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Like any sport, Mixed Martial Arts (MMA) requires special equipment, largely to protect yourself during your training sessions. Important supplies and gear that you should gather before starting your MMA training include: Boxing gloves: Essential for working on strikes, such as jabs, hooks, and uppercuts.

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and martial arts. During the early 1900s, many different mixed-style competitions were held throughout Europe, Japan and the Pacific Rim. CV Productions Inc. showed the first regulated MMA league in the US in 1980 called the

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mixed martial arts (MMA) champion for 10 years and is the only person to win a title in all three major North American fight promotions (UFC, WEC, and Strikeforce). He has worked as an NBC sports announcer, is an owner of fight venues, and created his own line of MMA training gyms. He is the author of Mixed

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