



MMA Champions Training

Greg Johnson

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Take the teachings in this book seriously and you will be able to learn the basics of cage fighting (or ring). From being a total beginner, you will become a strong MMA competitor, and even a champion.

Because this book focuses on the fundamental skills, you will be able to learn them fast. We limited the moves discussed in this book to those that are most effective as observed in the cage. We did not include the fancy moves which are usually over emphasized in most martial art schools. It is our goal to help you master the essential skills rather than make you a jack-of-all trades in 1,000 fancy-looking skills that you will never use in combat. This is how MMA is learned nowadays. People no longer need to learn 1,000 moves required by their martial arts master. In the past, you need to go through five to 10 different martial arts masters to learn the basics of MMA. Today, you can hasten the process by learning only the effective moves from each discipline.

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