

# MIXED MARTIAL ARTS (MMA) STRIKERS GUIDE for TRAINERS and FIGHTERS

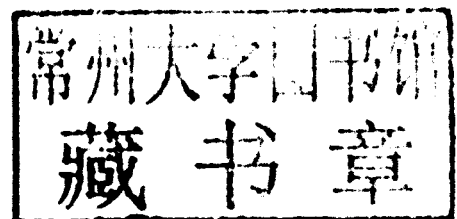
By; Joseph Paulo Florez de la Guevara  
aka: Joe Guevara

## "Home of the Champions"



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I will always be grateful...

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Joseph Paulo Florez. de la Guevara aka: Joe Guevara

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# TABLE OF CONTENTS

## INTRODUCTION

PAGE 1

## I FIST/HANDWRAPS

### Fist

- How to make a Fist Page 1
- Basic hitting Page 1
- Hard hitting Page 2

### Hand Wrap Guide

- Types and Sizes of Handwraps Page 2
- Functions (Gymnasium, Amateur or Professional Competition) Page 2

### Illustrations

- How to make a fist CI-01
- Basic hitting CI-02
- Hard hitting CI-03 thru CI-A & B
- Hand wrap types and Sizes CI-04

### Style of Wrap for Training Purposes

- Basic Page 3
- Advanced I (Untucked) Page 3
- Advanced II (Tucked) Page 4
- Ribbon/Stack Advanced I or II Page 4

### Illustrations

- The Basic handwrap CI-05 thru CI-14
- The Advanced I (Untucked) style of handwrap CI-15 thru CI-25
- The Advanced II (tucked) style of handwrap CI-26 thru CI-41
- The Ribbon/Stack Advanced I handwrap CI-42 thru CI-54

### California State Athletic Commission (CSAC) Legal Guidelines for Amateur and Professional Competition Wraps.

- Amateur Boxing References and Rules Page 5
- Amateur and Professional Kickboxing References and Rules Pages 6-7
- Professional Boxer References and Rules Pages 7-8
- Professional Boxing Championship References and Rules Pages 8-9
- Professional MMA Striker References and Rules Pages 9-10

### Illustrations

- CSAC Competition Wraps for Amateur Boxers CI-55
- CSAC Amateur Boxing handwrap CI-56 thru CI-59
- CSAC Amateur and Professional Kickboxing handwrap CI-60 thru CI-66

Table of Contents | iii

- CSAC Professional Boxer handwrap CI-67 thru CI-72
- CSAC Professional Boxing Championship handwrap CI-68 thru CI-72
- CSAC Professional Mixed Martial Arts handwrap CI-73 thru CI-77

## II POSITIONING

### Introduction

- Guard
- Long Range
- Medium Range
- Close Range
- The Shield
- Safety Block

### Page 11

Page 11  
Page 11  
Page 11  
Page 11  
Page 12  
Page 12

- Guard
- Long Range
- Medium Range
- Close Range
- The Shield
- Safety Block

### Illustrations

CII-1  
CII-2  
CII-3 & CII-4  
CII-5 & CII-6  
CII-7  
CII-8

## III DEFENSES

### Introduction

#### The Four Phases to the Defensive Moves

- Defense
- Position
- Counter-punch
- Countering the counter

### Page 13

Page 13  
Page 13  
Page 13  
Page 13

### The Four Defenses

- Slipping – side to side (in & out) and leaning inside & outside
- Bobbing & weaving – side to side and in & out
- Blocking and parries – soft blocking

Page 14  
Page 14  
Page 14

- Slipping Side to Side
- Slipping (leaning) In and Out
- Bobbing and Weaving Side to Side & Leaning in and out
- Soft-blocking

### Illustrations

CIII-1  
CIII-2  
CIII-3 thru CIII-5  
CIII-6 & CIII-7

- Hard block, safety block, and parry

Page 15

- Hard-blocking
- Safety block
- Parry

### Illustrations

CIII-8  
CIII-9  
CIII-10 & CIII-11

- Footwork – the value of footwork, footwork Page 16

- Footwork

### **Illustrations**

CIII-12 thru CIII-15

## **Defensive Combinations, Counters, and Drills**

- Defensive Combinations and Counters
- Defensive Drills: Puncher-Punchy/Combinations/  
Countering/Stalking (Bull-dog Defense)/Mirror

