JEFF JOSLIN'S
MMA QuickStart

THE COMPLETE
MIXED MARTIAL ARTS
TRAINING PROGRAM
For the Beginner!

FREE LESSON VERSION

Develop Real MMA Skill in Only 12 Weeks!

CREATED BY APEX WORLD CHAMPION AND UFC VETERAN
JEFF “THE INFERNO” JOSLIN
MMA QuickStart : The Ultimate Training Program For Beginners

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Disclaimer

There is always a risk of injury when performing any type of exercise. You must consult with your physician prior to beginning any exercise program or if you have any medical condition or injury that contraindicates physical activity. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician. No liability is assumed by Jeff Joslin for any of the information contained herein.
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Welcome to MMA QuickStart!

I’m very excited and honoured that you’ve chosen to try out my MMA Quickstart program to learn some of the basic skills and techniques that make up the great sport of mixed martial arts. You now have full access to all of technique videos, the 1-hour lesson plan (in this manual), and the follow along shadow fighting MP3 file that make up the first lesson --there’s 18 different lessons in total- of my MMA QuickStart training program.

This intro lesson focuses on the fundamentals of striking. It will provide you with a solid understanding of the fighting stance, the ultra important t-frame motion, as well as some of the most commonly used punching and kicking skills. Oh yeah, it’ll also get you sweating pretty good as well!

The 17 other lessons which are available in the full program focus on ground movements, striking combinations (punches,kick,knees etc.), takedown motions, ground & pound attacks, sprawls, flexibility, conditioning and much more.

The material that makes up the first lesson and all of the additional lessons throughout the full 12 week program is identical to what I would teach you if you were here in Hamilton, Ontario training with me at my gym. Since you are new to the sport and won’t always have a training partner available to practice with, the MMA QuickStart program is designed to be performed alone.

Be sure to pay attention to even the smallest of details found within the training videos and repeat practicing the lesson over and over again until you really feel like you’ve mastered all of the movements within it.

The mastery of the first lesson combined with the material found within the entire 12 week program will enable you to continue your training with great confidence at a local MMA gym or through the use of one of my future online programs that will allow you to progress with intermediate and advanced level content, partner training, heavy bag workout and much more...

Enough talk; It’s time to get started!

Train hard, train safe, and most importantly have fun!

Your online MMA coach,

Jeff Joslin
Myth Busting

First off, let’s dispel some of the myths that are out there about mixed martial arts training. It is these thoughts, that occasionally stops people from participating in the sport of MMA which in turn causes them to miss out on all the benefits that you are going to experience as you progress through this training program. In my opinion, mixed martial arts, when taught properly, is excellent for both male and female students of any ages, size, or personality type.

M: I have to be really tough to succeed in becoming a mixed martial artist.

That statement is totally false. It’s been my experience that the students that learn the fastest and become the most proficient mixed martial artists possess attributes more valuable than physical toughness. Intelligence, controlled focus and dedication to the process of learning will allow anyone, yes I said anyone, to become great in the sport of MMA. Of course it doesn’t hurt to be physically tough as well, but it’s not absolutely necessary.

M: Mixed Martial Arts is a dangerous sport that will cause me to get injured often.

I must admit that with what most people see of MMA, most commonly the UFC and other televised MMA events, it is obvious that competition at a professional level is intense, rough and obviously as dangerous as any other full contact sport. Fortunately training in the sport is much safer and way more user friendly. Also ,training solo by working on striking technique, ground movements and other related skills is obviously safer than working against a resisting opponent or training partner during sparring or rolling (ground sparring) training.

When working with groups of students, a qualified instructor puts many safety measures in place to keep training as safe as possible: The athletes use larger, more padded gloves and headgear when practicing striking: The focus during ground training –and all aspects of MMA training-- is on technique, leverage and timing as opposed to strength and aggression with the safety and well being of all practitioners being the top priority. When performed correctly, the safety level of MMA training increases dramatically.

M: Mixed Martial Arts is a young man’s game. I’m too old to begin training.

