



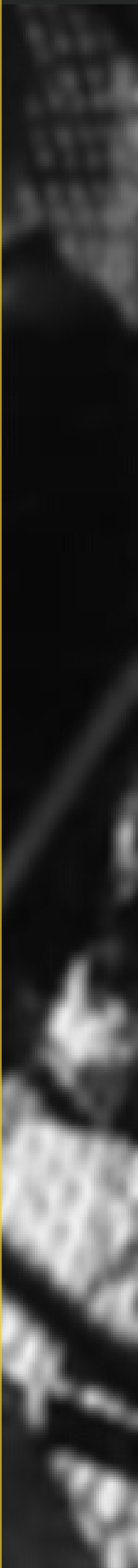
The Mixed Martial Arts STRUCTURE

A fighter in a cage under bright lights, viewed from behind, with the cage's metal structure and bright spotlights visible in the background.

**THE MMA STRUCTURE
IS DESIGNED TO BE
USED AS A BLUEPRINT
FOR DEVELOPING
FIGHTING SKILLS**

THE MMA STRUCTURE CONTENT

- Library
- Learn the basics
- Striking
- Grappling
- Mixed Martial Arts
- The MMA Structure Strength Program



Library

The library every videos in the program. It can help you to save time if your are doing the program more than once

LEARN THE BASICS

STRIKING

GRAPPLING

MIXED MARTIAL ARTS

MMA STRENGTH PROGRAM



Learn the basics

This section covers fundamental stance, footwork and techniques to be able to perform the program properly.

