

# Fearless Mixed Martial Arts Personal Trainer MMA Program

## Fight-Ready Fundamentals: Your First Lesson in Becoming a Fighter

This lesson teaches the essential stance, core punches, a fundamental kick, movement patterns, and at-home drills to build practical self-defense skills and cardio fitness. Learn why each element matters and how to practice it safely so you can develop power, balance, and control.

- The Fighting Stance — foundation of everything

Why it matters: a good stance gives mobility, balance, power generation, and defensive stability.

Key points:

Feet: start with feet roughly hip- to shoulder-width. Choose left foot forward (or whichever is comfortable). Toes usually face forward for beginners; fighters sometimes turn the front foot in.

Knees: slightly bent, heels up — ready to move and generate torque.

Hips/shoulders: bladed stance — one shoulder leads. Front shoulder and front hip face the opponent; back knee sits over the back hip to enable pivoting.

Hands: up and relaxed. Keep elbows down, wrists aligned with elbows. You can keep fingers open to stay relaxed.

Chin: tucked down to use shoulder defense, reduce reaction flinches, and maintain forward weight for power.

Balance rule: stay narrow enough to maintain mobility but not too wide.

Tip: imagine a plank between your feet to prevent crossing and preserve a stable base.

- Making a Proper Fist

Form: give a thumbs-up, fold fingers tightly, bring the thumb over the index finger.

Impact: strike with the first two knuckles (index + middle). Keep the fist tight on impact.

- The Jab (1) — control and set-up

Purpose:

Measure distance and gauge opponent's defense.

Keep opponent at bay, create openings, and blind/obscure temporarily. Can be used defensively or as a set-up for follow-ups.

How to throw:

Use the front hand.

Keep the elbow down (imagine driving the elbow forward).

Rotate the fist side-to-side so the knuckles are horizontal at impact. Aim: nose/upper lip area.

Levels of jab:

Speed jab: loose, fast, retract quickly.

Power jab: add a pivot of the front foot and hip rotation.

Step jab: step forward with the front foot as the jab lands to extend range.

Practice cue: always return to stance after the jab.

- The Cross (2) — the power punch

Purpose:

Main power punch; follows the jab to finish or penetrate defense.

How to generate power:

Drive with the back foot, pivot the back foot and hips.

Drop/drive the back knee forward to add weight and momentum (gravity assists). Rotate hips and shoulders; body should lunge forward slightly.

Reset back to stance after each cross.

Variations:

Stepping cross: step the back foot and throw the cross together for added range and power.

Off-center cross: come slightly off the centerline for angle and leverage.

Practice cue: jab–cross combinations (one–two), keeping hands up and returning to stance.

- Front Kick — defensive and offensive options

Contact point:

Use the ball of the foot (tippy-toes position) — foot flexed, toes back.

Parts of the kick:

- Chamber — bring the knee high (higher knee = more power).
- Extend — snap the foot forward, strike with the ball of the foot.
- Re-chamber — bring knee back in as a guard and to enable repeated kicks.
- Return to stance.

Uses:

Defensive front-kick: with the front leg to stop incoming attackers; quick and short.

Offensive/power front-kick: from the back leg — more distance and momentum, greater power (hips drive forward).

Targets: body, chin, nose, groin, knee (street context).

Technique notes:

Lean forward slightly toward the kicking knee (don't rise into the ceiling). Engage hips to maximize force.

Aim to land then quickly return to balance.

- Movement — the box pattern (footwork)

Goal: move efficiently without crossing feet, maintain balance, and stay ready to attack/defend.

The box pattern (four-step):

Right movement: right, back, left, forward (relative to which foot is forward). Keep steps small and quick — avoid big steps that compromise balance.

Maintain a “piece of wood” spacing so feet don’t cross.

Visualize a bungee cord pulling the trailing foot to maintain connected motion. Slide the second foot to hear the slide — confirms controlled footwork.

Practice this moving forward/backward and side-to-side.

- At-Home Drills — build habits and conditioning

Setup: pad work if available; otherwise shadowbox in front of a mirror or wall. Basic static drills:

One–two (jab, cross): practice five clean reps hitting the same spot. Focus: cross powered by the back foot; hands stay up.

Add the front kick:

One–two–kick (jab, cross, front kick).

Re-chamber the kick and return to stance.

Movement variations:

Step-step-kick: move forward two steps, then kick; reset two steps back.

Side-to-side combos: jab+cross while shifting laterally (left-right, maintaining foot pairing).

Progressive: mix static, forward/back, lateral movement and then freestyle.

Tips:

Keep techniques compact and consistent.

Land kicks close (re-chamber), don’t leave your foot hovering. Controlled breathing and light footwork indicate good conditioning.

- Mock Test / What to Record for Feedback

When you’re ready to be assessed, record one side only (fighters often train a dominant side). Include:

Stance demonstration (good foot position, knees, hands, chin).

Static sequences: 5 jabs, 5 crosses, 5 front kicks from front leg, 5 from back leg. Box movement: move in both directions with punches and kicks.

Combination drills: one–two; one–two–kick; repeated sets moving forward/back/side- to-side.

Freestyle: shadowbox or pad work combining above techniques for rhythm and flow.

Key Takeaways — what matters most

Stance and balance enable mobility, defense, and power. Jab = control and setup; Cross = primary power punch.

Front kick: versatile — defensive (front leg) and offensive (back leg, more power). Hips and foot pivots generate most striking power.

Small, connected steps (box pattern) keep you balanced and ready. Practice with structured drills, then add movement and freestyle.

Record one-side demonstrations for assessment and focused improvement.

Good work — master these basics first, then layer speed, power, and combos.