwards & backwards
2. 10 x Chinup/Pullup switches
3. 10 Lateral shuffles between posts
4. 1 x Monkey bar climb
5. 1 x Army climb
6. 10 x Clap pushups
7. 10 x Burpee + pullup
8. 10 x Lunge jumps
9. 10 x Hanging straight leg raises
10. 1 x Run length of field and back

DATE				
TIME				

## How to enter the contest:

1. Take a video of yourself doing the workout
2. Post the workout on YouTube as a video response to the [original video here](#)
3. Post the link to your video in a comment at the bottom of [this page here](#)
4. Register using the link on the same page as in #3 above

Winners get a copy of my upcoming Advanced MMA Power program and my Ultimate MMA Strength and Conditioning program, which is being used right now by hundreds of fighters around the world to get into peak condition for MMA