Page 17

Pages 17-18

## **How to protect your stomach without blocking (breathing)**

**Page 18**

### **Illustrations**

CIII-16

CIII-17

- Defense Tape on Mirror
- Countering Tape on Mirror

## **IV STRIKE ZONES**

### **Introduction**

**Page 19**

- Up
- Down
- Up & in
- Up & out
- Down & in
- Down & out
- Thigh

Page 19

Page 19

Page 19

Page 19

Page 19

Page 19

Page 19

### **Illustrations**

CIV-1 & CIV-2

- Strike Zones

## **V OFFENSE**

### **Introduction**

**Page 21**

### **Jabs**

### **Introduction**

**Page 21**

- The 7 Jabs of Champions

Pages 21-22

### **Illustrations**

CV-1 thru CV-8

- 7-Jabs

## **Lefts and Rights**

### **Introduction**

**Page 23**

- Outside left hook
- Inside left hook
- Left Uppercut
- Upperhook or “Sweep”
- Left Elbow
- Outside right hook

Page 23

Page 23

Page 23

Page 23

Page 23

Page 23

• Inside right hook	Page 23
• Overhand right	Page 23
• Fast straight right	Page 23
• Hard straight right	Page 23
• Right Uppercut	Page 24
• Right Upperhook or “Sweep”	Page 24
• Right Elbows	Page 24

## **Fast Punches versus Hard Punches**

• Fast Strike	Page 24
• Hard Strike	Page 24

## **Feinting**

### **Introduction to the “Judicious Feint”**

• Leg	Page 25
• Arm	Page 25
• Shoulder	Page 25
• Head	Page 25
• Kick	Page 25
• Eye	Page 25

### **Page 24**

• Outside left hook	CV-9 & CV-10
• Inside left hook	CV-11 & CV-12
• Left Uppercut	CV-13 & CV-14
• Upperhook or “Sweep”	CV-15 thru CV-17
• Left elbow	CV-18 thru CV-20
• Outside Right hook	CV-21
• Inside Right hook	CV-22
• Overhand Right	CV-23
• Fast Straight Right	CV-24
• Hard Straight Right	CV-25
• Right Uppercut	CV-26
• Right Upperhook or “Sweeps”	CV-27 thru CV-30
• Right Elbows	CV-31 thru CV-35
• Fast Strike	CV-36
• Hard Strike	CV-37
• Power Punching or Knockout Blows	CV-37

### **Illustrations**

## **Breathing**

### **Introduction**

• Breathing Technique	Page 26
• Breathing Control	Page 26

### **Page 26**

## **Power Punching**

### **Introduction to Punching and Knockout Blows**

• Shift your weight and come back	Page 27
-----------------------------------	---------

### **Page 26**



- Shift your weight and follow through

Page 27

## **Body Shots**

### **Introduction to the Solar Plexus punch or Body Shot**

**Page 27**

- 3-count body shot
- 2-count method

Page 27

Pages 27-28

## **In Fighting (On or off the ropes)**

### **Introduction to in-fighting**

**Page 28**

- The Shield
- Long-medium range punches
- Medium-close range punches

Page 28

Page 28

Page 28

### **Illustrations**

- Shift your Weight and Come Back
- Shift your Weight and Follow Through
- Strike Zones
- 3-Count Body Shot
- 2-Count Body Shot
- The Shield
- Long-Medium Range
- Medium-Close Range

CV-38 thru CV-40

CV-41 thru CV-44

CV-45 & CV-46

CV-47 thru CV-49

CV-50 & CV-51

CV-52

CV-53 & CV-54

CV-55 & CV-56

## **Shadow Boxing**

### **Introduction**

**Page 29**

- Shadow Boxing with or without an opponent

Page 29

## **Mirror Work**

### **Introduction**

**Page 29**

- Just like Shadow Boxing
- Practice Stalking
- Defensive drills (combinations and counter punching)