I love MMA Training because it really works the entire body, building flexibility in addition to improving endurance, strength, co-ordination and many other attributes. Through the use of a good warm-up, a proper cool down and a comfortable level of training intensity throughout every training session, people of all ages can benefit from training in mixed martial arts. The key is to allow yourself time to build yourself up, to always avoid overtraining and to remain fully aware of how your body is feeling at all times. I truly believe that martial arts training takes years off of your age, and I smile every time I get asked for identification –at age 35-- when I go out with friends. No matter what your age, you can reap the many benefits of training in mixed martial arts.
Lesson Structure Breakdown

Before I tell you about the breakdown of your lessons I need you to find an large open space where you can train. Ideally, a matted floor works best. If you don’t have access to mats, train on carpet, outside on the grass or on some other surface that is not too hard especially when doing workouts that will require you to do ground techniques and exercises.

Every lesson in the MMA QuickStart program is made up of several parts. Depending on which workout you are performing, the order may change but the four parts of each workout are as follows: the warm up, technical practice, shadow fighting and strength/conditioning. Your numbered lesson sheets --found starting on page 17 of this manual-- contain the breakdown of what to practice and when to practice it. Here is a little more description of each part:

Part 1 - Warming Up

The first segment of every MMA QuickStart workout is the warm up. Most commonly, your warm-ups will consist of all or some of the following: Jumping rope, dynamic body movements, upper-body stretches and lower body stretches. Each of these actions will prepare you for the technical practice and conditioning exercises that will follow so be sure to follow the instructions and always warm up properly.

Part 2 –Technical Practice

Following your warm-up you will be called to execute a number of techniques for a specific amount of repetitions. The techniques may be striking, takedown or ground work oriented depending on which workout you are performing. Always strive for good technique over speed. In time, as your techniques become part of your muscle memory, your speed will increase. At first be sure to take your time while executing techniques to ensure proper form. After training, review the technique videos and make notes as to which details you should try hard to improve on during future workouts. This will guarantee that you will continually be moving towards technique mastery.

Important: To keep your workouts flowing smoothly, make sure you have basic understanding of every technique that you will be drilling during any upcoming lesson. You’ll find it very helpful to practice the program techniques, during non-workout times, while watching and listening to the instructional videos. This will allow you to greatly improve your grasp on the most important technical details and practice without having to rush on to the next exercise.

Part 3 -Shadow Fighting (Mp3’s or Freestyle)

During the shadow fighting portion of every workout you have two options.

The first one is to use the follow along MP3 files which will allow me to coach your throughout every round, focusing on the techniques specific to the lesson you are on. I’ll have you working at different speeds, executing various techniques while encouraging you to examine your positioning and overall technique at all times.

There are many different shadow fighting MP3’s. Some focus solely on striking technique, others mix everything together. When working through an MMA Shadowfighting MP3, keep your pillow (or heavy bag) close because you may be called to work some ground & pound during the round.
Being new to mixed martial arts, don’t worry if you cannot keep up with the pace of the shadow fighting MP3’s. Missing a few techniques is not a big deal. Just do the best you can; stay on track as much as possible and over time your speed and comfort with the material will increase and you’ll soon have no trouble keeping up.

Secondly, you can shadow fight freely, meaning that you simply practice the techniques that you want to work on during your shadow fighting rounds. You’ll find this, a little more challenging than using the follow along MP3’s because you will have to think at all times about which techniques to execute. Only do this type of shadow fighting once you have a very strong grasp of the technical material as it will be easy to develop bad habits without the guidance of the audio files. While performing free shadow fighting, keep busy and work hard by pushing yourself to your limits every round. Envision an opponent in front of you as you kick, punch, shoot in for a takedown, knee and sprawl throughout the entire round. Don’t forget to have a stop watch with you to time your free shadow fighting rounds.

**Part 4 – Conditioning**

At the end of each workout, I’ll call for you to perform a cardiovascular conditioning exercise. A great way to finish your lesson, these exercises will help you get more fit, increase your agility and are generally a lot of fun as well. Be sure to push yourself hard through the conditioning segment to maximize the gains you will make in your physical conditioning. It’s during these drills that you will develop a fighter’s will: That little voice in your head that helps you push hard and continue on when other people would give up. Always finish strong!
Understanding the Training Template

All MMA QuickStart workouts will be provided with the following format:

**Action** – name and order of the exercise/technique to perform

**Reps** – A repetition is one complete motion through the exercise/technique. For example, one repetition of the front push kick is lifting the knee, throwing the kick, retracting the leg and landing back in the fighting stance. If the # of reps has the word per beside it that means it’s a double sided exercise (2 legs or 2 arms or doing a movement in 2 different directions). Do the listed number of repetitions with/towards each side.

