

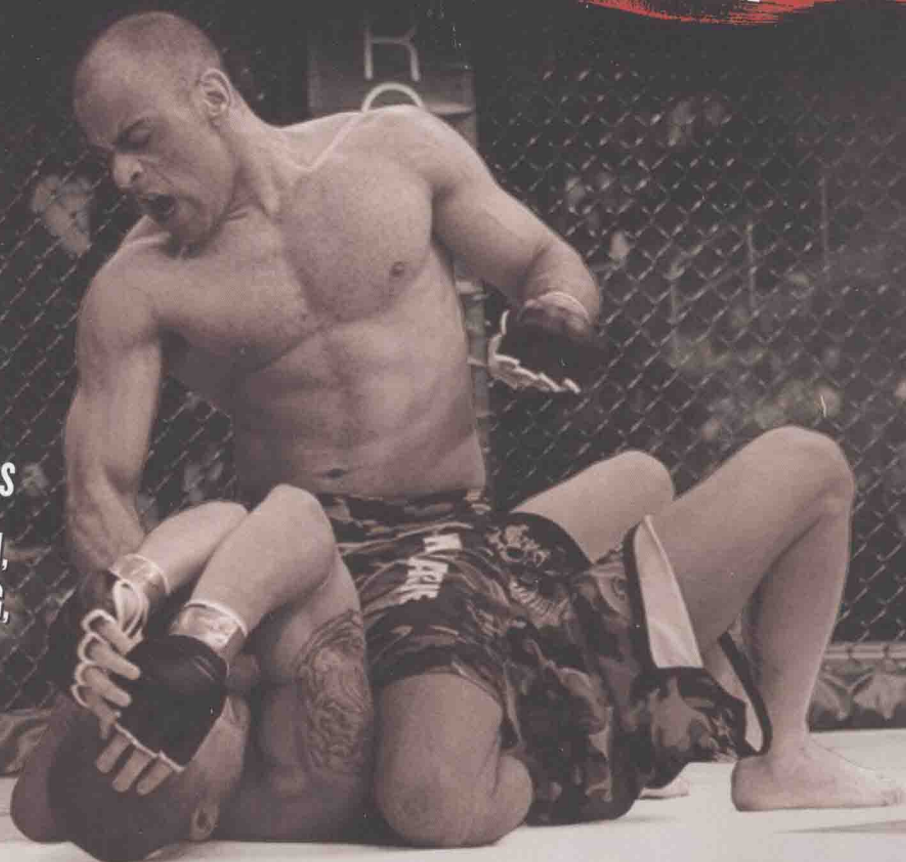
MARTIN ROONEY CREATOR OF TRAINING FOR WARRIORS ULTIMATE WARRIOR WORKOUTS

FITNESS SECRETS OF THE MARTIAL ARTS
PROVEN TRAINING TECHNIQUES FROM AROUND THE GLOBE

FOREWORD BY ROGER GRACIE

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ULTIMATE WARRIOR WORKOUTS

Fitness Secrets of the Martial Arts

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Roger Gracie controls Jon Olav Einemo
en route to an ADCC Superfight victory.



Foreword

For nearly one hundred years, my family has been involved in martial arts, dedicating their lives to Jiu Jitsu and passing that legacy on to the new generations. For us, fighting is not a temporary commitment or a job to make money; it is a way of life. Growing up as a Gracie, there is constant pressure to succeed. From birth you are expected to be a fighter. With both the pressure and the high expectations, combined with the fact that Jiu Jitsu is now practiced by more people on the planet than ever, becoming a champion is not an easy task.