Page 29

Page 30

Page 30

### **Illustrations**

- Defensive Tape Drill on Mirror
- Countering Tape on Mirror

CV-57

CV-58

## **VI BAG DRILLS**

### **Introduction**

**Page 31**

### **Punching Bag**

- The Heavy bag
- The Medium bag
- The Fast light bag

Page 31

Page 31

Page 31

- Sizing Heavy Bag up

**Illustrations**  
CVI-1 thru CVI-3

## **Mitts**

- The Holder
- The Puncher

Page 32  
Page 32

## **2-End bag**

- Distance
- Offensive and Defensive Combinations

Page 32  
Page 32

## **Speed bag**

- Positioning

Page 32

- Mitts (the holder)
- 2-End Bag Distance
- Speed Bag Positions

**Illustrations**  
CVI-4  
CVI-5  
CVI-6 & CVI-7

## **Wall bag**

- Positioning

Page 33

- Wall Bag Positioning

**Illustrations**  
CVI-8 thru CVI-11

# **VII SPARRING, FIGHT DAY, & CONCLUSION**

## **Sparring**

### **Introduction**

- Sparring Equipment
- Sparring Drills
- Useful hints in sparring

**Page 35**  
Page 35  
Pages 35-36  
Page 36

- Sparring Equipment

**Illustration**  
CVII-1

## **Fight day**

Introduction  
Control your breathing  
Pre-fight study  
Week two  
Week one  
Attitude; before and after the fight (win the crowd)  
Conclusion

Page 37  
Page 37  
Page 37  
Page 37  
Page 37  
Page 37  
Page 38

# LIST OF ILLUSTRATIONS

## I FIST/HANDWRAPS

• How to make a fist	CI-01
• Basic hitting	CI-02
• Hard hitting	CI-03 thru CI-A & B
• Hand wrap types and Sizes	CI-04
• The Basic handwrap	CI-05 thru CI-14
• The Advanced I (Untucked) style of handwrap	CI-15 thru CI-25
• The Advanced II (tucked) style of handwrap	CI-26 thru CI-41
• The Ribbon/Stack Advanced I handwrap	CI-42 thru CI-54
• CSAC Competition Wraps for Amateur Boxers	CI-55
• CSAC Amateur Boxing handwrap	CI-56 thru CI-59
• CSAC Amateur and Professional Kickboxing handwrap	CI-60 thru CI-66
• CSAC Professional Boxer handwrap	CI-67 thru CI-72
• CSAC Professional Boxing Championship handwrap	CI-68 thru CI-72
• CSAC Professional Mixed Martial Arts handwrap	CI-73 thru CI-77

## II POSITIONING

• Guard	CII-1
• Long Range	CII-2
• Medium Range	CII-3 & CII-4
• Close Range	CII-5 & CII-6
• The Shield	CII-7
• Safety Block	CII-8

## III DEFENSES

• Slipping Side to Side	CIII-1
• Slipping (leaning) In and Out	CIII-2
• Bobbing and Weaving Side to Side & Leaning in and out	CIII-3 thru CIII-5
• Soft-blocking	CIII-6 & CIII-7
• Hard-blocking	CIII-8
• Safety block	CIII-9
• Parry	CIII-10 & CIII-11
• Footwork	CIII-12 thru CIII-15
• Defense Tape on Mirror	CIII-16
• Countering Tape on Mirror	CIII-17

## IV STRIKE ZONES

• Strike Zones	CIV-1 & CIV-2
----------------	---------------

## V OFFENSE

• 7-Jabs	CV-1 thru CV-8
• Outside left hook	CV-9 & CV-10
• Inside left hook	CV-11 & CV-12
• Left Uppercut	CV-13 & CV-14