**Tempo** – the pace of the movement/technique.

*Slow (S)* – Throw the technique/perform the exercise extra slow with control to emphasize proper technical detail and improve balance, strength and overall technical control.

*Regular (R)* – Throw the technique or perform the exercise at a speed that is comfortable for you. It should offer you a challenge but not cause your technical detail to falter in any way. With practice, your regular speed should become very fast when executing your striking and ground work techniques but always remember to work at a speed where your can maintain technical precision.

*Fast (F)* – Execute the technique or perform the exercise with great speed. This will often test your cardio, balance and technical abilities and force you to get into a “no thought” type of mindset which is when your techniques will seem to fire off automatically.

**Rest** – amount of time to rest between exercise/technique sets.

If you see a downwards arrow, it means proceed to the next exercise without resting, once you see the right arrow, rest for the amount of time shown adjacent to it then go back to the first exercise in the sequence (these are circuit techniques)

*Note:* As you progress through the MMA QuickStart program you may wish to cut down the rest times for a greater challenge. Go right ahead and do so! On the other hand, if you find you absolutely need extra rest time, extend your rest time a little bit but work from there to decrease your rest period to the allotted time.

**Sets** – a number of repetitions performed together

Now that you understand the terminology used for your program, you may be curious as to why we prescribe ranges of repetitions and sets. The ranges are given instead of exact numbers because of the principle of progression: some exercises, especially conditioning ones will continue to benefit you if they are progressed. So, the bottom portion of your workout sheets is dedicated to the Tracking Log. The Tracking log enables you to write down the exact number of reps and sets that you used so that you can improve upon the workout the next time you do it.

*Notes* - Keep an eye out for special notes in this area. Any info found there will provide you with specific instructions for a given technique. The info will help you to understand and perform the exercise/technique in the way it was meant to be performed.
Code – Helping You Find the Proper Instrucional Video Quicker

Every technique, warm-up exercise, stretch & conditioning drill has a unique code consisting of letters and numbers. Use the code found within this field to help you quickly find the proper instructional video by matching it up inside the video technique library pages of the MMAQuickStart.com website. The Letter in the code signifies which video library to look in and the number will help you zero in on the exact video you’re looking for.

Running out of Space - If you are practicing a technique that incorporates movement (such as the 3-step drill) and you run out of space before you complete a set, simply use a rotational turn movement to turn you 90 of 180 degress in either direction so that you are facing open space. Continue on with the technique drilling as you normally would and repeat the rotational movement any time you run out of space.
Ways to make the most of this Program

The preceding information was given so that you can understand a little bit more about what you will be doing when you follow the program outlined.

However, the following info is what you’ll really need to pay attention to in order to better retain lesson material and increase your rate of overall improvement. In no particular order, here they are:

**Ensure perfect form for each repetition (punches, kicks, ground movements etc.)** Working at a comfortable speed will allow you to do exactly that. As your skill with a technique increases gradually speed things up to increase the challenge. Initially the fluidity of your movement is far more important than the speed.

Also be careful not to over extend your arms or legs when you are punching and kicking; Allow your limbs to extend close to 100% reach but never to or pass that mark. Doing so will cause pain and irritation in the joint areas.

**When throwing kicks** only do them at a height that is comfortable for you and causes you no strain. You can hurt yourself by trying to kick high when you are new and have limited flexibility. Over time you will find yourself kicking higher and higher.

**Never train through pain.** If you do, you may develop bad habits because your body will change the way it moves to compensate and protect you. Give yourself the needed rest it’s asking for, get healthy and pain-free then jump back into the program. If you’re off for a lengthy period of time you may decide to start the program again from the beginning.

**Write down everything you do!** Tracking your progress and adhering to the program schedule --the 12 week training calender-- will help you make quicker gains and help you build momentum in your training. It’s also very helpful to break down my instructional videos onto paper by describing every last detail in your own words. Doing this when you have some free time, through the use of the technical self assessment worksheet will help you learn things quicker, define the areas you need to work on the most and will improve your overall retention of the technical material.

