

J E F F J O S L I N ' S



Quick Start

MMA TRAINING SECRETS!

A Guide to Help You Get Good Fast!



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**The Ultimate MMA
Training Program**
For Beginners!

Tips to Maximize Your Mixed Martial Arts Training...

Learn How to Get The Most Out of Your MMA Training with Battle Tested Tips, Strategies, and Concepts That You Can Put To Use Right Away...

By Jeff Joslin, Apex World MMA Champion, Former UFC Fighter, Martial Arts Instructor & Creator of the new MMA training program for Beginners, MMA QuickStart.



First Off I'd like to welcome and thank you for visiting MMAQuickStart.com. I am extremely excited about my new online MMA training program and what I believe it will offer you and the many people out there that are in search of efficient, fun and affordable mixed martial arts training. Investing in this program will save you time and money plus provide a super fun way to get in fantastic shape while jump starting your MMA training!

Unfortunately many people don't live close to a well established, trustworthy and professional martial arts facility. A place to learn all of the necessary elements that make up the great sport MMA: striking skill, groundwork technique and takedown ability. I was one of those people back in 1994 when I made the decision to morph myself from a karate/kickboxing fighter into a well rounded mixed martial artist.

Since the day I made that decision –which turned out to be one of the best I've ever made–, I've spent tens of thousands of dollars travelling to many different seminars and training camps, taking countless private lessons with a variety of different instructors, and competing in some of the biggest and most prestigious martial arts competitions in the world. I did it all to fulfill my intense desire to become the best martial artist I could be.

After more than thirty years of training, often two or three times per day, I feel very lucky to have accomplished three of my four main goals in martial arts: Winning an international tournament in Brazilian Jiu-Jitsu, winning a championship belt in MMA, and fighting in the Ultimate Fighting Championship (UFC).

My fourth MMA goal, the one I now have my sights set upon, is to provide efficient MMA instruction to those who are now in the same position that I was back in the early stages of my MMA career: Excited to learn the game as quickly as possibly but not exactly sure how to go about it.

My martial arts school is great as it gives me the opportunity to teach hundreds of students the arts of Brazilian Jiu-Jitsu, submission wrestling, kickboxing and boxing but unfortunately I'm limited to working only with people that live nearby. This is only somewhat satisfying due to the fact that I know there are many of you out there who want to learn but don't have access to the type of instruction you need to do it.





That's why I've spent the four years developing the MMA QuickStart online training program. Through the magic of the internet, it's possible to teach you too! You can study and practice the techniques I'm teaching right in your own home regardless of where you live. Listening my audio coaching mp3 files will make it feel like I'm right there beside you, guiding you through the very important parts of your lessons. These are definitely things that I wish I had back in the day when I began training for MMA.

I guarantee that I hold absolutely nothing back and go into great detail when I break down the techniques, drills and exercises for you. In fact I think you'll get to see more detail and obtain a stronger grasp of the training material through the use of this online training program than some of my own do from my classes since you will be able to watch the technique videos anytime and as often as you like.

The MMA QuickStart program is not the end, it's only the beginning! For those of you that work hard to master the fundamentals in this program, I'm in the process of creating several different add-ons focused on intermediate and advanced level

technique, partner training, heavy bag workouts, speed bag training and much, much more!

Ultimately my goal is to make a mixed martial artist out of you. If you decide to continue your training after completing the MMA Quickstart program, that would be awesome and I'd be honoured to have helped in any way that I could in getting you started.

Whether your continued training is through the use of my future MMA Quickstart add-ons, or at a local martial arts school or some combination of the two, you'll benefit greatly by becoming further prepared for the journey.

In this "MMA Training Companion" Ebook I'll share with you a great number of tips, strategies and other information that I have used over the years to keep my training safe, fun, and highly productive which ultimately allowed me to achieve my number one goal which was to fight in the UFC (Ultimate Fighting Championship).

I really hope you enjoy this Ebook and achieve much success through applying many of the principles within.

Good luck and have fun!



First off, if you decide to search for a place to train, we need to use a game plan...

Finding the Perfect MMA School

Due to the rising popularity of mixed martial arts, martial art schools are appearing everywhere claiming to offer the best MMA training around. Schools that once taught Tae Kwon Do, Aikido, Karate, Sport Jiu Jitsu and other traditional styles are now incorporating the term MMA in much of their advertising, hoping to take advantage of the booming rise of reality fighting's popularity.

The instructors at these types of school are usually very proficient in their respective style, but are they efficient at teaching the high quality, diverse MMA skills that you are in search of.

Finding a quality mixed martial arts school can prove very difficult for those who have no clue of what to look for. I'll now discuss several ways that will help you determine the quality of the martial art establishments you visit or call on the phone.

Step 1 – Ask them if they teach mixed martial arts.

If the academy does not teach it, and have no intention of pretending to do so, they will usually be honest in their reply and will often point you in the direction towards another school that better suits your needs.

Many other instructors, when asked will claim that they do teach

MMA so that they will not lose you as a potential customer. This is not a lie entirely since the term mixed martial arts simply means mixing multiple martial arts together and they may indeed know techniques from different disciplines. Your next mission is to find out the background, credentials and competitive/coaching history of the school's instructors.

Step 2 - Google the names of the school owner / names of the instructor's on the internet.



Get on a computer as soon as you find out the name of the school owner, or the names of the various instructors that teach at that academy. You will be amazed at the amount of info you can find out about people by typing their names into the search engine at <http://www.google.com/>. You can usually dig up some info about the person's competitive/coaching history and the various belt ranks or credentials earned by them in their combative discipline.

Step 3 – Find out precisely which styles of martial arts they teach.

For efficient, well rounded mixed martial arts training you must find a school that teaches stand-up striking, ground work, and some form of takedown training. Many different martial art blends can be effective.

I suggest you look for a combination of authentic – the instructor has a recognized belt in BJJ -- Brazilian jiu-jitsu training (with gi and no-gi classes), wrestling, boxing and kickboxing. Ideally, the different disciplines should be taught in separate classes to maximize your learning experience.



Step 4 – Ask to try a free class.

Don't be afraid to ask for a free lesson. Even schools that don't advertise a free introductory class will usually give you one if you request it. Be wary of those that refuse. The free class will give you the opportunity to check out some important things: The school's atmosphere, the way classes are structured, the teaching skill of the instructor, the enjoyment factor, and the talent of the other students in the class. This type of input will assist you in making your decision to join or not.

Step 5 – Repeat this process at all of the other schools that offer mixed martial arts training in your area.

Even if you are satisfied with the first school you check out, be sure to first visit the other MMA schools in the area to allow yourself a comparison between several different places. Also, do not always believe what one martial artist or school owner says about their competitors, as there is often some unwarranted bad-mouthing within the martial arts community. Everyone thinks their place is the best! Get out to all the schools, try your free class at each and make your own decision as to what's the best place for you.

Step 6 – Ask about all of the costs, not just tuition.

When you're ready to enroll in the school of your choice, ask about any additional fees in addition to tuition (testing fees, registration fees, organizational fees etc.). Also, you will probably have to purchase a uniform or some training gear so check on that as well.

