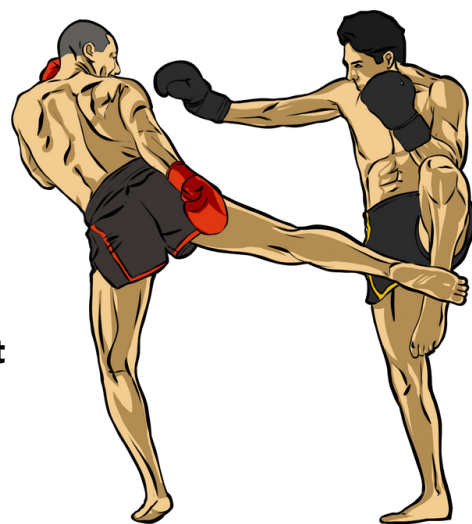


# A Guide to Starting MMA in the UK (2024 Edition)

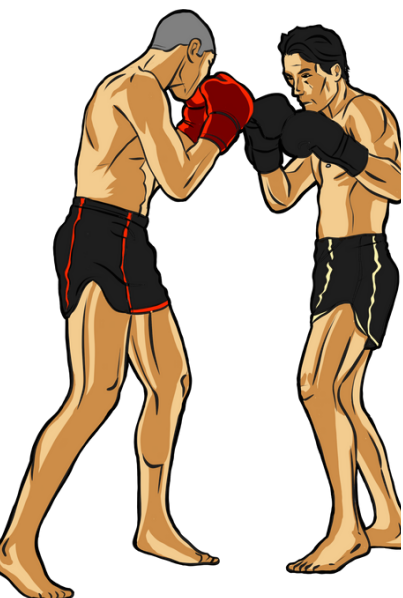
## Introduction

MMA as a whole is now a multi-billion dollar industry and an estimated 300 million people consider themselves fans of mixed martial arts. The popularity of MMA has boomed over the last few years, mainly thanks to the 'Ultimate Fighting Championship', or UFC for short. What this company has achieved in the last two decades or so has been nothing short of extraordinary. A recent report by Parimatch says that in the US alone it now has the fastest-growing average salary of any American sport, and is second only to the NFL in average earnings per event.



The sport has bred stars such as Conor McGregor, Brock Lesnar, and Rhonda Rousey who have become spoken about all around the world, but behind these stars are blood, sweat, and tears, a journey of mental toughness and resilience which ultimately led them to UFC gold and beyond.

This article will provide you with the knowledge and know-how on how you can get started in MMA, and who knows, maybe one day you'll be a champion too!



## A Brief History of MMA

For those unfamiliar with the history of the sport and how it came to be I will give you a quick rundown, a short history lesson if you will.

Some version of MMA traces back to around 650 BC in Ancient Greece. It was a version of hand-to-hand combat known as "Pankration (all powers)" which was also an Olympic event. It included a mix of similar techniques used today, wrestling, punches, kicks, elbows etc. Fights were even known to go on for hours until someone was either knocked out or submitted. As the Greek Civilisation declined the sport fell out of popularity, and it eventually returned to Brazil and within the Chinese martial arts.

Modern MMA was ultimately sprung out of the desire to see which fighting style was the best, a family of Ju Jitsu specialists from Brazil known as the Gracies believed their style was unbeatable, and to begin with, they were largely right. Early in the UFC fighter Royce Gracie was unbeatable, tallying up 11 first-round finishes, and to that, the point they had set out to achieve had been made.

We are now at a point where many styles can be seen, and additionally can dominate based on the fighter's style and opponents they face. Wrestling stars such as Lesnar, Ortiz, and Nurmagomedov have all touched gold, and equally striking heavy fighters like Adesanya, McGregor, and Anderson Silva have done too.

The sport will continue to evolve and adapt, but having a strong base of all skills will make you a true mixed martial artist.

### **How to start:**

You've got this far, great. Your exuberance for becoming an MMA fighter still lives on, but it's left you wondering, how the hell do I start?

2024 is a great time to start learning, as the sports popularity increases, so does the number of gyms and clubs open in the UK.

To learn and develop the necessary skills, you'll need to seek one of these clubs out. They will provide you with the training and development you need to achieve your dream. The coaches will give you expert knowledge that will transfer through exercises, drills, and sparring. You'll learn many disciplines such as BJJ, Muay Thai, and Wrestling, all of which form the basics of an MMA fighter.

The best way to learn is to sign up for a class and learn from people who live and breathe MMA. Surrounding yourself with great coaches, and training partners is an excellent way to achieve this dream.