• Upperhook or “Sweep”	CV-15 thru CV-17
• Left elbow	CV-18 thru CV-20
• Outside Right hook	CV-21
• Inside Right hook	CV-22
• Overhand Right	CV-23
• Fast Straight Right	CV-24
• Hard Straight Right	CV-25
• Right Uppercut	CV-26
• Right Upperhook or “Sweeps”	CV-27 thru CV-30
• Right Elbows	CV-31 thru CV-35
• Fast Strike	CV-36
• Hard Strike	CV-37
• Power Punching or Knockout Blows	CV-37
• Shift your Weight and Come Back	CV-38 thru CV-40
• Shift your Weight and Follow Through	CV-41 thru CV-44
• Strike Zones	CV-45 & CV-46
• 3-Count Body Shot	CV-47 thru CV-49
• 2-Count Body Shot	CV-50 & CV-51
• The Shield	CV-52
• Long-Medium Range	CV-53 & CV-54
• Medium-Close Range	CV-55 & CV-56
• Defensive Tape Drill on Mirror	CV-57
• Countering Tape on Mirror	CV-58

## **VI BAG DRILLS**

• Sizing Heavy Bag up	CVI-1 thru CVI-3
• Mitts (the holder)	CVI-4
• 2-End Bag Distance	CVI-5
• Speed Bag Positions	CVI-6 & CVI-7
• Wall Bag Positioning	CVI-8 thru CVI-11

## **VII SPARRING, FIGHT DAY, & CONCLUSION**

• Sparring Equipment	CVII-1
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# MIXED MARTIAL ARTS (MMA) STRIKERS GUIDE FOR TRAINERS AND FIGHTERS

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January 9, 2009

## INTRODUCTION

The primary motive in Boxing and Mixed Martial Arts (MMA) Striking (herein called Striking) is to deliver a blow to some part of an opponent's anatomy while at the same time avoiding a counter. The quicker the blow, the more disconcerting it will be for your opponent and the better you will be able to recover yourself for another attack.

Throughout the years there have been many boxers, and as of lately many, MMA Fighting Champions who have a special piece about them that distinguishes them from other fighters. This book helps to identify some of those differences.

Boxer's can only punch with two things, their fists. The MMA Fighter can strike with eight things; both of their hands, elbows, knees, and feet. What will be addressed in this book is mainly hand and elbow strikes.

There are at least 7-Jabs of Champions, four-defenses, and various positions for both offensive and defensive attacks. The Bull-Dog Defense (Stalking) is the best as it forces the pace and enables the fighter to obtain the best offensive position on an opponent.

There is a correct way to Shadow-Box using power and control. With this one exercise a boxer can develop his strength, stamina, control, defense, positioning, and combinations. The mirror exercise is a valuable tool to use with shadow boxing. When used correctly, a fighter is able to practice his defensive combinations, counter punching skills, knowledge of where to hit, gain control of his punches, and work on his footwork. Using these exercises, one can build on the shadow-boxing skills and subsequently their defensive and offensive combinations. These and more exercises are described below for your viewing pleasure.

## I. FIST/HANDWRAPS

### Fist

- **How to make a Fist:**

Every fighter should practice the right method of doubling the fist and knowing how to hit with the knuckles. This will aid the fighter in avoiding dislocated joints and broken bones. When closing the fist, bring the tips of the fingers well over and tucked into the palm. The thumb is turned inside and over the first joint of the index and middle fingers.

See figure CI-01

- **Basic hitting:**

Basic hitting utilizes all four knuckles. Basic hitting consists of jabs, fast combinations, and set up punches. See figure CI-02

- **Hard hitting:**

Hard hitting utilizes the two knuckles of the index and middle fingers. Hard damaging punches are aimed at specific soft (weak) spots of the head and body. See figures CI-03, CI-A & CI-B

## **Hand Wrap Guide**

- **Types and Sizes of Handwraps**

There are many types of handwraps which can be broken down by size. There is the **cotton herringbone** or the **elastic**, 2"x 120" up to 2"x 180", for training. The US Amateur Boxing rules refer to them as **velpeau (training wraps)**. The **gauze**, 2"x 10 yards up to 2"x 15 yards, is used for competition. See figure CI-04