Step 7 – You are now a beginning mixed martial artist, congrats!

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You have found the ideal school for you and have begun your training in an activity that can offer you many things: fitness, improved confidence, real self-defense skill and some fun times. Train smart, train hard, have fun, leave your ego at home and remember you have to be the nail before you can be the hammer. If you don't know what that means you'll find out soon.

One more thing, if right away, you're easily hanging with the school's top students while grappling or sparring, you've picked the wrong place to train.

Can't find one place that teaches all aspects of MMA?

If you are unable to find a place that teaches striking, takedowns and groundwork don't give up. You may have to search out and train at different gyms that focus on each of the individual aspects of MMA. Perhaps you sign up at a boxing gym and a BJJ (Brazilian Jiu-Jitsu) gym. If there is no BJJ around, some Judo training will work well, especially if the instructor incorporates a lot of ground work into the classes. As far as wrestling goes try to find people with experience in that style and see if they want to get together for some training. I've learned a lot over the years from wrestlers that were visiting my martial arts school for training.

Alright so now you've found a martial arts school, signed up for a membership and are stoked to begin your training. Before you jump into your first class let's touch on one very important aspect that will keep you in the good books of your instructor and training partners: Training etiquette.

Training Etiquette

Proper Hygiene

Good personal hygiene is very important in mixed martial arts; a sport where you are in close quarters with your teammates, a high percentage of the time. You should enter every class with your body as clean as possible. Everyone hates training with someone who reeks of body odour from a long day of work. Also, wash your gi (uniform) on a regular basis and keep your shorts and t-shirts smelling fresh at all times. Wow, I sound like my mom saying all that, but it's so important.

Keep your toe and fingernails trimmed, tie back any long hair and make sure you are not wearing anything that may be potentially hazardous to your training partner (examples of this are zippers on shorts, knee braces or buttons). Remove all jewellery and avoid training if you have any open cuts or sores on your body.

If you decide to retain your stink and continue to train in that state, your training partners will quickly become less willing to practice with you. They may also talk behind your back about your aroma issue. There is an upside however: If you jump into class with the right level of disgusting smelliness you may be able to tap people out without applying an actual submission hold. That's a joke; be sure to keep yourself clean and smelling great!



Respect

Respect your team mates and training partners. Introduce yourself to them before training, try to use their name often in your conversation and remember that you are helping each other learn the wonderful sport of mixed martial arts. You need them to help you improve so always remain positive with your training partners and train with them in a friendly way.

Respect your instructor. Do your best to show up on time for class and give the best effort you can when training. Always keep a positive attitude, be courteous and do not use profanity in class. Potential customers will be regularly checking out

your MMA facility and if students are swearing when they get tapped out or in general talk it will convey unprofessionalism. If you have any concerns regarding the school, classes or a specific individual, see the instructor as soon as possible.

Treat the facility you train at with respect. Don't litter in the gym, inside the changing rooms, or outside the building. It's a good idea to remove your shoes as you enter any training areas unless it is stated somewhere that shoes are permitted. Many times students will have their face planted, later that evening, directly where you shoes would have stepped. That's not a nice thought!

Arriving on Time for Class

Arrive on time for your training sessions to maximize your training benefits. If you arrive at the gym a little early, get geared up before you engage in any conversations. On many occasions I've seen students arrive early and still manage to be late entering class because they got caught up talking with others in the lobby.

If you are late for class, speak with your instructor to find out what your next step should be. I personally have a late student wait, standing at the entrance to the training area, until I acknowledge him/her and instruct them to join the class in progress. Other instructors may have a penalty for being later such as push-ups, sit-ups or some other physical exercise. In a rare occurrence an old school instructor may not let you train that day so try your best to not be late.

Lateness must be carefully dealt with by MMA instructors because it can be contagious between students and an instructor that does not deal with it effectively will often notice an increase in the amount of students arriving late—often to skip any rigorous warm-ups—which can turn into a bit of a problem.

If there is an issue where you may be arriving late for a class every week due to your work schedule or for some other very important reason, speak with your instructor to explain the situation and usually something can be worked out.

Leaving Class Early

As an instructor I understand that occasionally a student may have to leave class early for various reasons. If you do have to jump out of class before it is over be sure to let your instructor know before the lesson begins. The reason for this is simple. If I see a student leave my class in the midst of the workout I'm not certain if they left because they couldn't keep up and just quit or if it was because they had something important to take care of outside of the gym.

Informing your instructor ahead of time about your situation will prevent them from questioning your work ethic. Similar to arriving late, this type of behaviour can increase if no structure is in place. If other students see people walking out of class early, they may start to do the same and that's when things become a little chaotic.

Membership Dues

A few years back I had a student attend my MMA classes for nearly a year without paying a single dollar towards his membership dues. He would sneak into classes and when he was asked about his membership dues he would talk his way out of paying at that moment. Needless to say when I realized what had been happening I lost a lot of respect for the guy. I subconsciously placed him on my scarcely populated list of students that I considered "takers". Honestly it felt terrible to have this student, whom I had spent plenty of extra time helping and developing, prove to be very ungrateful. The fact that I had lost a few hundred dollars wasn't a big deal; losing my trust in one of my students was much more bothersome.

Paying your membership dues on time will show your instructor that you greatly appreciate his time and effort, much like his interest in you as a student demonstrates to you that he greatly appreciates your business. Most of the time you will end up with a mutually beneficial situation with all parties, you and your instructor, excited to move forward towards great things both on and off the mats.

There are often situations that may arise that will make it difficult for you to pay your dues on time, if at all. Be sure to sit down and speak with your instructor if this is the case and perhaps you both can figure a way to work things out. In the past, I've had students help out by teaching classes or by cleaning the mats to pay off their membership fees.

Be honest with your instructor. Do not train without an active membership or without some type of agreement setup between you and the martial arts school. It is stealing and you will damage your reputation with the instructor and staff.

Entering and Leaving the Training Area

At many traditional martial arts schools you are required to bow every time you enter or leave the training area. This may be the case at a mixed martial arts school if the instructor originally trained at a school that implemented traditional methods. Check with your instructor to find out if you are

required to do before hand. The simple gesture of asking will display respect and care on your part, two very important qualities a teacher looks for in a student. You will be off to a great start.