Photocopy the 12 week calendar sheet and the technical self assessment worksheet, so you have blank ones available as you continue the program.

**If you are tired and don’t feel up to doing a full workout,** then drop some of the drills or exercises but don’t use this as an excuse to wimp-out. Do as much as you can and try to give the technical details some extra focus on the days when your body isn’t giving you it’s all.

**Never train when you’re absolutely starving,** instead make sure to eat something easy like a protein shake or banana with peanut butter before you workout.

**A few hours before you train take a look at your workout plan.** Perhaps check out the technique videos to make sure that the most important details are fresh in your mind. Start to prepare for a great training session by visualizing yourself practicing the techniques and executing the drills. It will really help!
When Jumping Rope

When jumping rope be sure to mix things thing up throughout your rounds by performing the different motions from the “Mastering the Jump Rope” video series. Never coast through your jump rope rounds! Push yourself hard by doing sprints, knee highs and double jumps as often as you can to maximize the benefits of this great warm-up drill.

If you get to the point where you are too tired to keep jumping over the rope, don’t stop moving completely to rest. Bounce on your toes, do jumping jack or some other exercise until your feel ready to resume your jump rope motion. Keeping active throughout the entire timed rounds is crucial for your conditioning development. Don’t give up!

When Practicing Technique or Shadow Fighting

Keep Yourself in Fight Position - It’s very easy, during shadow fighting and real fighting as well, to allow yourself to move out of the optimal position that your fighting stance is. Try not to allow this to happen during your shadow fighting rounds.

Maintain a slightly forward bend with your upper body, folding at the waist so that your body weight will be adding to the forward momentum of your strikes and takedown entries. You will also gain a few inches of reach which will make landing punches much easier.

Stay Centered - Keep your weight centered from left to right. Many fighters commit their weight mainly too much to either side when attacking. Leaning off to the side will severely weaken your follow up attacks and will leave you lacking the proper balance and positioning necessary to make many important defensive movements should your opponent counter your attack successfully.

Keep Angled - In my opinion the most common problem with many mixed martial artist’s fighting stance during shadow fighting—and during an actual fight as well— is the angle in which they position their shoulders before, during and after their attacks. Commonly fighters stand with their shoulders too square—with their chest facing the opponent a bit --, which cuts down reach, power, leverage and results in a telegraphed punch. In other words, attacks become predictable and pretty much useless against opponents with moderate to high level striking skill sets.

Here’s how to remedy that problem.

Keep your lead shoulder in front and your other shoulder back quite a bit. It’s tough to put into words but know that the change to the angle of your shoulders may be drastic enough that it may feel very uncomfortable at first.

To find the optimum angle, assume a fighting stance and extend your arm completely in the jab position. Next, with your jab still extended, turn your shoulders slowly from side to side until you find the angle that allows your jab to reach the greatest distance to the front. That’s it! That’s the position you need your shoulders to start at. Now, retract your arms and assume a fighting stance but remember to keep your upper body locked in at that new angle. In can be difficult to do at first, so be mindful during every aspect of your training until it becomes a habit.

Relax! - Once the shoulders are properly positioned the next thing to focus on during shadow fighting is the tension level within those shoulders. One word says it all. Relax! Keep your shoulders completely relaxed, free on all tension as if you were simply standing on the street waiting for a bus –kind of weird to think about but it’s usually what I say to my students when I train them in person so I’d thought I’d use it with you. Yes, I know you’re in the middle of an imaginary fight, but you need to resist all urges to squeeze or lift your shoulders because doing those things will drain your energy needlessly. Relax! Relax! Relax! I thought I’d say it again to drill home how important I believe it to be.

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Standing Up From the Floor - Anytime you need to stand up from the floor make sure to use the Standing in Base technique unless the workout plan calls for you to stand up using some other way. If you’re new to the program you may want to study that technique first to make sure you have it down. Also, be sure to stand up that way anytime during your regular daily routine when you find yourself on the floor. Doing so will solidify your ability with the technique and develop good habits. Funny thing is that if you watch a young child, who is just learning how to walk, stand up they use the same technique because it’s the most efficient way to stand.

