

Forum:[Hack Forums](#)

Thread: [Interested in fighting \(MMA, Boxing, MT, Etc.\)? Ask a fighter a question](#)

Lasley Khan - August 21, 2017, 12:28 pm

I've been fighting/training for almost 5 years. I'm trained in Boxing, Muay Thai, & Brazilian Jiu Jitsu (BJJ). My focus is mostly Muay Thai and my overall record in striking is 3-0 (1 KO) with me currently winning an Amateur Regional title the beginning of this month. In BJJ my record is 4-1 I have a Gold and Bronze medal in the North American Grappling Association (NAGA).

Keep in mind I am not a Professional yet. But, I know there are people who are interested in learning about martial arts and how to train or how to even start. So I am looking to help provide some kind of useful content in some way, shape, or form.

If you have any questions at all, don't be afraid to ask I will share what I know.

All the best

Lasley Khan

Amp - August 21, 2017, 12:32 pm

My question is, how do you feel about CTE? You're at risk every time you spar/fight.

With the new studies coming out about football players, it's clear that it's more prominent than most people thought.

Phosmand - August 21, 2017, 12:32 pm

Is it possible to learn correct form (boxing) home?

Should i try some drills before i hit some official club?

Nayborhood - August 21, 2017, 12:32 pm

Do you think Floyd is gonna wipe conor or conor has a chance?

detailed answer pls

Lasley Khan - August 21, 2017, 2:13 pm

(Aug 21, 2017 12:32 PM)Amplifies Wrote: [\[CITE\]](#) My question is, how do you feel about CTE? You're at risk every time you spar/fight.

With the new studies coming out about football players, it's clear that it's more prominent than most people thought.

Personally I haven't done a lot of research into CTE. But, honestly it worries me everyday. At my gym we spar at the end of almost every class. There are a few fighters who don't hold back and after sparring 8-9, 3 min rounds I can feel my head hurting, can't think clearly, etc.. I think a lot of fighters don't realize how much damage they really are causing to their brains. I consider myself to be someone who realizes their own mortality.

What I mean by that is I know taking repeated punches or kicks to my head is a serious problem, and that fighting won't last forever. I'm already 26 and I plan on stopping completely by the time I'm 30-32. I wish more fighters would be realistic about how much damage they are causing to their bodies. Fighting is a very weird addiction.

I hope that answers your question.

(Aug 21, 2017 12:32 PM)Phosmand Wrote: [\[CITE\]](#) Is it possible to learn correct form (boxing) home? Should i try some drills before i hit some official club?

It is possible, but is even more likely to end up with improper form. I would suggest just joining an official club so that from the start that way you have an instructor who can teach you what you are doing wrong.

If you would rather start off learning on your own. I would suggest always practicing in a mirror. It helps being able to see yourself, seeing how you throw your punches, how you move your body, etc.

A few drills to help you get started.

1. Jump Rope (Important for Footwork)
2. Shadow Box (Helps with simulating your movements in a fight)
3. Hit a Heavy Bag(Probably don't have access to this yet. But helps with power)
4. Jab Jab Jab (One of a boxers/fighters most important punches)
5. Proper foot movement (When you move as a fighter you shouldn't cross you legs when moving. It is one foot then the other and they move the same distance. This stops you from being off balance. I can explain further is needed)
6. Watch videos (There are a ton of great boxing tutorials out there. Some of my favorite is from someone named BoxingLegendTV)

Hopefully these answered your questions. Best of luck with learning how to fight. If there is one piece of advice I can really give is stick with it. At first it is going to suck because you don't know what you are doing and can't move well. Don't worry about sparring, you won't have to until you feel comfortable to. Just train and have fun doing it. Eventually you will be amazing at boxing and you will look back and be amazed at how far you've come.

(Aug 21, 2017 12:32 PM)Red Bottoms Wrote: [\[CITE\]](#) Do you think Floyd is gonna wipe conor or conor has a chance?

detailed answer pls

It's hard to not regurgitate a lot of the major points that have already been said on both sides. But, if I'm telling you what I honestly think. I feel like Conor has a chance. I don't know what it is, but I feel like there might be a chance for Conor McGregor to shock the world. So I am kind of on the fence. I believe that Floyd is and will going to take it. But I wouldn't be surprised if there is a crazy upset.

Reasons for Floyd

It is Floyd's sport, he has been on the top of it for almost 21 years. I believe he started as a pro when he was 19? I may have to fact check that. All of the best boxers in the world weren't able to stop him so it makes me wonder what chance does Conor really have. He is arguably considered one of the hardest working people there is. And is also considered a defensive master. His every move is calculated he is a lot smarter than what people believe him to be. You don't accumulate \$400m in wealth without some form of intelligence. I don't see Floyd knocking anyone out.