Moving out of the Way from Higher belt / Higher ranking Students

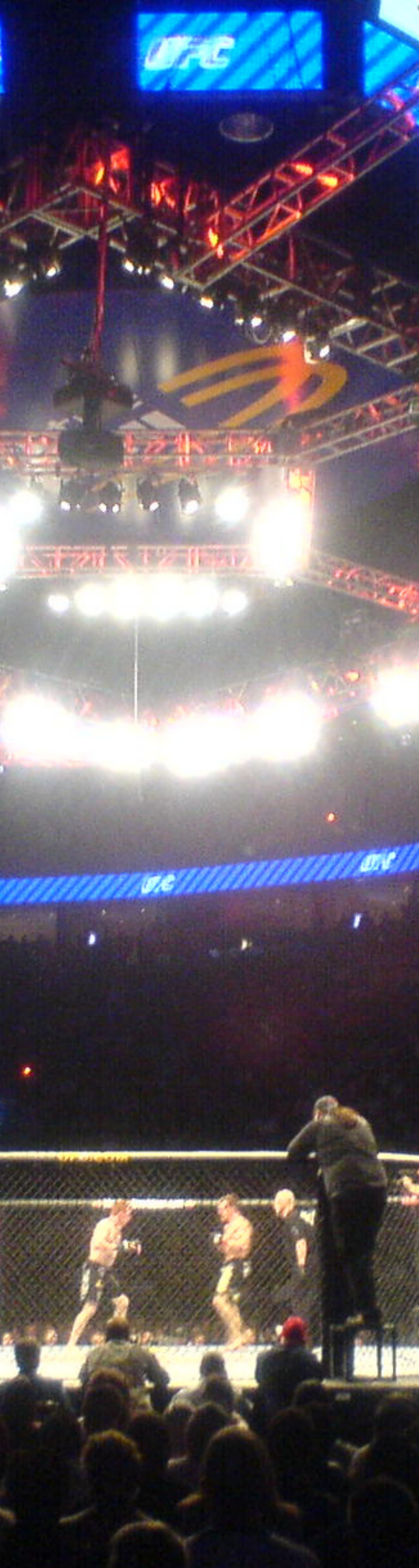
During training there will be times, if training space is limited or class attendance is near maximum capacity, when other students or pairs of students will infringe upon your space. Often they are sparring or grappling and do so unintentionally but it does present a danger to everyone involved.

There is an unwritten rule on how to deal with this type of situation as it occurs. If that person or people are a higher belt or rank than you, you should move out of their way to some other place in the gym that has some open space. In the case that you are the higher belt involved, the students closing in on you should stop and reset their position to another spot on the floor/mats.

Most of the time all of this is done without a word being said and the respect shown by you towards the senior students will usually not result in a "thank you" or anything similar from those students. On the other hand if you smash into or force a higher student to move out of your way, they will take that as disrespectful and the next time you roll or spar with that person you best be ready for a beating.

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."

~ Bruce Lee



Don't Ask Higher Ranking Students to Spar or Roll With You

Another unwritten rule is one that states that you should not ask a higher ranked student to spar or roll with you. The reason is simple. A higher ranked student cannot say “no” to you without feeling as if they appear afraid, worried or intimidated at the thought of facing you.

If they are in good health and spirits, that higher ranked student should have no problem putting you in your place after your challenge but occasionally that same student may be feeling sick, hurt, or fatigued which are all legitimate reasons for them not want to train with you at that moment. They will most likely still roll/spar with you to save face and with them not at their fullest you may do better against them then you normally would. Not much of a feat given the circumstances of the situation.

I hope this helps you understand why asking a higher ranked student to roll/spar might be irritating to some. If they are healthy and do accept your challenge don't be surprised if you receive a thorough beating on the mats.

Good Sportsmanship

It's very important to keep a positive attitude during training. Think about the progress and growth of the team in addition to you own development. Nobody gets to the top without the help of others plus I guarantee that your rate of improvement will slow drastically if your teammates don't like you. Be gracious on the days that you're getting dominated on the mats or in the cage and display that same attitude when you are the one kicking ass.

During competition, keep in mind that you are representing many people, not only yourself. Now you may not personally care if other people think you're a loudmouth with a bad attitude but any negative actions –such as arguing with referees, disrespecting your opponent, cheating and a host of others—will reflect upon your teammates and instructor. Your instructor will not be happy with your behaviour and your negative approach will never cause a referee to adjust a call –even if it was an incorrect one-- that has already been made. You will find yourself and subsequently your teammates becoming the victims of bad calls more often because of the negative reputation your team may be developing.

Make an effort to keep your mind in a positive state and be a good sport during your time spent at the martial arts gym and at any tournaments you hit up along your martial arts path. A positive mindset can also benefit you at home or anyplace else your everyday life takes you. It can often seem like the most difficult of challenges to do so but trust me it always pay off big in the end.





Check Yourself Regularly for Skin Infections

One downfall of rolling around with sweaty guys all day other than it's awkward looking appearance to those outside the sport, are the skin infections that occasionally appear out of nowhere on our bodies. Fortunately most of them can be remedied quickly and without much effort. Here are the most common nuisances.

Ringworm

Early on it may appear as a small red bump or an itchy spot, but it will soon grow into a ring like shape. It is highly contagious and training with ringworm is rude and inconsiderate. Visit your doctor and he will inform of how to treat the problem, commonly prescribing an anti-fungal cream to be applied to the affected areas.



Impetigo

Commonly this skin infection begins as tiny blisters someplace on the body. These blisters eventually burst and leave small wet patches of red skin that may weep fluid. Gradually, a tan or yellowish-brown crust covers the affected area, making it look like it has been coated with honey or brown sugar.



Stop training and check with your doctor immediately if you believe you have this type of skin infection as it is contagious. He will usually some form of antibiotic treatment which should resolve the problem fairly quickly.

You can lessen your chances of contracting skin infections by:

- Taking a shower immediately after class
- Pitching in on cleaning the mats regularly
- Wash you gi/shorts/t-shirt after every training session
- Keep an eye out infections on other students. Inform them of the potential situation in case they do not know about their problem.

Skin infections can be a pain in the butt from time to time but if everyone keeps themselves, their gear and the mats clean, an infection will fortunately be a rare event.

So by now things I'll bet things have been going great! You've met some great people in class, have learned some really cool technique and have had a lot of fun in the process. Your instructor approaches you and tells you he feels that you are ready to do a little sparring.

Sparring? Fighting or grappling against another person with them fully resisting while trying to hit and choke you back? I know, the thought is somehow exciting and nerve racking at the same time. Don't worry I am here to help! With a few tips that is; both for striking sparring and groundwork (rolling) sparring.



Beginner Striking Sparring Tips

Sparring for the first time can be an overwhelming experience. Moving your feet the right way, blocking punches properly, throwing your own punches and kicks with speed and technique, relaxing as much as possible, keeping your hands up and your chin down at all times; there is so much to remember! It's easy to see why most beginners find their first rounds of sparring against a moving opponent that's trying to hit them back extremely challenging.

If you keep a few key things in mind when you find yourself striking sparring inside the ring or cage it can make things a lot more fun and much less painful. Here they are. Be sure to study them well and put them to use at all times!

