

Forum:[Hack Forums](#)

Thread: [Crying when getting beat up?](#)

Eliot155 - April 7, 2018, 1:30 am

I recently joined a maui thai class to get over my fears of getting beat up and not being able to defend myself.

I'm a pretty big guy (muscle not fat) and people say that my stance / body always screams out "Fighter" but in reality,

i've never really fought before and i'm the biggest pussy that there is when it comes to getting into a fight, i'm the kind of guy that thinks that everything can be solved without using violence but sadly not everyone thinks like that.

Anyway my question is if its okay to cry when you get beat up because when i was sparring with someone i was afraid to punch and i just kept trying to block everything,

and ofcourse he hit me on my head and body a few times which really scared me to be honest, he didnt do it extremely hard but he kept telling me that if i dont get used to it by sparring with him and others that i'll have to get used to it in a real fight and that it can turn out bad if that ever happens, he also told me that its okay to get emotional, but whenever i look at ufc fighters and boxers/kickboxers i never see them even shed a tear theyre always just calm.

Will this improve or will i always keep crying like a little bitch? because its quite hard to focus on holding back tears and trying to dodge punches/give punches at the same time. ?

CyberStrike - April 7, 2018, 2:31 am

(Apr 7, 2018 01:30 AM)Eliot155 Wrote: [\[CITE\]](#) I recently joined a maui thai class to get over my fears of getting beat up and not being able to defend myself.

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You know it's good that you are facing your fear, and you are correct a huge portion of things can be solved with no violence and that is how normal people operate. I have seen it before where people are frightened they freeze up that is normal, I have seen people cry many times after a fight. It's something frightening that is normal. You already faced the biggest fear of most people .. getting hit.

Look a pro fighter that is like "stepping into the office", when they get into a fight. Like a bull rider

generally most people would probably shit themselves while crying and pissing (bulls don't like that, I know currently doing an online bull riding course (j/k)) but to a professional even someone who has done it a few times it gets easier and you will be more comfortable.

I think maybe you need to consider spending a little time working with another person maybe with pads to help you loosen up. See I always practiced with someone else, definitely not full contact and "guards/protection" is always used, be it even a hand blocking or not actually striking with a cutting edge of a boot. You pretty much have to re-train your mind to do something which you have avoided. Like say people sky diving and they have a fear of heights and planes, it'll be tough but the more you do it the more comfortable you will get with it.

Pretty much you need to imagine yourself punching kicking .. defending yourself even something that simple can go a long way. I can tell you that little bit of butterflies is good it'll keep you alert. Fighting is complex it's not just a one dimensional thing there is strategy, For example fight with someone who just was swinging wild looping punches, he is also right handed and just advances forward, honestly just as they walk in a quick jab and stepping to my right at a 45 degree angle as he steps in for his punch this guy will pretty much miss everything a few straight jabs at the right time that guy is going to have a couple black eyes at the end of the day.

Account of the Gods - April 7, 2018, 2:38 am

(Apr 7, 2018 01:30 AM)Eliot155 Wrote: [\[CITE\]](#) I recently joined a maui thai class to get over my fears of getting beat up and not being able to defend myself.

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wtf is muay thai? go sign to box or mma if you want to actually win a fight. why do you think these two are being used by 99% of UFC (and similar) fighters

Eliot155 - April 7, 2018, 2:45 am

(Apr 7, 2018 02:31 AM)sirru5h Wrote: [\[CITE\]](#) You know it's good that you are facing your fear, and you are correct a huge portion of things can be solved with no violence and that is how normal people operate. I have seen it before where people are frightened they freeze up that is normal, I have seen people cry many times after a fight. It's something frightening that is normal. You already faced the biggest fear of most people .. getting hit.

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Thank you for the advice i'll ask someone to train with me outside the gym so i can get used to it much love brother <3 ?

(Apr 7, 2018 02:38 AM)Fuarkkkkkkkk Tbh Srs Ngl Wrote: [\[CITE\]](#) wtf is muay thai? go sign to box or mma if you want to actually win a fight. why do you think these two are being used by 99% of UFC (and similar) fighters

mauy thais pretty much kickbox but with elbows / knees

CyberStrike - April 7, 2018, 2:50 am

Well make sure you guys have strike pads and other safety gear although it's just training gotta be safe. Do you spend any time on the speed bag or a the heavy bag at all ? That also is an option to help you get used to "letting your hands go". Good luck to you and I am serious I have seen many people crying before and during and after a real fight.

Eliot155 - April 7, 2018, 7:52 am

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I have a heavy bag at home and we use pads and boxing gloves but no headgear or anything

CyberStrike - April 7, 2018, 10:18 am

(Apr 7, 2018 07:52 AM)Eliot155 Wrote: [\[CITE\]](#) I have a heavy bag at home and we use pads and boxing gloves but no headgear or anything

Well that is good in the beginning you can use a shin pad but later you want to build up those shins esp in muay thai .Also make sure you use a wrap (60 inch is pretty good), seen people use just gloves and break their hand or sprain their wrists, but of course having good form will help in case of a real world confrontation. I get a feeling that more than anything you probably just have a bit of a mental hangup when it comes to hitting someone, seen it before. Think of it as you are having fun, I know fighting it can be scary but you already did the scariest thing man .. you took a few blows most people are scared of that part, after you throw that first punch even a jab a slap anything you will find that your hands and feet will just follow.

Deal - April 7, 2018, 10:28 am

I've been training Muay Thai and BJJ for a lot of years.

Never seen anyone cry tbh, but I'll tell you that he's partially right about the sparring.

First of all, yes you have to get beat to learn to get beat, but it's very different from person to person when you're ready to spar.

When I first started I was a smart ass kid, I was sparring from my first practice and got a lot of bad beatings. It made me tough, but I'll say that if you cry then you're definitely not ready physically or mentally.

You should practice basic techniques until you feel ready, but I'll tell you that the pain WILL get better, you WILL start to make moves and stop flinching if you practice.

We're generally hard on our guys in my gym, hard sparring. But I recently went to Amsterdam to train, now these guys are the real deal.

Feel free to ask me any questions.

Btw don't ever start to use headgear.

(Apr 7, 2018 02:38 AM)Fuarkkkkkkkk Tbh Srs Ngl Wrote: [\[CITE\]](#) wtf is muay thai? go sign to box or mma if you want to actually win a fight. why do you think these two are being used by 99% of UFC (and similar) fighters

Are you seriously stupid? MMA is not a style, it's a mix of different arts....

"These two is being used in 99% of ufc" mma is ufc, ufc is a division of mma just like la liga is a division in soccer.

That's like saying "99% of the players in la liga plays soccer"

So cringe comment..

Muay Thai is a kickboxing style, where you're also allowed to use your knees and elbows as well as clinch, now tell me how it is not used to win fights.