

Forum:[Hack Forums](#)

Thread: [Switching from gym to MMA?](#)

Hailstone - August 8, 2018, 1:16 pm

Considering switching from going to the gym to training MMA (Jiu Jitsu/Muay Thai. Does anyone have experience with this? I love doing powerlifting at the gym and getting stronger but would prefer to train MMA for self defense. Or is it possible to do both? Currently i go to the gym monday wednesday friday and do a basic 5x5 routine for strength.

Looking for people who have switched over and have experience

McDolands - August 8, 2018, 1:23 pm

I've trained Brazillina jiu jitsu for 3 years then stopped for 5 years. I had to get my weight up so I could compete in a higher division. I went to the gym for 1.5 years and got about 13kg of body mass. After I came back I was getting my ass whooped for 3 months straight, had no chance against people who were doing it for the 6+ years while I was away. Its pretty tough to start as a lot of people have a lot of knowledge in the field and you'll feel generally useless at the start.

Hailstone - August 8, 2018, 1:37 pm

(Aug 8, 2018 01:23 PM)McDolands Wrote: [\[CITE\]](#) I've trained Brazillina jiu jitsu for 3 years then stopped for 5 years. I had to get my weight up so I could compete in a higher division. I went to the gym for 1.5 years and got about 13kg of body mass. After I came back I was getting my ass whooped for 3 months straight, had no chance against people who were doing it for the 6+ years while I was away. Its pretty tough to start as a lot of people have a lot of knowledge in the field and you'll feel generally useless at the start.

Yeah I did Jiu Jitsu before and when I first started I didn't know shit and couldnt last for 30 seconds while rolling and after some months got better and really enjoyed the benefits

Maningrey - August 8, 2018, 2:38 pm

Pretty sure most mma gyms incorporate cardio/strength training anyway?

Crypt - August 8, 2018, 2:41 pm

You should still incorporate strength training, just train more for stamina. Lighter weight and higher reps.

Hailstone - August 8, 2018, 2:52 pm

(Aug 8, 2018 02:38 PM)f2d2e0a80cb200d036f43e97f Wrote: [\[CITE\]](#) Pretty sure most mma gyms incorporate cardio/strength training anyway?

Yes of course but I doubt i'd be able to reach my desired weight lifting goals by just training MMA lol

Tsachev - August 8, 2018, 3:08 pm

MMA , Muay thai , YEYE you can always use a knuckle duster to beat up a stranger that looks weaker than you.

Zoo - August 8, 2018, 3:12 pm

(Aug 8, 2018 03:08 PM)Tsachev Wrote: [\[CITE\]](#) MMA , Muay thai , YEYE you can always use a knuckle duster to beat up a stranger that looks weaker than you.

Get outta here, being able to fight without weapons is a talent..

OP, I don't see why you can't do both? Unless you're planning on going pro / semi-pro or something

Tsachev - August 8, 2018, 10:40 pm

(Aug 8, 2018 03:12 PM)Meerkat. Wrote: [\[CITE\]](#) Get outta here, being able to fight without weapons is a talent..

OP, I don't see why you can't do both? Unless you're planning on going pro / semi-pro or something
yh ofc, you cant kill someone easily with fists.

M4A4™ - August 14, 2018, 12:10 pm

MMA is amazing brother, I did it for 2 years when I was very young before i began bodybuilding and it taught me so much discipline and dedication which helped me so much in the sport of bodybuilding.

Honestly brother try it out, you might enjoy it!

KyFu - August 14, 2018, 12:12 pm

As a Blackbelt in MMA, I would highly recommend it. It teaches discipline, motivation, and other essential tools for one's well being! Goodluck OP.

Deal - August 14, 2018, 12:16 pm

I train Muay thai, No-gi BJJ, and MMA in Denmark.

I work out aside from training, it's no problem but you'll have to be very aware of your nutrition.

(Aug 14, 2018 12:12 PM)KyFu Wrote: [\[CITE\]](#) As a Blackbelt in MMA, I would highly recommend it. It teaches discipline, motivation, and other essential tools for one's well being! Goodluck OP.

Blackbelt in MMA? What kind of mma do you train lol. ?

savaged. - August 14, 2018, 12:20 pm

I'd highly recommend starting MMA, you'll realise in BJJ mainly that size isn't that decisive. The whole reason it was developed to help the smaller man overcome someone bigger. Muay Thai/Kickboxing is also great for fitness and conditioning, however it's all stamina based and won't help you with your lifting goals. Overall I'd definitely say give it a shot but only if you aren't a pussy, most people will quit as soon as they get tapped or hit in sparring, however if this makes you determined to train more and learn and get better so you can do it to others then it is for you. Everyone has to start somewhere.

KyFu - August 14, 2018, 12:20 pm

(Aug 14, 2018 12:16 PM)Vanadium Wrote: [\[CITE\]](#) I train Muay thai, No-gi BJJ, and MMA in Denmark. I work out aside from training, it's no problem but you'll have to be very aware of your nutrition.

Blackbelt in MMA? What kind of mma do you train lol. ?

I'm down in Florida, we have multiple academies in my county. I normally train at BJJ Academy. I've done a little bit of BJJ, Shito-Ryu, and wrestling with Brad Bradshaw who's good friends with Renzo Gracie ?

I also used to train in New York with Silver Fox BJJ.

Provocative - August 15, 2018, 6:51 am

I do boxing which of course is different than MMA/Muai Thai, but they incorporate a lot of the same practices.

You will still be doing a lot of the same things that you would in the gym because strength is just as important but your body will be utilized in different ways.

The biggest change for me when transitioning from being a regular gym-dweller to boxing training was the cardio. A few rounds just on a heavy bag is incredibly taxing, and when you add the kicks from MMA it will be twice as intense. It will teach you to be incredibly strong both mentally and physically. It takes a lot of discipline and dedication but I strongly recommend it.