1. Throw your punches with speed, relaxation and technique, don't try for power.
2. You don't have to always see the opening for a specific punch. Just throw your combinations sharply and quickly, often the openings will appear in the midst of your combo.
3. After you're done punching, move away to either side. Also remember it's better to stand your ground than to back up in a straight line.
4. When you think you're jabbing a lot, jab twice as much.
5. If you find yourself in trouble, place both of your gloves against your temples, covering your face and jaw with your forearms and move, move, move.
6. When blocking strikes try to avoid tensing the muscles in your arms. Simply raise your arms up to protect yourself. This is easier said than done.
7. Keep your chin down at all times. Act as though you are pinning a tennis ball between your chin and upper chest.
8. Mix up your attacks. Be unpredictable with the combinations you are firing off.
9. Pace yourself. Employ defensive and offensive techniques instead of only attacking the all of the time.
10. Focus on keeping yourself in a strongly balanced stance before attacking, while attacking, and after your attack. This is very important!
11. Never give up! Taking a bit of a beating in the beginning is all part of the learning process. Stick with it and I promise it'll get easier for you.
12. Breathe! Never hold your breath during sparring. Some fighters exhale hard with every punch they throw. Instead I simply breathe regularly --with my mouth closed- making short but not overly strong exhalations through my nose when I throw each punch. The more well conditioned you are, the better you will be able to control your breath so keeping yourself in great shape can really help.

These tips should be a great start in helping you do battle within the striking sparring environment. Good luck!



Beginner Groundwork Sparring (Rolling) Tips

Most people can throw some sort of punch which enables them to jump into stand up sparring and at least do something offensive in the beginning. When it comes to groundwork training things are quite different; most people don't have a clue as to what to do. If the matted area that you grapple on was an ocean, a well trained BJJ student would be a shark and you, being new, can't even swim yet. Now that's Scary!

The good news is that there are a few things that you can incorporate into your rolling and overall training mindset that will bring things into the proper perspective, take some pressure off of you, make you a little harder to tap out and cause your training to be way more fun.

Here they are...

1, Guard Your Arms!

Extending your arms to push a rolling opponent away from you at the wrong time is one of the quickest ways to get yourself submitted. There are times when you should push with fully extended arms but in the beginning you unfortunately won't know when it's a safe time to do so. Therefore, It's a good idea to try to keep both of your arms close to your body at all times, rarely extending them past a 90 degree angle. If you



do get arm locked –you probably still will from time to time-- try to recognize how your opponent caught you and the next time your find yourself in that same position, work even harder to protect your arms!

2. Guard your Neck!

It's pretty much guaranteed that you will be choked into submission often when your first start rolling (sparring) with live opponents. Keep this from happening way too much by guarding your neck in several different ways; first don't let them grab inside your collars with their hands if you're training with a gi on; secondly avoid putting your head and neck underneath one of their armpits and you'll avoid the dreaded guillotine choke; and third, when their arms are moving aggressively towards your neck area fight hard with both of your hands to stop them from locking in any sort of choke otherwise it'll quickly be game over.

If you find yourself caught in a tight choke, remember it won't hurt very much but it will render you unconscious in only a few seconds. Tap out and you can train again right away;

don't tap and when you awaken from unconsciousness, you'll feel surprised that you're lying on the mats in the gym instead of home in your bedroom. Not a good feeling but don't worry though it has happened to us all.



Use your Hips

Try your best not to just lie there while your opponent works you into some sort of choke, arm lock or leg lock. Your two legs can create an incredibly strong bridging motion when you plant them solidly on the floor and lift your hips up high. This bridging motion can destabilize your opponent forcing them to release certain holds in order to maintain their positioning and balance. A explosively strong bridge can also get you out of bad positions sometimes allowing you to move from the bottom position to the top. Keep your hips and entire body moving at all times and you'll instantly make yourself much more difficult to control and submit.

Learn Your Escapes and Defenses

In terms of technique drilling, positional escapes can sometimes seem less exciting to practice than a flashy submission hold or a big takedown but they are exactly what you need to get good at when you first begin training on the ground. Pay attention to detail when learning escapes and spend a lot of time practicing them because it will pay off greatly by allowing you to survive a little longer with the tougher rolling partners.

If you have the money to invest in some private lessons with your instructor do it and use those lessons to hone your escape and submission defense skills. It'll be well worth it.

Leave your Ego at the Door

This is the most important tip of all in my opinion. If you let getting tapped out, flipped, twisted, and squished by students—sometimes ones smaller and weaker than you—depress you and make you feel down, get ready because you're going to be depressed for quite a while. These things are all part of the learning process and all who have achieved the upper belts in Brazilian Jiu-Jitsu (or a high level of proficiency in another ground fighting style) were once in your shoes. Instead of looking at training like a competition, try to enjoy your workouts, the fact that you are able to get out there and do it and when you get tapped out simply jump back in there and get back at it. Train hard and you'll soon feel more like the hammer instead of the nail. Being the hammer is so fun!

Drill, Drill and Drill some more...

Underestimate the importance of practicing a certain technique many times and you will pay the price; your movement will never be executed smooth enough or fast enough or with the necessary details needed for it to work against a strong resisting opponent. When you learn a technical movement, be sure to practice it often within the next month or so. It's better to repeat one technique hundreds of times within a month than to learn a new technique every day and practice each of them very little. With focused practice you will be great with a few techniques instead of knowing many techniques that you pretty much suck at. This will arm you with a strong technical foundation that you will be able to build upon in the future so be sure to drill, drill, and drill some more...

Spend Some Time Stretching!

When you are new to mixed martial arts you will definitely experience some soreness after rigorous training sessions. A lot of punching will tighten the arms, kicking with work the hamstrings and other leg muscles, and groundwork (BJJ or some other grappling art) will take a pretty good chunk of time for your body to get used to.

Most often an instructor will put you through a complete warm-up to prep you for the remainder of class but you will find a lot of benefit in supplementing your training with some additional stretching. Yoga classes are a great option or you could simply repeat, on your own time, the many warm-ups and flexibility improving exercises that you learn in your martial arts classes.

Improved flexibility will help prevent personal injury and will also allow you to perform certain manoeuvres that those with limited flexibility cannot. I can tell you from personal experience that facing a very flexible opponent on the ground is a pain in the butt; their guards are often difficult to pass, they are tough to tap out and often have a great ability to escape trouble. Stretching early in the morning will also make you feel great and set a positive tone for the rest of your day so be sure to try it out.

Show up for Classes

As an instructor the most common question that I am asked is “How do I get good fast?” My answer is simple. I tell them to just keep showing up for class.

Over the years, my best students have been those people that rarely miss a training session, the type of student that trains so often that when they don't show up, you assume something bad has happened. That's the type of dedication it takes to really excel in any martial art and it's extra important for MMA training because there is so much stuff to learn.

If there was a magic pill that could make people champions I'd sell it and become very, very rich but for now all I know is that you must put in the time to become a diamond on the mats. So remember, no excuses! Train anytime you get the chance, participate in seminars, book private lessons and immerse yourself in mixed martial arts training to the fullest and I guarantee that good things will follow.

By this point you are doing great! Sparring and rolling are regular things for you; you get along with your teammates and coaches and you really feel like your technical abilities are improving at a rapid pace.

Let's take another look at your training mindset and fine tune your approach to training a bit more to make sure that you're improving as fast as you possibly can. In the next section you may realize why some of your training partners haven't progressed as much as you have. Their mindset has limited them in many ways.

Be sure to train and develop your mind in addition to your body. On the next page I've share some things I think will help you out...