Along my personal path in the martial arts, there have been two phases in my training: amateur and professional. During my career, I have trained with, alongside, and under many great people. In terms of my physical preparation for the martial arts, Martin Rooney is the man who showed me the difference between amateur and professional. I began training with Martin at the end of 2002, just before I competed for the first time in the Abu Dhabi Combat Club (ADCC) World Grappling Championships. This was the first time in my life when I realized how important physical preparation was toward achieving potential. Training with Martin not only changed my physique but gave me increased strength, speed, and endurance. Since then, by following his Training for Warriors system, I have continued to physically improve and develop. This system, along with the constant support of my family in our martial art, helped me win the 2005 ADCC in unprecedented fashion by submitting all eight of my opponents, and winning multiple Brazilian Jiu Jitsu World Championships, including the 2009 title, in which I submitted all nine of my opponents.



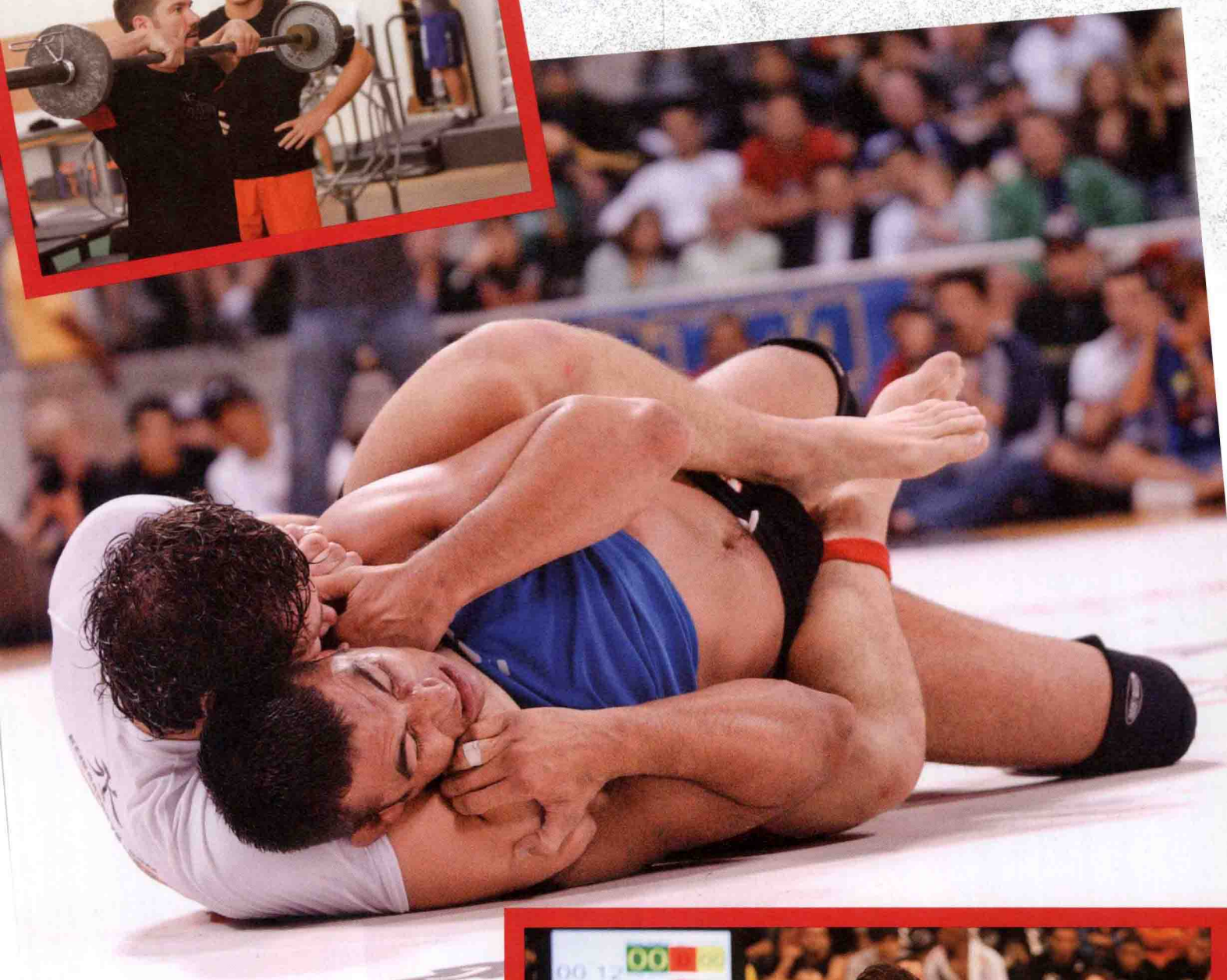
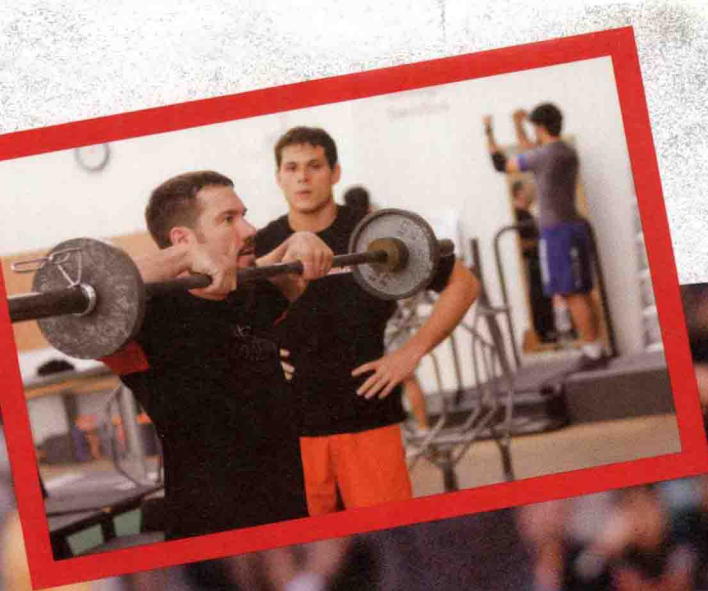
When it came time for a new challenge, I decided to take my Jiu Jitsu skills and test them in the world of MMA in Japan. I immediately learned that to succeed, not only would I have to learn about several other martial arts beside Jiu Jitsu, but I would have to physically train like the artists of those styles as well. This cross-training was difficult, not just because there was a lot of work involved, but because there was not one source of information I could use to gain even greater direction in the process. I believe that Martin has solved that issue with the philosophy, history, and training that he has researched and delivered in this book.