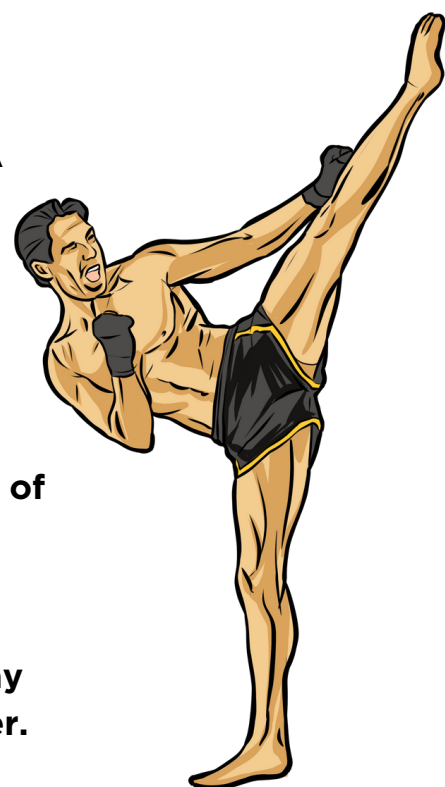
Tapology has created a list of MMA gyms in Britain you can access this by clicking [here](#)

If the nearest gym is too far for you to travel, look at alternatives, and remember starting anywhere is at least a start. It is likely your local area will have kickboxing, judo, karate, or perhaps another club available for you to join.

By joining a club you will be blessed with not only new skills but increased fitness and well-being.

### **Benefits of learning a martial art:**

- **Self Defence** - The techniques you will learn will arm you with several ways to defend yourself, whether that be the locks and chokes from BJJ, the striking of Muay Thai, or the exquisite takedowns of wrestling.
- **Mental Strength and Resilience** - Dedication to the sport can help you become more focused, it will be one of the best stress reliefs from the pressures of daily life.
- **Increased Confidence** - Practising and succeeding at skills will heighten your self-confidence, and fitness will improve your image.
- **Improved Social Skills** - The gym environment allows you to feel part of a community, you are all there to improve and learn, and the support you will give and receive will be unmatched.





### Sidenote: What it takes

**I just wanted to make a side note:**

**The glory of MMA can bring you to the highest highs, but also the lowest lows. It is full of hard work and determination, only the ones who can listen, learn, and work hard will succeed.**

**The journey you'll go on will be incredible, learning lots of new skills and make many new friends along the way. Whatever your mixed martial arts goals, just remember to have fun.**

### Equipment you'll need:

**You've read this article, found a gym and now you're interested in joining a class. That's great, it is the start of your journey.**

**Most gyms offer a free first session to see if you like it, so go along and try it out. There is no immediate need for equipment, but eventually, the sport will demand some investment in certain things.**

**Some of the things you'll need are:**

- **Gloves (Boxing & Grappling) - Gloves are essential to your training, they are used in many drills and while sparring to ensure protection (Cost: From £20)**
- **Shin Guards - Shin Guards will allow you to practice kicking techniques without injuring yourself by going bone on bone (Cost: From £15)**
- **Mouth Guard - The mouth guard will keep your teeth in your gums during sparring and training (Cost: From £5)**
- **Hand Wraps - These will provide support and stability to your hand & wrists while punching, they're very important to minimize injuries (Cost: From £6)**
- **A Groin Guard - Accidents can happen which you'll soon learn the hard way, this piece of equipment will protect the crown jewels (Cost: From £12)**
- **Shorts & T-Shirt - You may want to invest in more training-appropriate gym wear, but to begin with, something comfortable will do.**

## The Future

Let's recap, you've read this article, found a gym, attending or attended a class, got all the necessary equipment and you're well on your way to learning the new skills vital to becoming a fighter.

Your coach at this point has probably flirted with the idea of you having an amateur fight. These will help build your experience, and fighting knowledge before you decide whether professional is for you. It will be the evidence of your skills and hard work and will be a real eye-opener to see what you have achieved in the gym over the last few years.

You can find a list of MMA events in the UK by clicking [here](#).

Once you have the amateur experience under your belt, you can then decide if you want to turn professional, this will be a huge commitment and one you will have to consider after your amateur bouts, but ultimately this is your path to getting noticed by the biggest promotion in the game, the UFC.

## Final Thoughts on Starting MMA in the UK

You've reached the end of our 'Guide to Starting MMA 2024 edition', I hope you have enjoyed it and feel motivated towards your goal of becoming a fighter. You will learn a lot about yourself, and there will be triumph in failure. The skills you'll possess will keep you fit, smart, and resourceful. The friends you'll make will last a lifetime, and you will experience emotions of joy and excitement like you never have before. Just remember, it isn't for everyone, it'll take grueling hard work, countless hours, and a lot of blood & sweat to reach the top, but who knows, maybe one day you just might get there...