Training Mindset Tips

Be ready to Learn

As an MMA instructor I've encountered many different types of student over the years and I must tell you there are some that I love to teach and others that make things extremely difficult if not impossible. Work to be a great student and you will learn a lot more in a shorter period of time. You will find that your instructor will begin to provide you with some extra attention and will often take the time to correct even the smallest details in your technique because he/she knows that your mind is open to learning and that you will take their instruction to heart. Rather than giving you tips on how to be a great student, I will do the opposite in giving you examples of the type of student you should try not to be. Here's the first one.



The "I already know that!" Type

This is probably the most difficult type of student an instructor can have. Fortunately I've only run into a few students that possess this terribly annoying type of attitude.

Here's how a lesson would play with this type of mixed martial artist in the class. Noticing that a technique was being applied incorrectly by that student I would walk up to him/her and suggest a few adjustments that should be made to improve the movement. At some point, usually half way through my explanation, they would cut me off with a "Ya, Ya" and appear to want to get back to practicing it. Giving them the benefit of the doubt, I'd walk away then glance back to see if they indeed did make the necessary adjustments and rarely they would. They simply went on making the same mistakes, over and over again, that in their mind were non-existent.

In some cases the mind of this type of student would open up over time and they would become much easier to teach. I've also had some cases where the student never changed and ended up learning next to nothing in a really long period of training. Their money and time was wasted but I guess in their mind they felt good because they

never had to really admit to themselves that they didn't know something.

If you are a martial artist or someone with a combat sports background be careful not to fall into this type of mindset when you branch out into other combat disciplines. I know it can tough to become and be treated –by an instructor—like a beginner again when you are highly proficient in your chosen combat sport or martial art but it's the only way to learn that new skill set properly.

I've had to do it several times over throughout my career. I took my licks in kickboxing, then in Brazilian Jiu-Jitsu, then on the mats with national level wrestlers and in the ring with some of the top boxers in the country. I am proud to say that I persevered for many years through some very tough training in each discipline until I could compete at a high level in any aspect of mixed martial arts.

Being humble and open to the process of learning is ultra important if you are looking to make it to the top levels of MMA competition. You'll learn faster, learn much more, and gain all the important technical details your instructor has to show. Avoid being an "I already know that" type student at all times as it will lead you off track and make it next to impossible for you to achieve your MMA goals.

The Rough Guy

Often a student new to mixed martial arts training will attempt to make up for lack of technique with brute strength and intensity. This is a mistake in many ways.

First off if the student is stronger and heavier than the other students in class, they may achieve some success when using strength, and will most likely not realize the importance of acquiring the technical precision that will be necessary when they are facing an opponent who is physically stronger than them.

As an instructor, I'll deal with the roughly aggressive type of student the moment I recognize them as such. My reasoning is simple. That type of student will more times than not, injure another student by being aggressive in a non-technical way. I've watched classes where new, smaller statured students have been twisted, squeezed, crunched and slammed by their larger partners to the point where they would scream in pain.

Don't become known as the rough guy in your martial arts school. Nobody likes that guy! Train in an intelligent and safe way allowing the techniques to do the work for you. When learning and applying submission holds, apply pressure gradually and be on the lookout for some form of tapping out by your partner as they new students often forget to do so in an obvious enough way. A good rule to follow is that "in training it's better to have an opponent escape your submission attempt because your applied pressure gradually than to have them become injured because you cranked it on too fast."

The Lazy Student

Every teacher loves a student that strives to do everything they can to improve themselves. Don't be the opposite of that ideal student; the guy who shows up late for class, goes through workouts at half speed, and folds under any sort of pressure in training or competition.

If you want to earn you teacher's respect and hope to grow as both a mixed martial artist and a human being, push yourself to your limits in training and try to be better at what you are doing every single day. Be sure to compete in tournaments and other competitive situations as much as possible to constantly challenge yourself.

If you give more of yourself on a consistent basis you will receive a lot more in return from your team mates and coaches and you will achieve a lot more in the process.

The Bragger

What happens in training doesn't matter, it's only training! Keep that sentence in mind and you will not become the type of student that team mates despise. I'm talking about the guy that brags to others about who he's tapped out, knocked down or dominated during a practice. They also seem to take training sessions as serious as competition. This type of student has things all wrong.

One should take training as what the name is defined as; Intended for use during an introductory, learning, or transitional period. In other words training is the time when a student should introduce new techniques to their game, test out new strategies and work to transition their MMA games to something greater.

Could an advanced mixed martial artist get tapped out by or get dropped due to a strike from a less experience opponent when trying out these new, less developed skills and strategies? Of course they could, but that is the risk they must take to improve their skill set. Training is the time to try things new and when someone brags about training results as is it were a real competition or fight that pisses people off.





Don't be the Ungrateful One

This is a problem that is becoming more common all the time, not only in the world of mixed martial arts but in society in general. It's about taking and never giving back to those that help you. The way to correct this is very simple. When someone gives you something valuable, show them thanks and be grateful. This simple gesture of appreciation and kindness can help build strong relationships.

Many martial arts instructors have invested a huge percentage of their lives, sacrificing their time and often their physical health, in the pursuit of becoming the best they can be in their perspective arts. I can guarantee that if you ask them a little about their background, you'll be amazed at many of the things, both positive and negative, that they have gone through to achieve their successes.

Some students are training everywhere and with anyone that will teach them something, often jumping to another martial arts school without a thought if they hear something good about it. They are taking a lot and rarely giving back to those that help them.

There are times when this approach is absolutely necessary. In the case when a fighter is training at a martial arts school that focuses solely on ground work or just on striking or wrestling, there's no doubt that he will need to branch out to complete his MMA skill set.

In other cases, however, I feel that selfishness will ultimately harm a fighter's progression in the sport. Most instructors will not teach you passionately if you don't earn their trust, respect and friendship. This fact will hugely impact your development under them. Without the proper reciprocation of appreciation between you and your instructor you will always be one strike away from having to look for a new place to train.

Whether you train at one or multiple martial arts school, be sure to give as much as you receive and put in the time to develop relationships with your instructor(s). When your career is over and done with, you'll have a great friend that you can reminisce about old times with. After a career in MMA, believe me you'll have some great stories to tell.

In the end I believe it's the journey and the great relationships that we build along the way that mean the most...

Now that you've mastered your mind, I'll bet your improving at an incredible rate. Great work!

The next page contains a few more bits of information that will help you progress even more...

Be Prepared to Pay Attention to Detail

The excellent thing about mixed martial arts training is that the learning process never ends. I've been training in martial arts for nearly twenty five years and still have an incredible amount of fun on the mats and in the ring/cage. There are countless techniques out there and many instructors ready to pass them on to those in search of such knowledge; takedowns, strikes, chokes, arm locks, leg locks, escapes, and counter attacks which can in turn also be countered with other attacks. It definitely can seem slightly overwhelming to students new to the sport when they realize the complexity of each individual martial art.

The good thing is you don't have to know every move known to man to be effective. What you do have to do is have a solid understanding of the fundamental movements and techniques so that you can solidify a foundation on which to build your mixed martial arts game. Here are a few things to keep in mind to help you retain the large number of techniques you will be exposed to in mixed martial arts training.