In addition to having been my trainer, Martin is also a good friend. Because of this, I know what he has put into the mission that is this book you now hold in your hands. For almost two years, Martin traveled the world to put together this book, and I can say with confidence that there is no book like it on any shelf in any store or library. This book is

especially interesting because it not only educates the world about many different martial arts but also shows how they have many similarities in philosophy, development, and training. If you are a martial artist, or interested in learning more about the martial arts, it is impossible not to benefit from this book.

Martin once told me that if you train a man he might improve his fitness, but if you teach a man to train he will be fit for a lifetime. Just as my family developed and then spread Jiu Jitsu to expose its gifts and principles to the world, Martin has compiled the fruits of many martial arts so that you can improve yourself. If you think that this is just another “workout” book, you are only scratching the surface. This book, just like Martin, goes much deeper than that.

Roger Gracie
London, England
August 2009





A fighter mentally prepares for battle
at Lumpinee Stadium in Bangkok, Thailand.

Preface

I believe that everything that you see in this world first started out as an idea in someone's mind. I will not forget the major step in how this book went from an idea to the actual object in your hands right at this moment:

After discussing the success of my first book, *Training for Warriors: The Ultimate Mixed Martial Arts Workout*, with my editor, I asked a simple question: "Since this book is doing so well, when do I get to submit another idea for the next book?" She replied, "Do you have another idea?" From that simple question, this book was born.

The idea for this book was that I would travel around the world and investigate the individual martial arts that are most commonly practiced in the growing sport of Mixed Martial Arts (MMA). I expected this to be an amazing adventure in which I traveled to distant countries and trained hard in the martial arts developed there. What I did not know at the time was that I would also meet and befriend interesting people, experience new languages and cultures, try new and exotic foods, visit famous monuments, and better understand the histories of those countries. I also had no idea that I would personally learn as much as I did about my own physical training.