Keep your Chin Down - If I were a company looking to sponsor a fighter in the UFC, I would find a fighter that fights with his chin up in the air and pay him to wear my logo on the bottom of his feet. I’m pretty sure I’ll get some fabulous exposure every time he gets knocked down or knocked out by making such a huge mistake in upper body positioning.

Keeping your chin tucked is the easiest and most important thing you can do in terms of defensive positioning. It immediately and dramatically lowers the chances of getting knocked out yet many fighters still fail to do it. While shadow fighting keep your chin down and visualize looking up through your eyebrows somewhat.

Once you’ve established a strong chin down position try to keep it not only while you’re attacking but at all other times during the imaginary –or real-- fight as well. Also focus on how your head is positioned laterally. Look directly at your opponent’s upper chest and shoulders and retain that head positioning throughout any attacking motions you make. Turning your chin and separating your head from your punching arm can be a costly mistake that you don’t want to make.

Lock in Vertically - Another error that is commonly made by fighters during training is that they lift their bodies up as they punch thinking that it will add to their power when in fact, it actually does the opposite. Lowering the body as you punch also affects your attack –unless it’s a body shot-- in negative ways.

The responsibility to maintain a steadiness in body positioning lies with both the upper body and lower body. Try to keep your head locked in vertically while you punch so that you avoid rising up or dropping down as you throw the punch. What’s the result? More balance, less effort and much more power! I guarantee you’ll feel the difference.

Start (and finish) positioning of the Arms - The way you carry your hands to guard yourself during shadow fighting is very important. It will help dictate which punch an opponent will throw first in a real fight. The main goal is to keep yourself guarded and well protected from their power hand, so well in fact that they will be forced to jab before even attempting to land a straight –or overhand-- right. That is assuming they are right handed and standing in an orthodox –left foot in front—stance. The danger lies when the opponent can freely fire off their right hand directly at your head with no obstacles in its way. Attaining a solid guard is a little more complex than simply keeping your hands up high.

Let’s work on it. Standing in your fighting stance, raise both of your hands up to protect your face. Position your power hand up high on the side of your face, nearly as high as your temple so that its thumb rests up against your cheekbone on that side. That is pretty much the standard position for your rear side hand. Now, raise your lead hand up to the same height as your rear hand and rest it against your temple/cheekbone area on the other side –lead leg side-- of your face.

Be mindful to perfect this next step. Slowly start to move your lead hand away from your cheekbone, directly forward until your arm assumes a 90 degree bend at the elbow. Avoiding the urge to move the extending arm in front of your face keep it in line with your lead side ear instead. This is proving to be much harder to put into words than I had thought. I think we’re on track though.
Lastly allow your lead side elbow to move slightly forward and upwards so that the space between your tricep and ribcage is about the size of your clenched fist.

Oh yeah, I almost forgot one of the most important details necessary for both defensive and offensive effectiveness. Pinch both of your elbows inwards so that each of your forearms is positioned completely vertical. Looking down at your rear arm’s elbow, you should notice that it’s tightly pressed up against your ribcage.

If you’ve successfully followed each of the details explained above, you’re now standing in a strong fighting stance with your hands in optimal jabbing position. Now it’s up to you to maintain this positioning during all of your shadow fighting rounds. Before you know it, it’ll happen automatically.

**The 90% Rule** - Initiate your straight punch—the jab or the cross—during shadow fighting by extending your arm towards your imaginary opponent’s face or body. As you extend it, keep the fist of that arm positioned with the thumb pointing upwards—but not sticking up—until your elbow is at 90% of its full extension. Once it reaches that point snap your fist over into a palm down position, milliseconds before strikes its mark. After impact or full extension—in the case that it misses—immediately snap the punching arms fist back into thumb upward alignment and retract the arm as fast as possible returning it to the start position.

By keeping the rotation of your arm confined to the final 10% of extension you maximize your leverage power and speed by keeping your elbows in line with your torso but more importantly you leave little opportunity for your opponent to counter your attacks by punching over your punching arms.