Take Notes

Writing down what you learn at BJJ, Boxing, Kick boxing or Wrestling practice is a great way to help you remember the attacks, defenses and escapes better than ever before. The writing process will bring the techniques you recently learned back into your mind, which is almost as good as practicing them all over again, as you try hard to get every



little technical detail out of your head and onto the paper.

Here are a few tips that I've used over the years to help me take better notes:

- Pay attention to the tiniest of details and keep a record of every technique, concept and strategy you learn in class, from another student, through observation of sparring sessions or during a private lesson with your instructor. Before you know it you'll have a ton of stuff to practice outside of your regular training schedule.

- Do not...I repeat do not attempt to remember any detail, no matter how easy to remember it may seem at the time, in your head. If anything is forgotten, your technique will be much less effective and may potentially not even work at all.

I'll say it one more time because it is so important. When taking notes be sure to include every single detail!

I've run into trouble in the past when my technique description was lacking. For instance, I would often write to use one of my hands for some movement within a technique but forgot to specify if it was my left or right hand. At the time I thought I would easily remember something as small as that and a week later I probably did. A month later that vital

information was often lost from my mind. I quickly learned that taking ten minutes or more after class or a

seminar to write down everything was worth the effort.

- A pen and paper system has always worked well for me. If you can type pretty fast I also suggest entering your notes into a computer program such as Microsoft Word as it may help you keep more organized. Typing your notes into the computer will give your mind another look at the many techniques that you are hoping to put to use in your training in the near future. The more time you spend thinking about martial arts, the faster you will improve.

- The notes you take won't be of any value to you unless you go back to them often and practice them with a partner. At first I suggest you work on them several times per week, before class, after class or even at home if you have a good spot to practice. I used to meet up with a different training partner every morning for two hours and go over six to eight different techniques.

- Once you've mastered the technique's static application which they say takes at least a thousand repetitions—the notes are not as important as the movement has been embedded into your subconscious. You'll start finding yourself pulling the movements off during training and maybe even competition. That's when you can begin to move onto to practice the many other techniques in your training notebook.

Keep in mind that carrying your notebook with you to martial arts class, and writing notes in the midst of a seminar might not seem like the coolest things to do but don't worry it'll all be worth it. The quick gains you'll make in skill will soon have you submitting anyone who laughs at your methods. :)

Training with your coach

You've chosen your coach based on his coaching experience, competitive experience and probably a few other factors. Take advantage of his knowledge to the fullest by not only listening to his instruction but by working diligently to implement his/her suggestions in your training, sparring, and rolling. I personally have a huge amount of drive to do exactly that, working hard each and

every workout to execute the things my coach wants me to do. I find it extremely rewarding to make my coaches proud in both training

and competition and it gives me the utmost confidence in myself when I know my coaches are supremely confident in my abilities. I think it's this drive to pass all of the tests and challenges my coach sets in front of me, that has allowed me to be successful in MMA and martial arts in general.

Striving for technical proficiency in your MMA technique will place you on the path to success. A technique done with proper mechanics and timing will seem effortless but its effectiveness will increase dramatically. Under a great coaches' watchful eye will you attain strong technical skills so respect their instructions and suggestions all the time. Keep in mind that your coach has to be a great at what he does to earn that type of respect from you. You'll never know what fantastic things



he can bring out of you unless you give him/her your undivided attention and best efforts during your time training together. Remember you will achieve much more together than either of you can do alone.

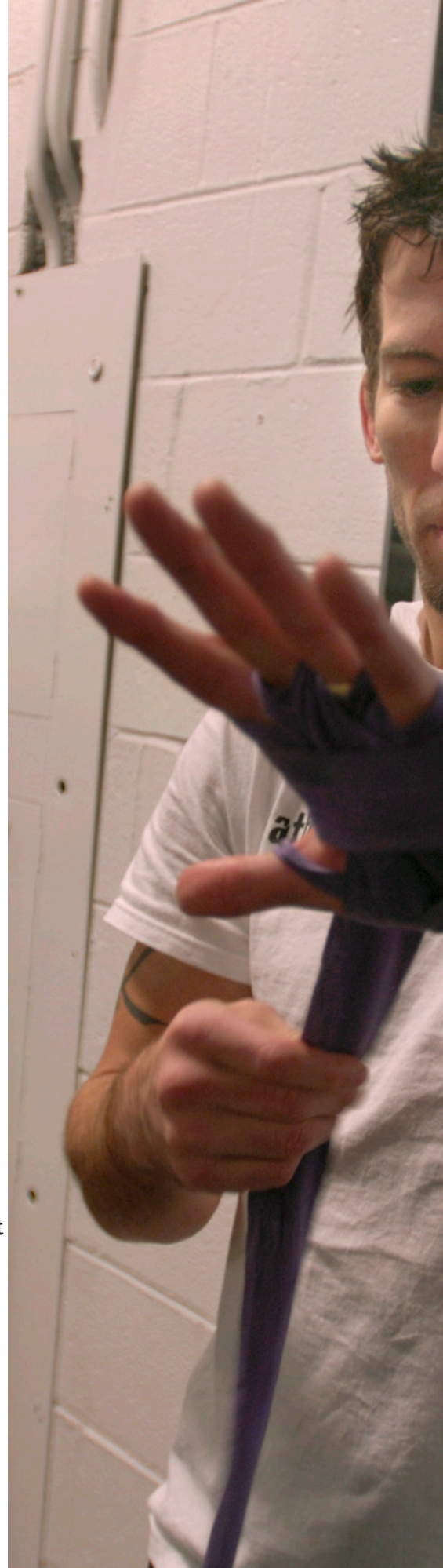
Training Solo

There have been many times when I was developing my skill set when I would arrive home after a session of boxing – I would have done the same after wrestling or Brazilian Jiu-Jitsu

practice but I didn't have available partners to drill on-- and proceed to review and practice the techniques that we had worked on that day.

I definitely overdid it a bit back and I've still laugh about the lengthy period of time when I couldn't raise my arms up above the height of my shoulder. At first I thought I thought I had injured myself doing wrestling and grappling but it turned out to be something else. It turned out I was shadowboxing way too much every day and it didn't help that when I felt the pain I would shadowbox more with the thought that it was the training activity that would strain my body the least. I was wrong! Anyways I cut my shadowboxing down from 60 minutes a day to less than half that and felt much better.

I suggest you invest some time in practicing your skills solo only if you can adhere to these three basic rules.





Rule 1 – Practice Perfectly!

Practice slowly –ideally at 50% or less than full speed-- with great attention to detail. I’m going to put a little twist on a common saying which I feel makes it much more accurate. It’s not practice that makes perfect; it is perfect practice that will bring you closer to technical mastery. Keep your highly detailed training notes close on hand when you practice alone to ensure that you are doing things correctly.

Rule 2 – Train when you Feel Like it

Don’t force yourself to practice solo if you’re not feeling up to it. Training should always be an enjoyable experience that momentarily releases you from the stresses of your day to day life. Training when you are sick, physically tired, or mentally drained will not help you reach your M.M.A goals and could actually make you take a few steps back in terms of your progress. So train when you feel motivated to do so, keep things fun and realize that more is not always better.

