

# FIGHT WITH POWER

## How To Become a Mixed Martial Artist/UFC Fighter and How Supplements Can Help!

By Christopher McCabe, President, Gladiator Fight Club, with Kristin Wood and Corry Matthews • Photo by Craig Faulkner

**H**ave you ever seen a Mixed Martial Arts (MMA) fight and thought, “How can I become a fighter? And, what would it take for me succeed in the ring?” From my experience as an MMA promoter, I can tell you that getting into MMA and being successful is a lot more involved than just showing up for a fight.

Your friends and family may tell you that you’re going to be awesome, but you must seek out a seasoned professional to get the real story. Many pros are generous with their time and willing to talk with potential fighters. Ask them for insight and direction on how to enjoy and be successful at fighting while staying as healthy as possible. Once you’ve received their counsel, you must ask yourself what you are willing to do to succeed.

Are you willing to put in hours and hours fighting in the ring, spend countless hours traveling, and then live with the “ouch” that comes with MMA fighting? Some people are under the illusion that they can watch a UFC fight on television one night and be in the cage the next week, but it just doesn’t work that way. And while there are some promoters out there who would allow novice athletes into a cage without the proper training, that is how many, many people get seriously hurt and is one of the biggest dangers in our sport. If, after careful thought you want to become a UFC fighter, you need to start at the beginning and work your way to the top. The UFC is the Super Bowl of MMA fighting, and in order to reach your dreams and the pros, your first and biggest decision is to pick the right school.

The proper trainer and training school will help you develop at the appropriate speed and challenge you to improve at every level. You will also gain invaluable experience so when you reach your goal of fighting in the cage, you will be well-prepared to excel. Remember that for your training to be thorough, it will not go quickly.

A fighter’s nutrition and supplementation is as important as his training. Fighters need to be strong, muscular, and lean, all at the same time. With the “proper” training, supplements



and nutrition plan you can achieve all of this and I have found that Max Muscle Sports Nutrition has a lot of great choices for fighters. You should go see your local Max Muscle staff to find out exactly what’s right for you, but I recommend:

1. Protein powder to maintain lean mass - Max Pro, High 5 and Triple Whey are outstanding.
2. Carbo Max to replenish lost glycogen.
3. The 24 Hour fat-burning Cycle: ThermXX, Max Lean PM, L-Carnitine and CLA.
4. Max Complete multivitamin with 100 percent of your daily recommended vitamins.
5. Max Essential Fatty Acids (EFAs) to support hormonal balance.

Finally, when you are ready to fight, be sure you research the venue, the promoter, and the person who will be doing your pairing. Find out whether there is a matchmaker and, if so, learn what his qualifications are.

You are truly in for an awakening when you venture into MMA. You will find that there are many, many new things to learn and experience, and sometimes the journey will seem long. But, if you start off right and stay the course, MMA could very well could be the most rewarding challenge of your entire life. **MS&F**

For more information, contact Christopher A. McCabe, President, Gladiator Fight Club Inc., [www.gladiatorfightclubtv.com](http://www.gladiatorfightclubtv.com)