**If You Become Extremely Tired** - There will be times when you are shadow fighting, especially after intense moments during your rounds, when you feel too tired to go on. Try to to keep up with the routine but if you are unable to do so keep both of your hands up protecting your face while you lightly bounce on both feet until you feel ready to resume your fighting stance and start shadow fighting again. Dropping your hands from the guard position or stopping all movement completely is a bad habit to develop as it will cause your opponent—during a real fight—to attack aggressively in an attempt to finish you off. The key is to keep your guard up at all times so that your opponent will never know precisely how tired you really are.

**Adding The Challenge of Movement (For experienced MMA QuickStarters only)** - When you are new to the program, only move—in any direction or rotation—when you are instructed to, as movement will without a doubt disrupt your balance, power and effectiveness when you are a beginning student. That being said, if you decide to repeat the practice of the entire 12-week program multiple times and have an incredibly strong grasp of the training material, you can allow yourself to change angles—by moving your back foot slightly in a rotational manner—and move in various directions in the midst of your technique drilling and throughout your MP3 or freestyle shadowfighting rounds. This will add a new level of challenge to the program.

**When working through the Strength/Conditioning Exercises**

Usually positioned at the end of a workout, the Strength/Conditioning exercises will present a final challenge before your workout is complete. This is the time to give your all and finish strong! You’ll come back to training the next time with improved cardio and energy because of it so push yourself to work hard!

If for some reason you are only able to complete some but not all of the conditioning exercise that’s totally okay. You gave everything you could at that time and that is all I ask for from my students. Keep pushing yourself to that limit and your conditioning will increase and you’ll soon be tearing through those same exercises at full intensity.
**When Performing Ground & Pound Drills**

Keep busy during these drills, never giving your imaginary opponent a chance to rest. Punch steady and visualize striking an actual opponent beneath you. Experiment with different types of pillows to see what works best for you. If you are lucky enough to have a heavy bag kicking around the house you can lie that on the floor and work on that instead.

Protect your hands at all times and never punch hard enough to damage your hands. It’s more important to keep up a fast, busy pace with your striking than it is to hit with great power so always keep that in mind during your ground & pound rounds.

For a greater challenge, as you progress through the program, increase your punching speed --not your power-- and try to keep striking throughout the entire allotted G & P time. Work hard to keep making gains in your physical conditioning.

So now you have an basic understanding of the MMA QuickStart program ; You’ve learned how every lesson is structured; read how the training templates work; Plus, you’ve spent some time looking over the many training tips that will help you maximize your progression throughout the program.

You are now ready to gain real MMA training experience by starting the MMA QuickStart program!

Below are your basic instructions on how to do just that.

Train hard, train smart, and most importantly have fun!
Basic Program Instructions

1) Check the 12 Week Training Calendar to find out which lesson # is next up for you.

2) Before training, look through the exercises/techniques found within that upcoming lesson and make sure you have an basic understanding of how to perform each of them. Watch the MMA QuickStart instructional videos to learn everything you need to know. Also jot down the important technique details explained in the instructional videos, on your Technical Self Assessment Worksheet (TSAW), so that you can quickly refer to it mid-lesson in order to remind yourself of each of them.

Perfect practice makes perfect so strive to be as technically knowledgeable as you can to ensure you are building good habits and improving your skillset at the fastest rate possible.

3) Do the workout!

4) Review the TSAW to see if you missed applying any technical details in your training and be sure to fill out skill assessment field for every technique you practiced during the workout to help track your progress.

5) Schedule a day to do your next training session and try your best to stick to it!

6) During non-training time --if you have some free-- , look over your notes, practice some of the techniques in the training videos individually at your own pace, visualize yourself performing your techniques or read through the various sections of this manual that provide you with tips on maximizing your MMA QuickStart training. Visualization has helped me tremendously over the years to become a better mixed martial artist. It can help you as well!
MMA QUICKSTART

Dynamic Warm-Ups #1 and #2
MMA Dynamic Warm-Up #1
(My Personal Pre-Fight Warmup)

Instructions
• Perform all exercises in perfect form
• Move quickly between exercises
• Work through a full range of motion through all exercises
• Breathe naturally through all exercises

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Note: Reference the warm-up exercise videos to see the above movement in action
MMA Dynamic Warm-Up #2

Instructions
- Perform all exercises in perfect form
- Move quickly between exercises
- Work through a full range of motion through all exercises
- Breathe naturally through all exercises

