



MMA Myths: Why Everything You Think You Know About Training MMA Is Wrong

Adam Singer

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MMA Myths: Why Everything You Think You Know About Training MMA Is Wrong Adam Singer Mixed Martial Arts has been growing in popularity since the first UFC event was held in 1993 in Denver, Colorado. And along with its immense popularity came a barrage of misinformation and made up facts. Many times this misinformation keeps eager prospective students away from the sport. Adam Singer is Head Coach of The HardCore Gym and Co-owner of Athens Fitness and MMA in Athens Georgia. He is a member of the Georgia Mixed Martial Arts Hall of Fame and a frequent contributor to FIGHT! Magazine. With his extensive background his new book "MMA Myths: Why Everything You Think You Know About Training MMA Is Wrong" is finally the source for the information you need to get you to take the MMA plunge. MMA Myths is written with the novice in mind. Presented in an easy to understand format with a wealth of information on a variety of topics. Singer provides interesting background on the formation of the sport and the many different components that make up MMA training. With those facts as your foundation, Singer makes it clear that everyone, no matter age, physical conditioning or athletic background can do well and be successful. And success is different for every student. MMA Myths immediately dispels one of the biggest myths about MMA training. Fighting is not required! As Singer explains no one is going to make you fight. As a matter of fact 95% of all the people that train MMA never fight. They never compete. And many that do fight have no aspirations past proving something to themselves. This is the sport for men and women who want to improve their physical health, appearance and mental well-being. Other easy to understand chapters touch on self-defense, the part age plays in training (it doesn't) and how difficult is the training itself. MMA Myths is a top to bottom guide through this exciting sport and the benefits awaiting you.

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