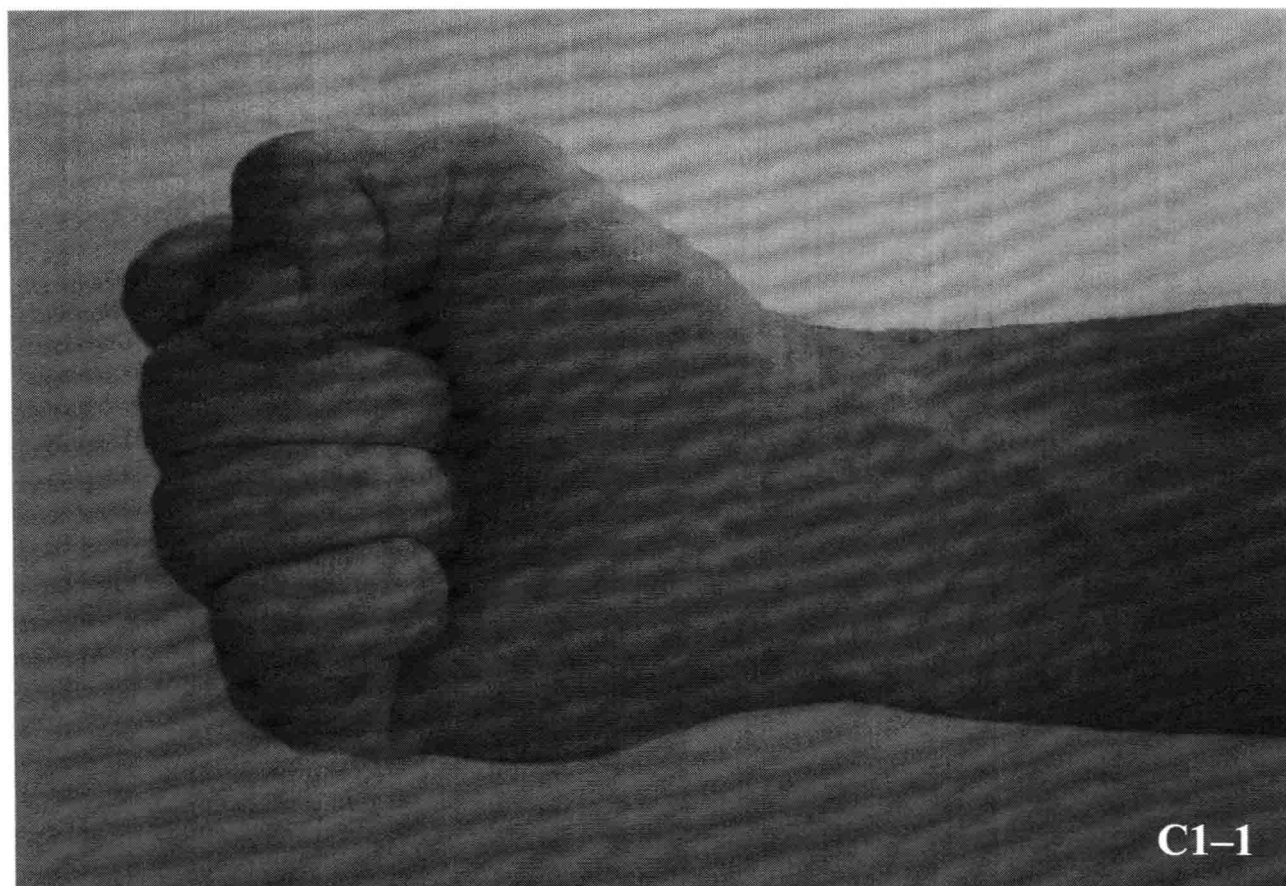
The **cotton herringbone** does not stretch, are reusable, and should be washed after each use. The **elastic** style, better known as the Mexican Handwraps (because they are often made in Mexico), have some stretch to them and tend to be more comfortable. They are also reusable and should be washed after each use.