POSITIONING

FOOTWORK

BASIC BOXING STRIKES

BASIC KICKING STRIKES

BASIC TAKEDOWNS

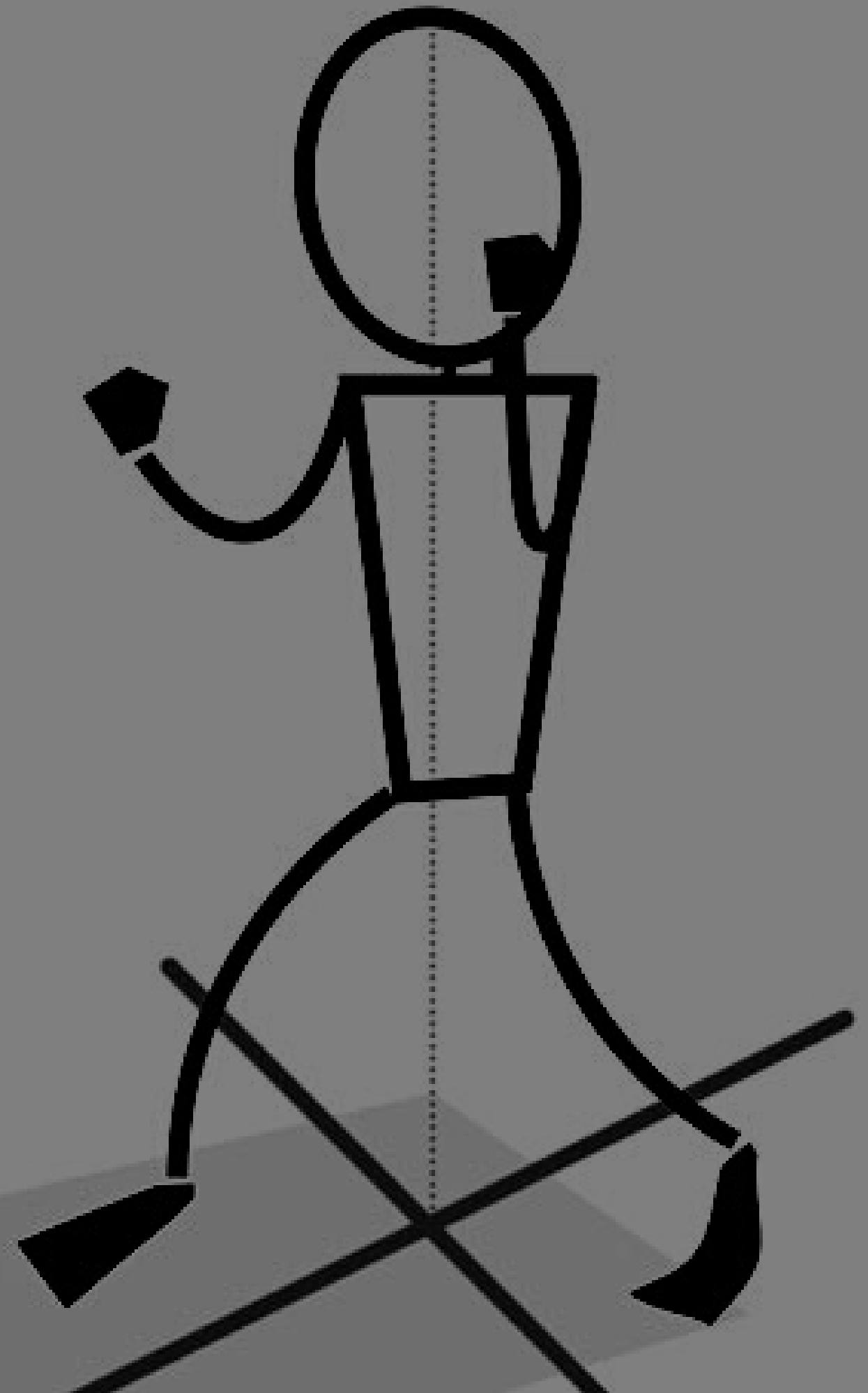
BASIC GROUND POSITIONS

BASIC SUBMISSIONS



Positioning

—
Proper positioning leads to movement efficiency.



POSTURE

The best posture is the one that is most favorable to the mechanical execution of a technique.

DISTANCE

Distance is not to be confused with reach. Distance is the space between the two fighters.

THE ANGLE OF ATTACK

The angle of attack is determined by the place where a fighter is facing his opponent.

FIGHTING STANCE

The fighting stance must allow the most effective defense and offense.

INITIAL POSITION

It represents the position of a fighter, before the displacement. The fighter is at a distance and at an angle of attack in front of an opponent.

