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Thread: [Any MMA Hobbyists here?](#)

forsaken180 - February 2, 2019, 6:26 pm

Hi Everyone,

New to the forums! Super Excited to be here and found this community!

I train at a gym and noticed that a lot of the guys at my gym who do MMA are also super technical guys behind the computer as well.

MMA is not as meathead as I thought. New here, figured i'd ask if anyone else is into the super technical physical art of MMA?

What do you think of the health benefits?

How has it changed your life?

Share Away!

-Forsaken180

StoqnKolev - February 3, 2019, 6:35 am

I've used to train Muay Thai for over 6 years

Had so many injuries but beside that it gave me benefit of not having to be afraid of the most people I meet out there

Deal - February 3, 2019, 6:38 am

I train Muay thai, BJJ, and MMA. ?

It has changed my life to the better, I began at a pretty young age. Started out with muay thai and later transitioned into a mix of everything because I found that grappling was also very exciting.

I've had lots of injuries, my elbow has been broken three times, I currently train even though I have an ACL rupture. I've had my left lung collapse and had to be hospitalized and undergo surgery three times. Even have some massive scars from it.

But. The physical injuries is a part of it. And I accept it, because the psychological pros there is to training martial arts for me, makes it all worth it.

Polymath - February 3, 2019, 6:52 am

Yes bro I did wrestling when I was a kid then I did kickboxing through my school years. I stopped though when I got into lifting weights, its difficult to gain mass and strength with all the MMA training as both have different aims. But I did do BJJ at Predators MMA gym at Manchester for 8 months, I learnt a shit tonne doing this! The sparring was difficult, as I was mostly up against bigger and more experienced fighters at the gym. It has helped me alot though to become a more technical fighter. Right now I am just training in my own home gym but I will be going back to MMA training once I have reached my strength goals.

random123123 - February 4, 2019, 6:01 am

I have few friends that train MMA ?

forsaken180 - February 8, 2019, 4:29 pm

WOW! You guys are Way more hardcore then I ever thought!

I play it super safe never had any injuries cause really we just punch and kick pads and stuff.

Was not expecting to hear about your guys taking damage like that and still wanting to do it.

Its so weird how despite the injuries, you guys go back. I love it but I don't think i'll go back after a collapsed lung Jeez!

Props to you mate!

Do you guys think that all MMA guys are fighters because they are battling some sort of "mental illness" such as depression?

OR do you think that psychology is behind and human males just have a natural need for rough play and without it some of us get "depressed"?