Reasons for Conor

I think the biggest thing he has going for him is his unrelenting belief in himself. I feel like that alone

is enough to make this a very interesting match. How does Floyd fair against a man who you can not break. Besides that he is younger and what Conor offers is a style that is unique to boxing. He doesn't move or behave like a boxer so how does Floyd adapt to that. If Conor connects will Floyd still be standing? Can he connect? Can he go twelve rounds? We've seen him gas in 3.

There are a lot of variable on this fight. If I was a betting man I would put my money on Conor just on the off chance he does some how win.

Lasley Khan - August 22, 2017, 11:28 am

(Aug 22, 2017 04:23 AM)Wikki Wrote: [\[CITE\]](#) Hey i'm looking to start boxing next month. I want to take it seriously and give it a 110%. First of all i want to ask you what supplements should a boxer take? What type of alimentation? Where can i find what would fit best in terms of supplements and food for me? Is it too late to start boxing at 20?

What is the best advice you can give to someone who is about to start boxing?

Thanks

I wanted to respond to this quickly before I leave. I will get back to you about nutrition as a fighter. But, I wanted to answer your last two questions.

I started fighting at 23, I felt like I was late to the game and I just won my first title. I plan on going pro very soon and it all comes down to training hard and believing in yourself.

My best advice is find a good gym. At first it is going to be scary and you may want to run away. Stick with it and don't quit. You will be pushed physically, mentally, and emotionally. But you will come out of it a better, calmer, person. Just find a place that you feel comfortable in and that has great teachers and even better sparring partners. This life (fighter) is very addicting and once you get started it's hard to get away. Training is your time to be at peace and any problems that may be happening in your life do not exist in the gym. Always remember that every time you go train and I wish you the best of luck in your boxing career.

Trust me do not quit or give up. You will be amazed at the difference you will see in 6 months then a year, etc. etc.

Mustys - August 22, 2017, 3:56 pm

Alright, I have always been interested in fighting but I'm not a top notch fighter myself.

Basically, how do I do to get into the 'fighting' easily?

Tohka - August 22, 2017, 4:01 pm

Been planning on signing up to the gym sometime this month. Bought boxing equipment but what should I learn before heading to the gym? I don't want to come in not knowing anything looking like a noob. I want to at least know the proper form. Also, what should I eat and what type of workout should I start working on? I weight 185 and around 5'4.

Gaming. - August 22, 2017, 4:07 pm

What's the best option for someone who is skinny?

Should they start working hard at the gym first?

what sport would be better for them?

Lasley Khan - August 22, 2017, 6:47 pm

(Aug 22, 2017 03:56 PM)Mustys Wrote: [\[CITE\]](#) Alright, I have always been interested in fighting but I'm not a top notch fighter myself.

Basically, how do I do to get into the 'fighting' easily?

Lol, dude it's easy just have to start. I would look into what martial arts you are interested in starting. What are your goals? What are you are looking to accomplish. Do you want to just get in shape? Compete? Defend yourself?

After you decided your reasons start researching gyms in your area. Most schools will give you a trial class or week. When you are there ask questions. Ask how many fighters they have? If they ever competed in the sport? How far did they get? Where they pro? Do they have any pros?

From there find out how much it will cost you to train. A lot of gyms if they see that you are eager will try and work something out with you. For example, I currently don't make enough to cover my gym fees but I teach on Wednesdays and that allows me to go for free. But I had to show that I was very serious about training before I did that

Hopefully this helps.

GR305 - August 22, 2017, 6:49 pm

My question would be that I'm looking to get into some form of martial arts but have no idea which one to get into. My biggest concern is that I'm afraid of getting into a fight and would love to know how to move to defend myself. I was thinking MMA But I truly have 0% experience. Any advice appreciated :)

my stats:

I'm 190 lb with around 17% bodyfat so I'm fairly muscular. been hitting the gym for over 4 years now. also 22 years old XD

Lasley Khan - August 22, 2017, 7:18 pm

(Aug 22, 2017 11:32 AM)Wikki Wrote: [CITE](#) Thank you so much for your reply! I can't wait to get started next month.

Also I appreciate if you could give me some tips on nutrition, what to eat, what to avoid and supplements I should use and not use. Warning I am not a nutritionist

So some nutrition tips. I can only give you ideas based on what I do. So I walk around at 200lbs (90.9 kg) and I fight at 185-190lbs (84.1-86.36kg). I want to walk around at 190lbs or 86kg just so I don't have to cut weight. I currently try to stick to a routine of eating clean during the week and on the weekends I eat a little unhealthy. I try my hardest to meal prep and to avoid carbs and sugar. That stuff is pretty much poison, don't eat bread or added sugar. Natural occurring sugars are fine like fruits and vegetables but processed foods are a no no.