DISPLACEMENT

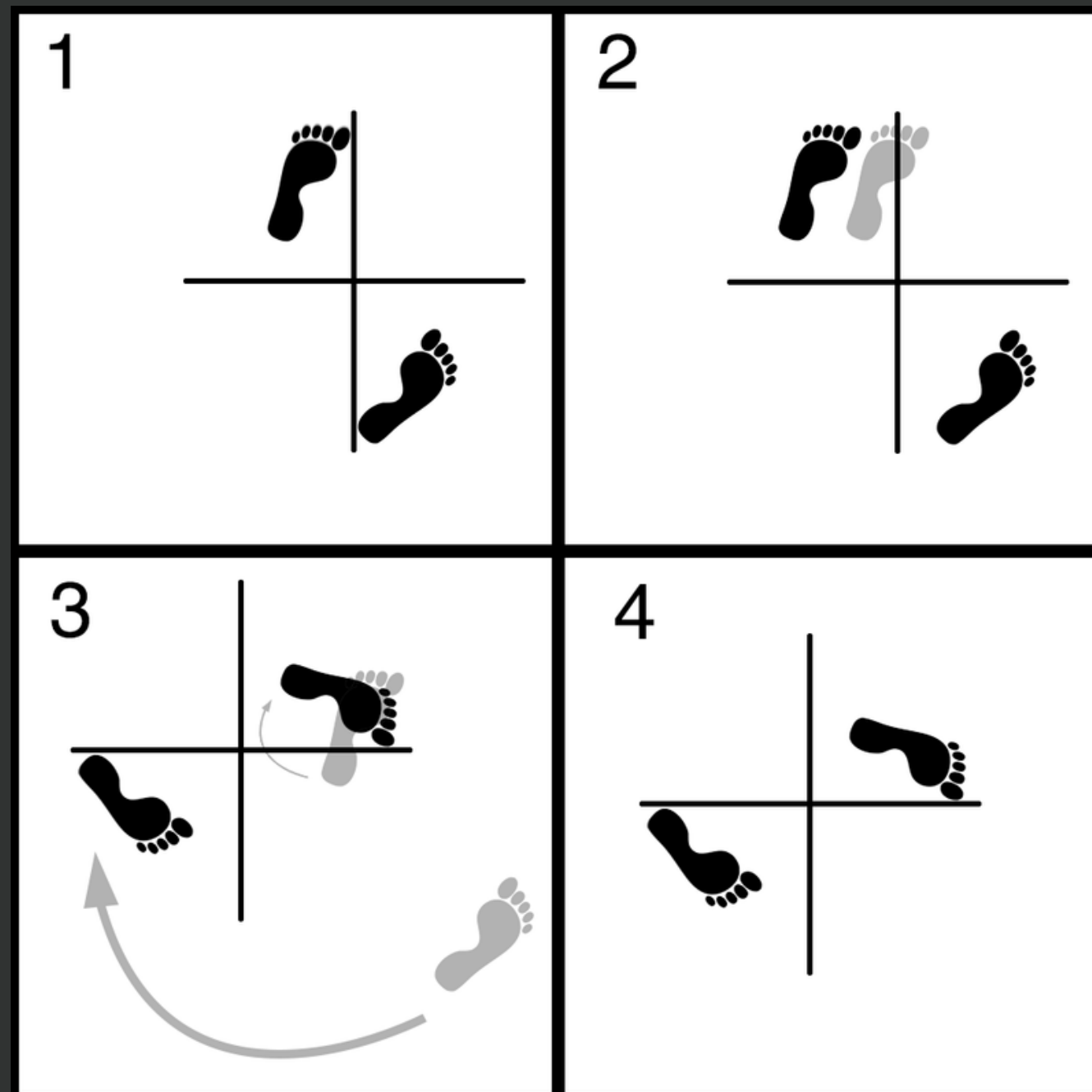
It can adjust the distance between a fighter and his opponent. It can also change the angle of attack.

FINAL POSITION

It represents the position of a fighter, after the displacement. It can facilitate attack opportunities and decrease the chances of being attacked.

Footwork

One of the fundamental principles of combat is the art of mobility.



Footwork Goals

Efficiency in movement

Footwork is used to keep a good balance, manage distance, position yourself in certain angles, optimize movements and apply certain techniques and strategies related to combat.

Basic Boxing Strikes

These basic boxing strikes are the core to developing your punches.

JAB (1)

CROSS (2)

LEAD HOOK (3)

REAR HOOK (4)

LEAD UPPERCUT (5)

REAR UPPERCUT (6)

Basic Kicking Strikes

These basic kicking strikes are some of the most used in combat sports.

—
LEAD FRONT KICK (LFK)

—
REAR FRONT KICK (RFK)

—
LEAD ROUND KICK (LRK)

—
REAR ROUND KICK (RRK)

—
LEAD SIDE KICK (LSK)

—
REAR SIDE KICK (RSK)



Basic Takedowns

Here are some of the most used takedowns in Mixed Martial Arts. Those takedowns can vary depending on the fighter's style and background.

SINLE LEG (HEAD OUTSIDE)