Rule 3 – Keep Things Fun in your Solo Training!

Keeping your solo workouts fun is vital. Do this by changing up the focus of each of your training sessions. For instance, when I would work the heavy bag, I would choose three or four different combinations to work on during a specific workout and for each workout that followed I would choose three or four different ones. I would also alternate the weapons I would use, sometimes focusing on punches, other times I’d mix in some kicks, knees or elbows This type of technical isolation not only keeps things fresh and exciting in the gym but will also allow you to make quickly transfer your chosen techniques to muscle memory.

That’s why in creating the MMA QuickStart program it was important for me to keep things exciting by making sure that every single workout focused on something a little bit different; In a way that still allowed for good retention and quick skill development.

We’re getting to the end of this guide, and by now you may have been training for some time with great success. At this point, training can sometimes seem a little repetitive often to the point where it can become boring to you. You may even be finding it harder and harder to get your butt in the gym to train.

You need to make things fun again!

I’ve been training in martial arts for over 30 years and I’m happy to say that I still have fun when I hit the mats. I’m going to share some ways that I’ve kept myself inspired to train throughout the last three decades. Hopefully they will help you do the same!



Keeping things fun

Take the Pressure Off of Yourself

I'm going to write about something very important. Specifically, a type of mindset that will allow you to have more fun every time you step onto the mats, spar in the ring or cage, when you are tapping out other people or when you find yourself tapping out to a perfectly executed submission hold applied by your partner.

I believe it's the key ingredient to becoming the best mixed martial artist you can be. Here it is.

Do not take your training too seriously!

I'm not saying that you shouldn't show up for class often or that you shouldn't give your best during every training session. What I'm suggesting is that you view each training session as what its name implies, purely training.

Many MMA athletes put so much pressure on themselves to be the best that they end up treating every rolling session and sparring round as if it were a competition. They care so much about winning that they lose focus of what the purpose of practice actually is. Instead of working on their weaknesses or polishing their newest techniques, which would be much more beneficial to them, they opt to dominate their training partners by using their strongest attacks. At the end of class, the dominant student feels great. Most likely they were able to tap everyone out numerous times or bounced their partners around the ring –if it was a striking practice-- like a pinball using their strikes. More often than not they did not end up in bad positions let alone take a good shot or get tapped out. In their minds they had a great practice.

Wrong!

To achieve maximum gains in technical ability and to make sure that training is always an enjoyable experience you must not think in terms of simply winning and losing in the traditional sense. A practice that I would consider a win, would include one in which you land a few of your newest techniques or escaping a few situations against several training partners of varied ability levels. It wouldn't matter if you had tapped out ten times while accomplishing those things.

On the other hand, a ground session that I would consider a loss could be one that you manage to go through without tapping out once but you never open up your game enough to practice the techniques and strategies they will help your skills improve. You may feel great because you've avoided every submission your partners attempted but you may fail to realize that you did not improve very much that day. You can see why this type of unproductive attitude can cause a major delay in a student's progress if it's not corrected early.

Employ the Use of Game Plans

Mixed martial arts fighters often create, memorize and apply different types of game plans during their fights to maximize their chances for success. Designed to play to the creator's strengths and to exploit the weaknesses of their opponent, a properly executed game plan can be affect the outcome of a bout.

I don't go into fights with much of a game plan, other than trying to win. Instead I find myself going with the flow during a fight, attacking and defending from whatever range I find myself in at that moment. I have been fortunate to have been able to train for many years in multiple styles which gives me the confidence to fight while standing or on the ground.

However, in training things are much different for me. I follow a game plan during every one of my training sessions. Often, as I make the drive to my kickboxing coach's school, which happens to be around 40 minutes from my house, I decide on three or four combinations to work on during my sparring, shadowboxing and heavy bag work that day. My choices vary from workout to workout but I usually choose techniques that I have yet to master.

During Brazilian Jiu-Jitsu training I also create a game plan before class. I might decide to work on arm locks, or choking techniques, or I might even allow my students to easily catch me in submissions so that I can work

on improving my escapes.

Developing and implementing game plans adds excitement to training sessions and allows for quick development of the weaker aspects of a fighter's game since the athlete avoids using their strongest techniques. By focusing on a certain set of techniques or strategies during training, it makes things more challenging and will greatly increase the rate of technical improvement for the athlete doing so.

I suggest you try it out. Before your next workout, create a game plan and try to stick to it throughout your entire training session. You may get punched, choked or arm locked a little more than usual that day but you are sure to improve you game in many ways by neglecting your best techniques in order to develop your weaker ones.

Build Relationships

I'm no relationship expert, but I'll be first to say that I think I used to be way too introverted. I would go to the M.M.A gym and talk very little with the people I was training with, my coaches or the parents of the kids that I was teaching. It was due to the fact that I was always a shy person growing up and didn't really know what to say to people. Consequently things become monotonous for me; everyday was a carbon copy of the day before. I would train hard and go home.

It wasn't until I forced myself to change my behaviour by becoming a little more

outgoing that I realized how many great things I was missing over the years by being a quiet person. By being more talkative and friendly with my students, training partners and coaches, I've developed many relationships and my time spent at the gym is way more enjoyable. Every day brings something different too.

As a dedicated mixed martial artist you will be spending plenty of time at the gym honing your craft. Take the time and make the effort to build friendships with the people you see on a regular basis. Believe me it is well worth it. Here are a few suggestions that may help you in doing so.

- Greet people in a friendly way
- Listen to what others have to say during your conversations, rather than always saying what you have on your mind.
- Share your techniques, ideas and strategies with others
- Spend some time before or after class in conversation with others.

Sometimes it can be difficult to be a great people person after a long day at work or when you're not feeling the greatest but remember a little effort to do so will greatly improve the way people perceive you. You'll have a long list of friends that will be excited to see, talk and train with you every time you enter the gym. To me, that's what training is all about.

Compete Regularly

Deciding to compete in an upcoming event is one of the best ways to add variety and motivation to your training regimen. It will excite you to train more frequently, more intensely, and often more intelligently. There's nothing more motivating than knowing that you will soon have a highly skilled martial artist trying to throw, sweep, lock, and choke you out while your friends and family watch and cheer from the sidelines. Obviously when competition day arrives you'll want to be at your best.

As you prepare for tournament action you'll build a strong momentum in training where your movements are executed much faster and with greater effectiveness than normal. At this point, training is more fun than ever before due to the sharpness of your physical and technical weapons. Another benefit to competing regularly is that your rate of growth as a mixed martial artist will skyrocket. It's been said that the intense training one does to prepare for competition is worth three times that of normal training time. Whether you come home with a gold medal for your efforts, it doesn't really matter – although I do admit it feels good to do so!— because you will be a better mixed martial artist due to the preparation and valuable experience the competition has given you. In some cases a loss at that competition will help you to improve even more because you will often sit back and analyze your approach and game plan to discover any weaknesses.