The **gauze** (soft surgical bandage) hand wrap is mostly used in amateur and professional competition and used by some professionals during training. They are not used much in gymnasiums since they are disposable and therefore not the most practical. Gauze has no give, is much thinner, and is used with **trainers tape** (surgeon's adhesive tape).

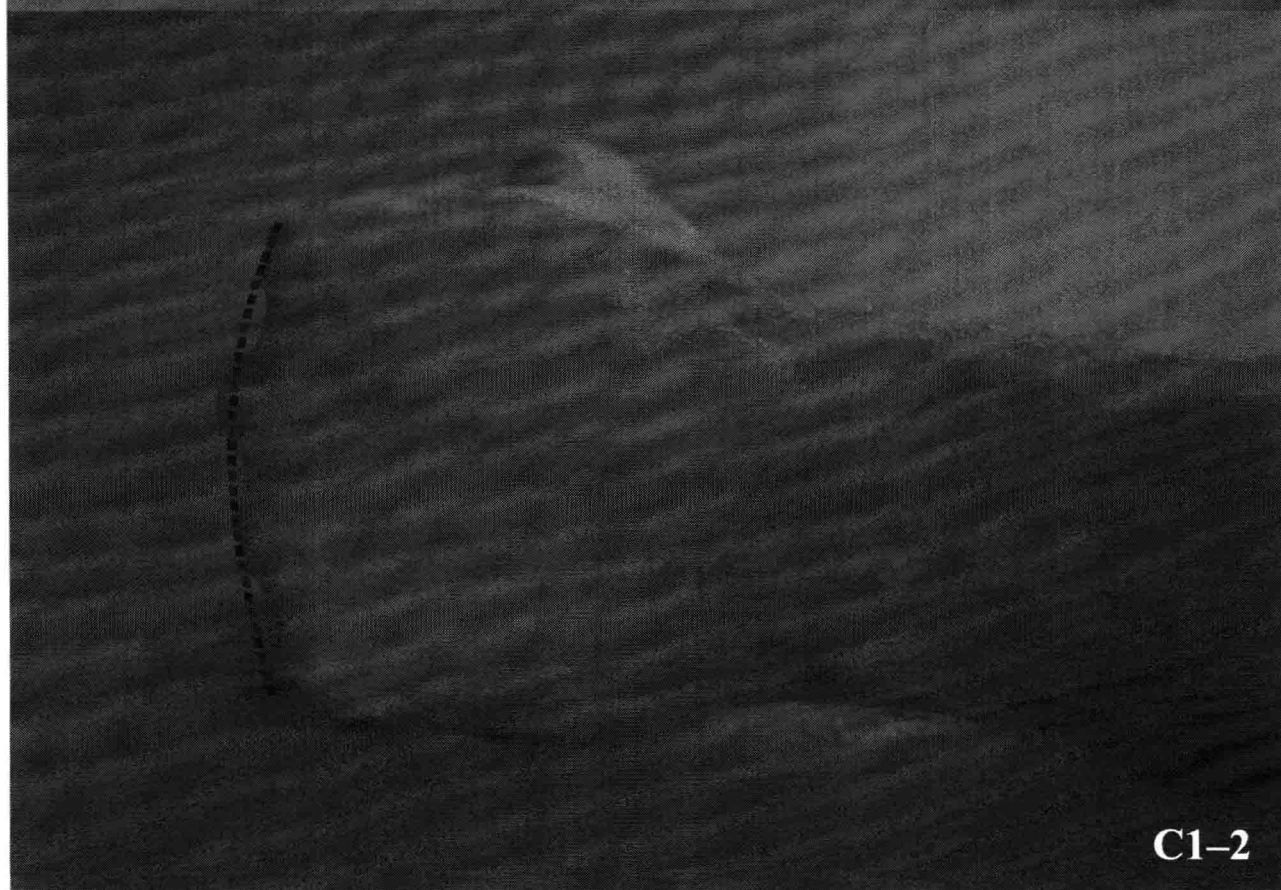
- **Functions**

Wrapping ones hands for the **gymnasium** is subject to preference of type, style, and size of hand wrap. The main thing to remember is that the purpose of the wrap is to protect the hand from injury.