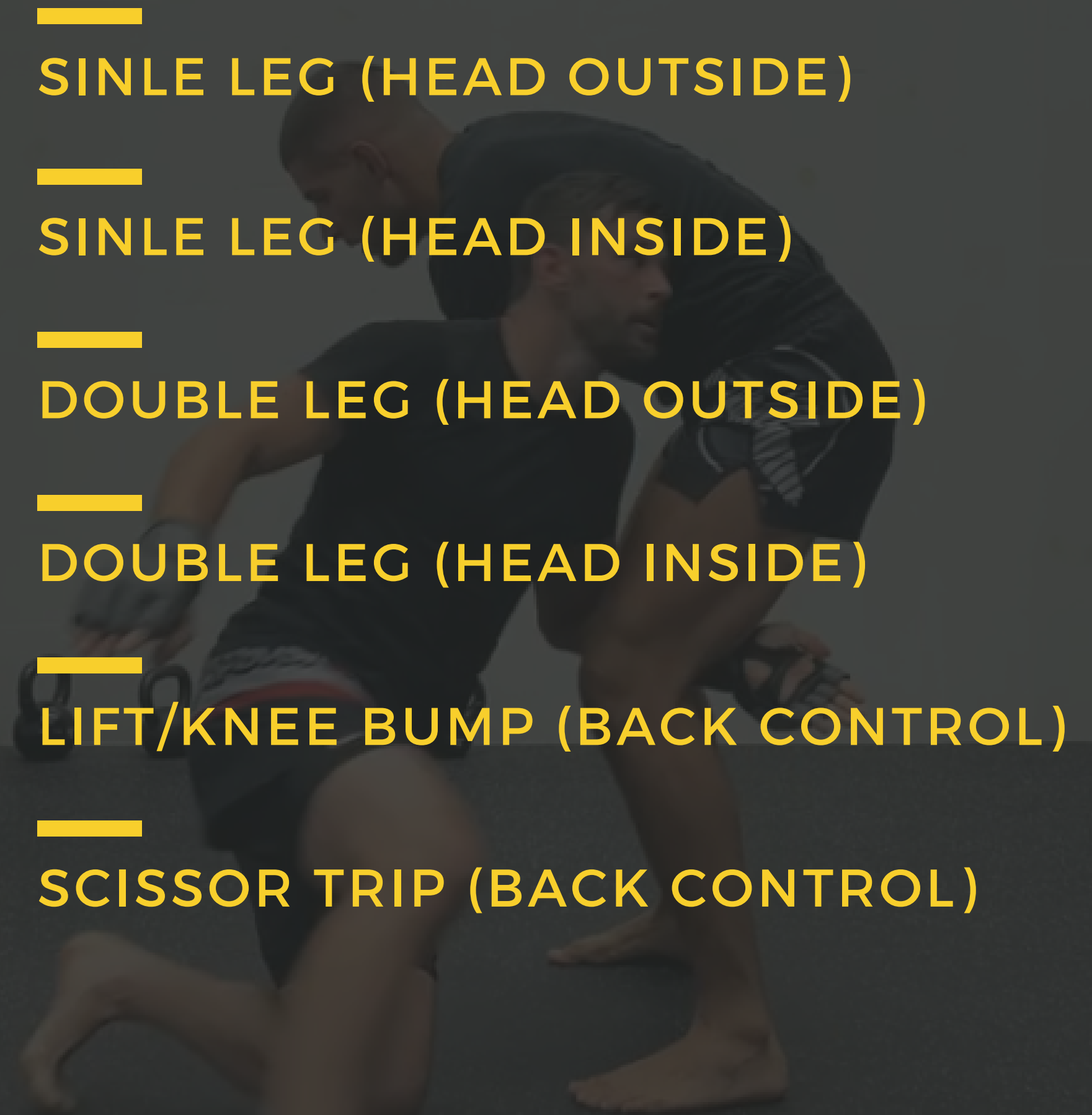
SINLE LEG (HEAD INSIDE)

DOUBLE LEG (HEAD OUTSIDE)

DOUBLE LEG (HEAD INSIDE)

LIFT/KNEE BUMP (BACK CONTROL)

SCISSOR TRIP (BACK CONTROL)



Basic Ground Positions

Each of these basic position as its own advantages and limitations.

—
GUARD

—
HALF GUARD

—
SIDE CONTROL

—
KNEE ON BELLY

—
NORTH SOUTH

—
FULL MOUNT

—
BACK MOUNT



Basic Submissions

These basic submissions are some of the most used in Mixed Martial Arts.