As a mixed martial artist I suggest you aim to compete in striking competition, grappling competitions and wrestling events whenever possible. Talk with your instructor to see if he/she feels you're ready to take that step. I competed in over a hundred martial arts tournaments before fighting my first professional mixed martial arts fight. Now you don't need to compete as much as I did before fighting pro but I'm very glad I had an extensive competitive background because it gave me extreme confidence in Mixed Martial Arts.

If you're a little nervous to get out there and compete, go to a few events and check them out as a spectator. Sometimes it's not what you had first conceived. I've had a few students that were sickly afraid of competing and after watching a few events they eventually jumped into one and over time become some of my most accomplished competitors.

Over the years I've met many great people, at tournaments and martial arts events, many of which I now consider personal friends. There is something special, that non-competitors will never experience, about battling it out on the mats, in the ring, or in the cage with another human being. Get out there and see for yourself!

Be Patient Young Grasshopper!

I really don't believe that becoming the perfect mixed martial artist is ever possible. Well at least not in the average life span that we as human beings can expect. I've been training close to thirty years and sometimes there are some days I still feel like a beginner at some things.

In the beginning mixed martial arts can be a little overwhelming for many students. New students are constantly asking me how long it will take them to become good. I always tell them that there is no easy route or quick shortcut to mastery, that they should focus on attending class as often as possible and always do their best to be a good student. If they are expecting to become a professional fighter overnight, they have no clue how much dedication an accomplishment it actually takes to do so. Mind you they could just jump in and fight pro but they better have some good health insurance.

In terms of your own training, have patience. It will take some time but with some dedication and hard work you're guaranteed to improve. In a few short months you will possess the skills and confidence necessary to defend yourself against the average person in the street. That is a very empowering feeling. I call this time stage one and at this is the point where things really become fun.



Like watching your own child grow, you don't notice the technical changes and growth you are making daily but before you know it you've matured into an experience mixed martial artist. So be patient, have fun and once again remember that the enjoyment isn't in achieving the goal, it's in the journey along the way.

Mix Up Your Training Styles

In my twenty five years of training, I can honestly say that there hasn't been a time – unless I was nursing an injury-- when I didn't enjoy stepping onto the mats to train. I accredit this to the fact that I have been fortunate enough to train in a multitude of different styles of martial arts and combat disciplines. From boxing, Muay Thai and wrestling to Karate and Brazilian Jiu-Jitsu, I've been a student of many styles.

There have been times throughout my career when my training in a particular martial art became stale and boring to me. It was then that I would purposely switch my focus to another art which would rejuvenate my desire to practice. I love being a student and work insanely hard to please my coaches and have always aimed to build solid technical proficiency in everything that I do. Over the years I've become a boxer, a wrestler, and a Brazilian Jiu-Jitsu fighter because I was intent on immersing myself in each art as opposed to simply dabbling in it.

Don't be afraid to change up your focus by altering your training schedule from time to time to keep things fresh. I stopped training striking completely for nearly five years while I dedicated myself to the awesome art of Brazilian Jiu-Jitsu. Do whatever is required to keep your training interesting, stimulating and fun. Without the fun, your training becomes work and who the hell wants to work during their free time.

Take Private Lessons

Private lessons are a great way to pick up a lot of knowledge in a short period of time. Most instructors will also allow you to choose an area of focus for your lesson which will give you the opportunity to address your weaknesses in certain positions or situations. A well structured and skilfully taught private lesson has the ability to provide you with a different perspective and look at the game of mixed martial arts.

I've taken a fair number of private lessons throughout my martial arts career, from a variety of instructors. Very often I am able to incorporate the movements I learn immediately and some of those techniques have become the most effective weapons in my arsenal.

Any time you get a chance to learn privately from a talented mixed martial arts fighter or coach, jump at the opportunity. It will add an instant burst of excitement to your regular training routine. Be sure to take complete notes of all that you learn during the lesson to help you remember every detail. Some instructors may even allow you to video tape the lesson but be sure to check with them beforehand. I guarantee you'll find it worth the money you invest.

Well that's pretty much it. We've come to the end of my MMA Training Companion Guide and I really hope the info within helps you along the path to achieving all of your mixed martial arts goals.

If you are new to the sport, be sure to check out my MMA QuickStart Program. This program will save you an unbelievable amount of time and everything you'll learn are the same things that I've tested in rings/cages throughout my entire martial arts career. In twelve weeks of training you'll be able to develop an incredible foundation that you can easily build upon in the future. In 12 weeks you'll transform into a mixed martial artist!

I wish you much success in the future and remember –as it's the third time I mentioned it because I feel it's that important - that it's the journey and the great relationships we build along the way as we travel towards our goals that mean the most...

Train hard, train smart and most importantly have fun!



Jeff "The Inferno" Joslin



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In fact, I encourage you share this report!

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If you have a website, newsletter, blog, forum or e-zine of your own, please don't hesitate to to give this report away to your visitors.

Feedback is very important to me. Let me know what you like about this report and what you don't like because my goal is to make this an extremely valuable resource for you.

If you have any questions or comments, please do not hesitate to ask. I can personally be contacted at info@jeffjoslinmma.com and will reply within 48 hours.

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About the Author

Jeff "The Inferno" Joslin is a martial artist in the truest sense of the term. Born and raised in Hamilton, Ontario, Canada, Jeff grew up engulfed in the martial arts. His father, Rick, a three-time Canadian karate champion, opened up the family academy back in 1967.

Starting his training at only five years of age, Joslin has developed tremendous depth in his martial arts skills. A black belt in both Karate (5th Degree) and Brazilian Jiu-Jitsu, Jeff has won over 200 first place titles in striking, Brazilian Jiu-Jitsu and submission wrestling competition spanning two decades. Jeff took gold at the Pan American BJJ championships -- the first Canadian in history to do so-- as a purple belt, is a Grappler's Quest U.S Nationals submission wrestling champion and won the Arnold/Gracie World BJJ Championships open weight division as a brown belt.

Jeff possesses a unique mixed martial arts striking style that blends the best of his extensive karate and kickboxing background with the strong boxing skill set he developed through many years of training with some of Canada's best boxers and trainers.

In mixed martial arts competition, Jeff is the Apex fighting Welterweight World Champion. He has fought in the Ultimate Fighting Championship (UFC), TKO, Hardcore Championship fighting, and a number of other MMA events.

Jeff currently co-hosts an MMA show, "In the Cage!", along with the morning show's Ben and Kerry, on Y108 Radio. The three of them talk about current MMA related events, upcoming fight cards and much more. Jeff, with his extensive background as both a coach and professional fighter, provides the listeners with an excitingly unique behind the scenes perspective on the rapidly growing sport of mixed martial arts.

Jeff also works as a professional commentator and has commentated numerous mixed martial arts events several of which have been broad casted on national television. He has also been a featured guest on TSN's popular television show "Off the Record" and has discussed, debated and explained the sport of mixed martial arts on many other television programs.

He is the founder of MMA QuickStart, an online mixed martial arts training program that will jump start your MMA training in only 12 weeks!

Jeff also runs www.jeffjoslinmma.com, a mixed martial arts website dedicated to helping others develop their MMA skill sets through online training videos, live video streaming, useful training tips and more.