Thanks to the incredible individuals I met during the two years researching this book, I have come to realize that the martial arts—and this book—are reliant on three attributes that are harder to train than muscle and bone. The first is courage. Before you can be either a successful martial artist or a writer, you must first have the courage to decide to become one, and then develop the grit to



actually start. In the martial arts and life, it is often the start of anything that is the stopping point for most people. Have the courage to begin, and much of the battle is already won.

The second attribute is discipline. Once you have decided to begin, only consistent action will allow you to accomplish anything. Simply put, if you want to be a great martial artist, always show up. If you want to be a great author, always write. The black belt is much less commonly the man with the most natural talent as he is the man that continued to train while everyone else gave up from some self-created excuse. The discipline to take consistent action over time will eventually help you to defeat anything.

The final characteristic of a successful person is patience. All too often, we know what it is we want to become, yet we don't have the willpower to suffer through the plateaus along the way. Know that time is on your side and that you will win the war to

achieve whatever it is you want to achieve . . . as long as you stick it out long enough.

This book is the product of the courage to put forward an idea multiplied by the discipline and patience to stay the course and see the vision through to completion. One simple idea can lead you on the greatest adventures of your life. I know that in the case of this book, it did for me.

I sincerely hope you enjoy this book on many levels. I consider it far beyond a fitness book. If fitness is all you are looking for, it's here. But if you are also interested in the history and philosophy of numerous martial arts, or in experiencing the cultures in which they were created, this book may help you find the idea that leads you on *your* next adventure.

Yours in strength,
Martin Rooney
Rembrandt Square
Amsterdam, Holland



Two warriors fight for supremacy during an MMA match in Brazil.



Introduction

Mixed Martial Arts is at a crossroads. Over the past decade, the sport has punched, kicked, and grappled its way from fringe popularity to mainstream acceptance. Only a few years ago, the sport was so misunderstood that it was banned from TV. Today, women in hair salons can be found wearing the TapOut shirt they got at Champs Sports in the mall, discussing who they think is going to win the next big fight. Young kids are now skipping soccer practice to go and train in MMA at their local academy. MMA is no longer a spectacle of “human cockfighting,” as it was referred to by then Senator John McCain, but has become a full-fledged, completely respected sport. This revolution, which began with a handful of starving elite martial artists looking for an outlet to showcase their skills, has now evolved into a multibillion-dollar industry.

When any revolution in a industry happens, there should be cause for both celebration and concern. As a long-time fan of MMA, I cannot be more excited that “my” sport is now being unleashed around the globe. At the same time, I am concerned that the sport that I fell in love with could de-evolve as a result of the commercialization and popularity that is making it mainstream today. Let me explain, using a powerful example from history.

Before there were factories, assembly lines, and machines to make everything we use today in our daily lives (from cars to clothes to equipment), people had to have the skills to make these products by hand with their own labor. If you wanted shoes, you went to the shoemaker. If you needed a shirt, you went



to a tailor, who would make you a shirt with his own two hands. But during the Industrial Revolution in the early 19th century, machines were created to do the job faster and cheaper. As machine manufacturing spread, the techniques that had worked for individual artisans were modified to make machines and assembly lines more efficient. You could still get a “pretty good” pair of shoes or a shirt, but the process had changed. Ignoring any loss in quality, the true loss here is that the skills the master craftsmen had honed to create these masterpieces disappeared. Do you know anyone now who makes shoes or shirts by hand?