KIMURA

TRIANGLE CHOKE

ARM BAR

GUILLOTINE

REAR NAKED CHOKE

Striking

This section covers more advanced striking techniques to know how to defend yourself against strikes, counter and throw combinations on an opponent.

STRIKING WARM UP

BOXING DEFENSE

BOXING COUNTER-ATTACKS #1

BOXING COUNTER-ATTACKS #2

KICKING DEFENSE

KICKING COUNTER-ATTACKS

STRIKING COMBOS



The Goal: Hit without being hit.

Combat sports that use
striking include:

—
BOXING

—
KICK-BOXING

—
MUAY THAI

—
KARATE



Attack Quality

- Avoid telegraphed strikes.
- Throw relevant combinations.
- Use appropriate strategies.



Defense Quality

- Manage distance, dodge, block hits.
- Be alert in counterattack.
- Avoid creating a "patern".



Grappling

This section covers more advanced grappling techniques to know how to wrestle, control and submit an opponent.

GRAPPLING WARM UP

WRESTLING DEFENSE

CHAIN WRESTLING

TRANSITIONING

SUBMISSION DEFENSE

SWEEPING

SUBMISSION SETUPS



The Goal: Bring to the ground, control and submit.

Combat sports that use grappling
include:

WRESTLING

BRAZILIAN JIU-JITSU

JUDO

SAMBO



Get to the correct distance for close combat.

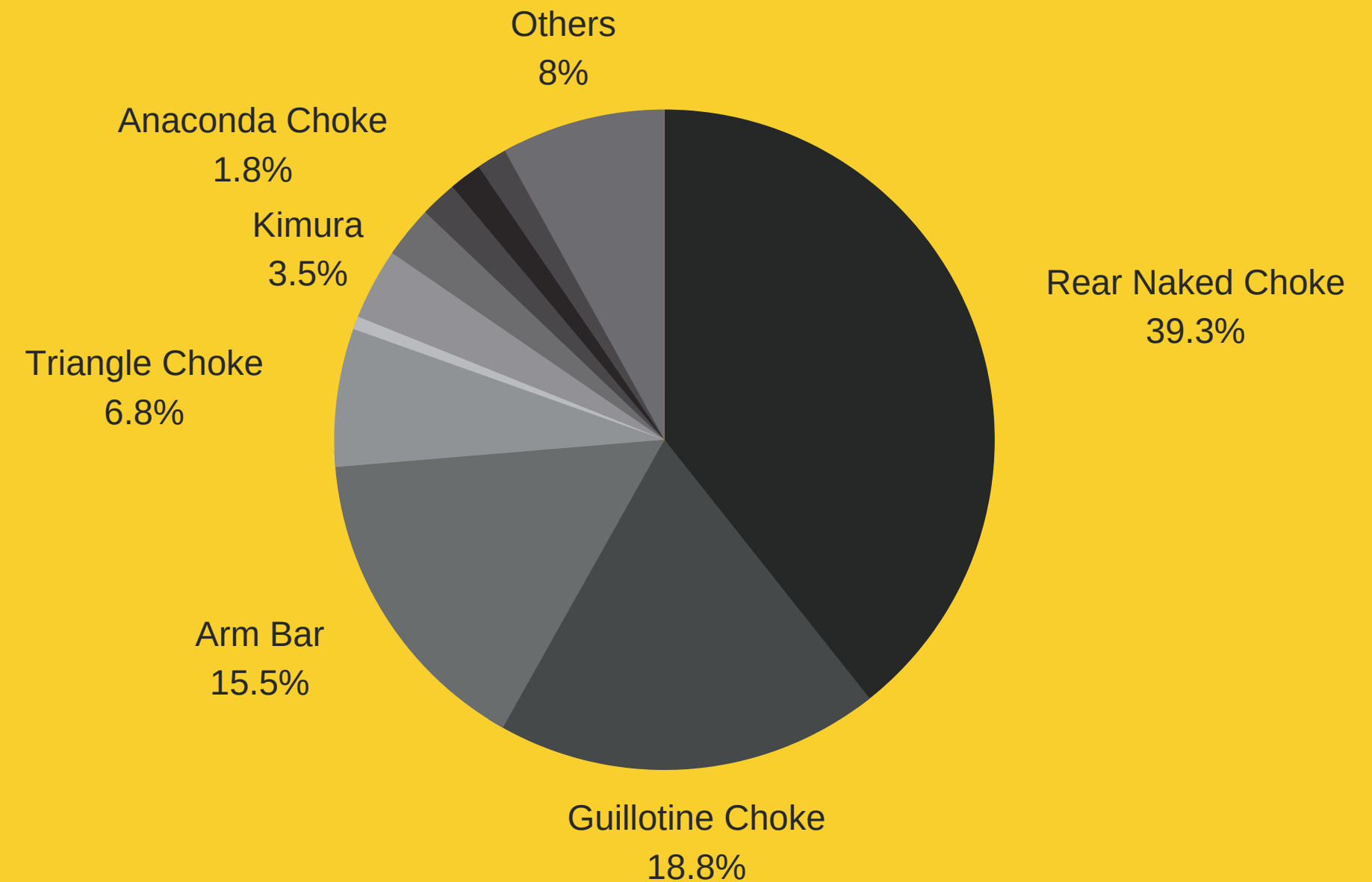
When the opportunity present itself, the right technique can be imposed at the right time. It's all about timing.