Protection from injury also applies to the **amateur and professional competition** wraps except that they are guided legally by the California State Athletic Commission's (CSAC) Rules; and are inspected and cleared by the CSAC's trained Athletic Inspectors' prior to competition.

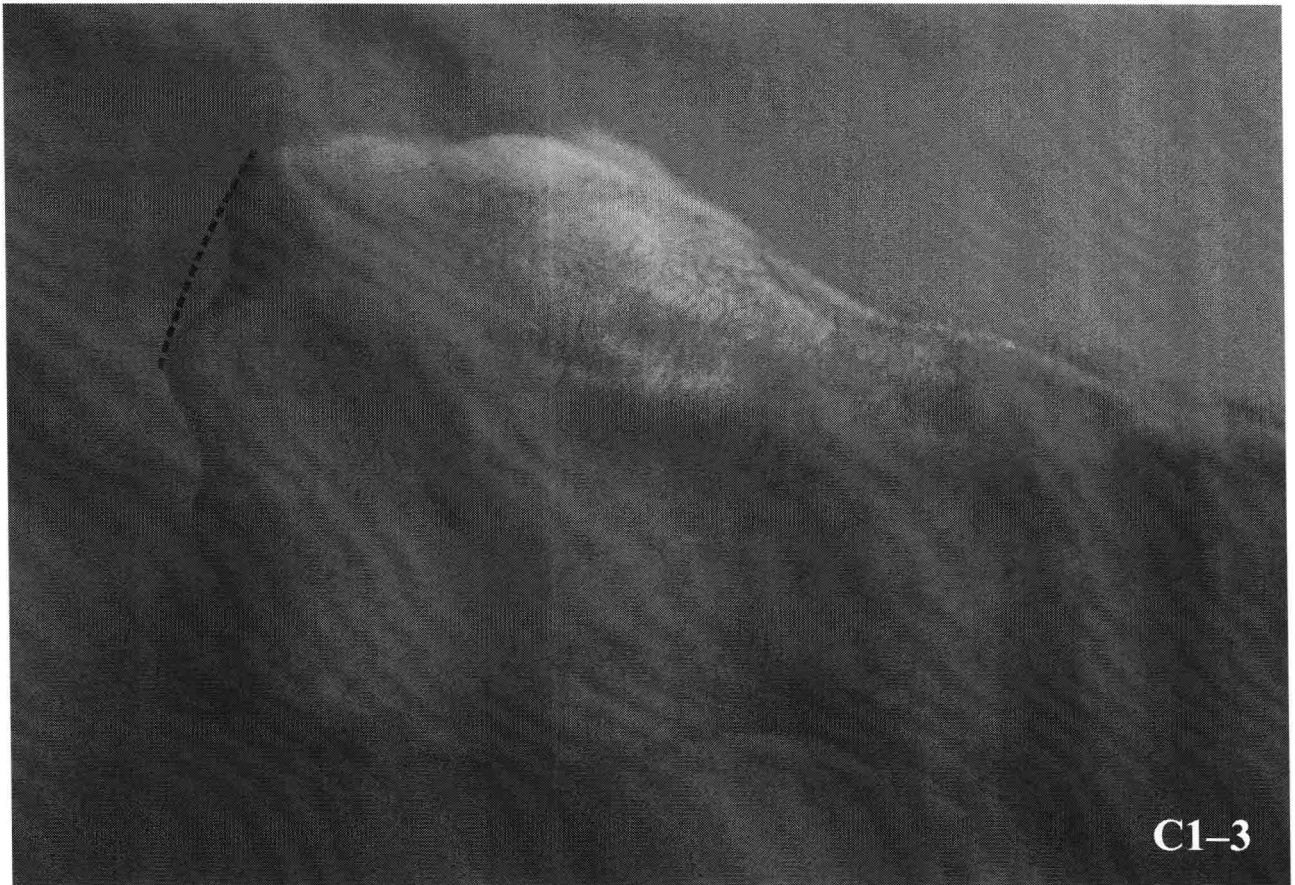


**C1-1**

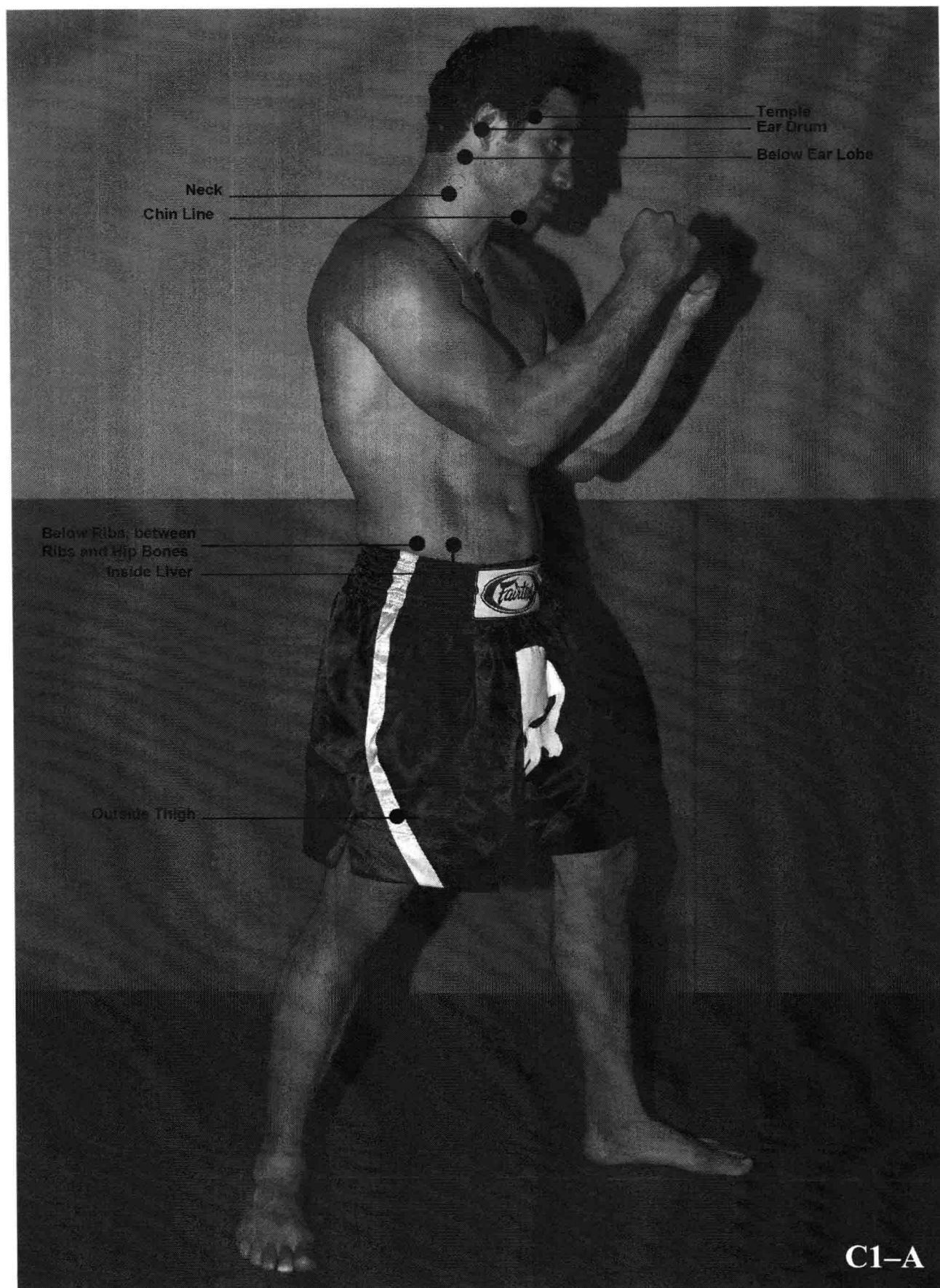


**C1-2**









C1-A

Fist/Handwraps/Positions | Illustrations | C-I