A similar transformation has been occurring in MMA. The sport of MMA was founded by several martial artists who had specific skills that other fighters didn’t have or know about. These contrasting “styles” injected the initial interest into the sport. This fact was exemplified by the classic state-

ment “Styles make fights.” People wanted to see which art would prevail: the Jiu Jitsu star, the wrestler, the kickboxer? As the sport began to evolve, athletes started to cross-train in other disciplines to become more well rounded. This cross-training commonly took place in the heart or homeland where different arts were invented. It was not uncommon for athletes to go to Brazil, Japan, Thailand, or Holland to hone their skills in other arts with the best in the world in a particular martial art native to that country. This exchange of styles unleashed the true mixed martial artist commonly seen in the cages and rings of the MMA world today.

But just as happened during the Industrial Revolution, certain skills and techniques of master fighters are beginning to be lost. Now in almost every town, there is a “factory” and an “assembly line” producing MMA fighters. Instead of athletes spending years of intense training in the attempt to master different martial arts one by one, they are now solely training in “MMA.” This watered-down system may produce fighters faster and cheaper, but as this happens the overall depth of the talent pool will get shallower. The essential training techniques that enriched each martial art individually, and that therefore as a group used to enrich the entire sport of MMA, may eventually disappear except among a handful of master craftsmen in remote places around the globe.

My goal with this book is to preserve the physical training techniques of MMA’s component martial arts for future fighters, and to

demonstrate how to properly physically train for these components. To achieve this, I have spent the past two years traveling like the fighters of old to the homeland of each individual martial art that I believe is essential for an MMA fighter's arsenal. Along with bringing home "endangered" physical training techniques developed for each martial art, I'll also be introducing you to the history, philosophy, and fighting techniques of each art, which I strongly believe is important for anyone training in a discipline to understand.

CHOOSING THE MARTIAL ARTS

My first challenge in writing this book came in choosing the martial arts. Before I could even begin to select certain disciplines, I had to determine what exactly the definition of "martial art" is. The more people I asked, including many whom I considered experts in the field, the more contradictory answers I received.

Some people believed that martial arts were only combat systems that originated in the Orient. Some thought that a martial art had to be ancient to be authentic. However, just about every culture in history, Eastern or not, has some form of martial training, and while some systems do have ancient origins, certain arts that I consider important are also relatively young in terms of age. A few people questioned the sport applications of some styles. Although I understand that "martial" is best used to represent war or military combat, I believe that a style does not have

to have originated from the battlefield to gain inclusion in the list of martial arts—although, in fact, each system in this book utilizes techniques that do have military applications.

Interestingly, every opinion I received required that a martial art have a definitive system of techniques that could be taught and executed. In addition to teachable techniques, some of my experts required that for something to be considered an art, there had to be a specific philosophy or lifestyle that went along with the training system. I agree with both of these points, and I chose styles for this book that satisfied these criteria. So, for the purposes of this book, a martial art is any system of combat techniques and philosophy that can be used to defeat or defend against an opponent in a military, a sport, or a real-world situation.

The arts I ultimately chose to include in this book are, in order of chapter appearance, Brazilian Jiu Jitsu, Muay Thai, Wrestling, Boxing, Judo, Kickboxing, Sambo, and Karate. Clearly there are other arts practiced by mixed martial artists, but I wanted to focus on eight core disciplines: four from the "grappling" arts (those involving takedowns, throws, submissions, and chokes) and four







from the “striking” arts (those involving punches, kicks, elbows, and knees). Two grappling arts, Brazilian Jiu Jitsu and Wrestling, and two striking arts, Boxing and Thai Boxing, were recommended unanimously by everyone I spoke to. When one examines the origins of MMA, most of the original fighters were at a high level in one or more of these disciplines, and the most successful practitioners in MMA today still use these arts as the basis of their training.

In terms of the other four arts, there were many differing valid opinions, so while my final choices may be debated by some, I believe these are the best choices for the purposes of this book.

Sambo is widely practiced in Russia, and, as we will see later on, numerous forms are used today. Fedor Emalienenko, arguably one of the top fighters on the planet; his brother Alexander Emalienenko; and former Ultimate Fighting Championship (UFC) Champion Andre Arlovski all come from a champion Sambo background. Based on its techniques, usage, and current applications