The challenge of “Grappling” in MMA is to gain physical advantage, improve position, evade the opponent, or force the opponent to submit.

What are the most used submissions?

How do these submissions compare to each other? This pie chart shows how each submission contributes to all of the submissions ever made. It was created using more than 5,000 fights and 25 years of combat data tracked and analyzed.

source: <http://www.ufc-secrets.com>



Mixed Martial Arts

This section covers the concept of adding and combining techniques to know how to adapt to any situation that can happen in a fight.

MMA WARM UP

ADDING KNEES AND ELBOWS

DRILLING COMBOS

CLINCHING

DRILLING FIT-INS

WORK AGAINST THE CAGE

GROUND AND POUND






A complete fighter is one who knows how to adapt to any situation.

A fighter must develop an overall vision of combat where he can create tactics and strategies throughout the engagement. Knowing how to adapt to different situations is a major asset.

To make a difference in combat, there are several fields of competence to master: Tactical, Technical, Physical, Psychological. The practice of these fields of competence will considerably increase the quality of an athlete.



Mixed Martial Arts includes a wide variety of disciplines.

THE ABILITY TO LEARN AND PROGRESS IN A CERTAIN DISCIPLINE DEPENDS IN LARGE PART ON CONDITIONING.

MASTERING THE BASIC STRIKING AND GRAPPLING TECHNIQUES IS THE KEY TO BE A COMPLETE FIGHTER.