MY TIPS:

Eat Clean (Look up meal prep plans, Youtube has a lot of good videos)

Eat Often (You burn a lot of calories fighting so you will be eating more than usual. Like 5 meals a day just to keep up with how much you are losing)

Supplements: I honestly don't use many supplements I probably should, but I am a broke college student so I can't afford much. (I personally like Onnit's supplement ShroomTech, but they are expensive. So I would just do a little research in what can help with recovery and maintaining energy).

(Aug 22, 2017 04:01 PM)Tohka Wrote: [\[CITE\]](#) Been planning on signing up to the gym sometime this month. Bought boxing equipment but what should I learn before heading to the gym? I don't want to come in not knowing anything looking like a noob. I want to at least know the proper form. Also, what should I eat and what type of workout should I start working on? I weight 185 and around 5'4.

I would just focus on getting my cardio up a little bit. There is nothing worse than going to a gym for the first time and not being able to keep up. They will teach you all the technique, practice jump roping, running at least 3 miles for now. Use an app like couch potato to 5k that change my life so much. A couple of years ago I couldn't run at all. I used to weigh close to 250lbs or 113kgs before I started fighting.

QUICK ROUTINE:

Push Ups: 4 sets of 25

Sit Ups: 100 a day (save for end)

Run (3 mile or 5k minimum, use interval training to help build up to that rate)

Jump Rope (3 rounds x 3 mins, 30 sec rest, 10 push ups in between rounds)(download boxing timer app)

Honestly go to a gym and just look like a noob everyone there has done it and 6-12 months down the road someone will walk in who looks like a noob and you will be showing them the ropes. The key is just jumping in and being open to the experience and not quitting.

(Aug 22, 2017 04:07 PM)Gaming. Wrote: [\[CITE\]](#) What's the best option for someone who is skinny?

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what sport would be better for them?

I am going to give you the same advice I have been giving everyone else. Just start training. The thing about being skinny is that it doesn't really affect fighting much. By training you will get stronger and faster and depending on your height you may have a huge advantage by being skinny. The lower the weight, typically the shorter the fighter. By being skinny and tall (if you are tall) you have a huge reach advantage over others.

If you want to learn something that was designed to give a smaller person an advantage over a bigger person, try and learn brazilian jiu jitsu. It is all about submissions and grappling and was literally designed to use your opponents leverage against them. There are tons of videos (especially from gracie academy of the fighting huge opponents). Even if you watch the old UFC matches from the dark ages, Royce Gracie destroyed everyone. Keep in my the Gracie's are LEGENDS!!! So you will be learning from the best.

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my stats:

I'm 190 lb with around 17% bodyfat so I'm fairly muscular. been hitting the gym for over 4 years now. also 22 years old XD

What do are you learning for? It sounds like you want to learn mostly to defend yourself. So I would

say your best bet is to go with MMA. In this day and age if you aren't trained in all areas you are at a huge disadvantage. I will do a quick break down for some martial arts that you would typically see in MMA.

BOXING

Advantage

1. Great Hands
2. Great footwork and movement
3. Better head movement and evasiveness

Disadvantage

1. No ground game
2. No kicks
3. If anything else besides punches is added you are kind of screwed

MUAY THAI

Advantage

1. More weapons (Elbows, Knees, Kicks, Clinch)
2. Devastating Power
3. Clinch and Throws

Disadvantage

1. Poor evasiveness
2. Hands aren't as good as in boxing
3. No ground game.

BJJ

Advantage

1. Great on ground, top or bottom game
2. Can beat people a lot bigger than you.
3. Greatly increases strength and flexibility

Disadvantage

1. No stand up game
2. Useless if you can't take someone down
3. A perfect example of this is Tyron Woodley vs Damien Maia. Damien Maia is a BJJ black belt who tried to take Woodley down something like 24 times and failed every time. He couldn't do anything after that.

Wrestling

Advantage

1. Great take downs
2. Great control of opponent
3. Builds strength

Disadvantage

1. No stand up game
2. If you can't take someone down kind of useless

The key would be learning it all so you are good at everything. And everyone starts at 0% experience. Just go try out a free class, bring a buddy if you don't want to go alone. That is what I did.

GR305 - August 22, 2017, 9:15 pm

(Aug 22, 2017 07:18 PM)Lasley Khan Wrote: [\[CITE\]](#) *Warning I am not a nutritionist*

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thanks man. I actually just moved to a new city alone because I was hanging with the wrong crowd so low in the friends department but I'll def go alone. might even meet some cool people there.

Thanks for the suggestions. appreciate it