—
SINGLE DIRECT ATTACK

—
PROGRESSIVE INDIRECT
ATTACK

—
ATTACK BY COMBINATION

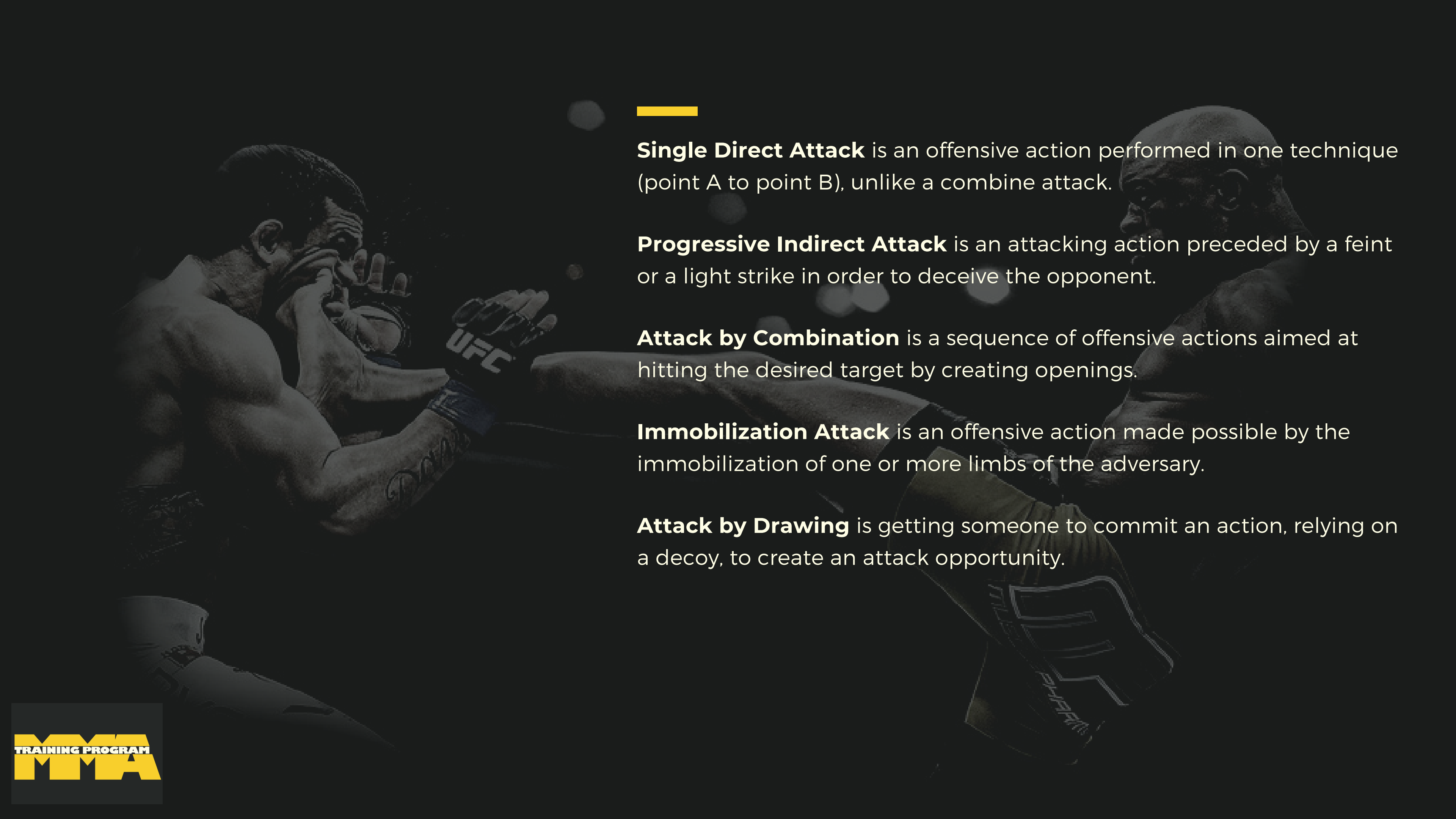
—
IMMOBILIZATION ATTACK

—
ATTACK BY DRAWING

5 Ways Of Attack

—

Knowledge increases
quality of the analysis and makes it
easier to adapt to any
opponent.



Single Direct Attack is an offensive action performed in one technique (point A to point B), unlike a combine attack.

Progressive Indirect Attack is an attacking action preceded by a feint or a light strike in order to deceive the opponent.

Attack by Combination is a sequence of offensive actions aimed at hitting the desired target by creating openings.

Immobilization Attack is an offensive action made possible by the immobilization of one or more limbs of the adversary.

Attack by Drawing is getting someone to commit an action, relying on a decoy, to create an attack opportunity.

MMA Strength Program

This section is a guideline to help MMA fighters and practitioner make better decisions concerning their strength and conditioning programs.

GENERAL WARM UP

PHASE-1 TYPE

PHASE-2 TYPE

PHASE-3 TYPE



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