AVAILABLE IN FULL
MMA QUICKSTART PROGRAM

Note: Reference the warm-up exercise videos to see the above movement in action
MMA QUICKSTART

Lessons #1 - #18
## Lesson # 1

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<td>Jump Rope</td>
<td>x 2 m</td>
<td>-</td>
<td>1 m</td>
<td>3</td>
<td>Do 10-20 Pushups between each round</td>
<td>MJR</td>
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<tr>
<td>Basic Body Stretch Sequence</td>
<td>x 2-3 m</td>
<td>-</td>
<td>-</td>
<td>1</td>
<td></td>
<td>F4</td>
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<tr>
<td>Leg Swing Stretch Sequence</td>
<td>x 2 m</td>
<td>-</td>
<td>15 s</td>
<td>1</td>
<td>30 s front/back, 30 s side/side per</td>
<td>F3</td>
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<tr>
<td>Basic Punching Motion</td>
<td>x 1 m</td>
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<td>↓</td>
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<td>T-Frame Drill</td>
<td>x 1 m</td>
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<td></td>
<td>S51</td>
</tr>
<tr>
<td>Aquiring the Fighting Stance</td>
<td>x 5</td>
<td>R</td>
<td>x 15 s</td>
<td>1</td>
<td></td>
<td>S2</td>
</tr>
<tr>
<td>Jab</td>
<td>x 10</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S12</td>
</tr>
<tr>
<td>Cross</td>
<td>x 10</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S7</td>
</tr>
<tr>
<td>Jab/Cross</td>
<td>x 10</td>
<td>R</td>
<td>15 s</td>
<td>3</td>
<td></td>
<td>S13</td>
</tr>
<tr>
<td>Rear Leg Push Kick</td>
<td>x 10</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S45</td>
</tr>
<tr>
<td>Lead Leg Push Kick</td>
<td>x 10</td>
<td>R</td>
<td>15 s</td>
<td>3</td>
<td></td>
<td>S31</td>
</tr>
<tr>
<td>Jab/Cross/Jab</td>
<td>x 5</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S17</td>
</tr>
<tr>
<td>4 Straight Punches</td>
<td>x 5</td>
<td>R</td>
<td>15 s</td>
<td>3</td>
<td></td>
<td>S11</td>
</tr>
<tr>
<td>Alternating Push Kick Drill</td>
<td>x 45 s</td>
<td>R</td>
<td>30 s</td>
<td>3</td>
<td></td>
<td>S4</td>
</tr>
<tr>
<td>Jab</td>
<td>x 3</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S12</td>
</tr>
<tr>
<td>Cross</td>
<td>x 3</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S7</td>
</tr>
<tr>
<td>Jab/Cross</td>
<td>x 3</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S13</td>
</tr>
<tr>
<td>Jab/Cross/Jab</td>
<td>x 3</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S17</td>
</tr>
<tr>
<td>Alternating Push Kick Drill</td>
<td>x 20 s</td>
<td>R</td>
<td>↓</td>
<td>3</td>
<td></td>
<td>S4</td>
</tr>
<tr>
<td>Punchout Drill (Straight Punches)</td>
<td>x 20 s</td>
<td>R</td>
<td>15 s</td>
<td>3</td>
<td></td>
<td>S42</td>
</tr>
<tr>
<td>Rest</td>
<td>x 2 m</td>
<td>-</td>
<td>-</td>
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</tr>
<tr>
<td>Shadowfighting</td>
<td>x 3 m</td>
<td>-</td>
<td>1 m</td>
<td>3</td>
<td>Option: Use Follow Along MP3 (Striking 1)</td>
<td></td>
</tr>
<tr>
<td>Rest</td>
<td>x 2 m</td>
<td>-</td>
<td>-</td>
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</tr>
<tr>
<td>Quick Feet Drill (broken down below)</td>
<td>Check out the Quick Feet Drill Video for to see this drill in action</td>
<td></td>
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</tr>
<tr>
<td>Sprint on the Spot</td>
<td>x 10 s</td>
<td>F</td>
<td>↓</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pushups</td>
<td>x 10</td>
<td>R</td>
<td>↓</td>
<td>1</td>
<td></td>
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<tr>
<td>Sprint on the Spot</td>
<td>x 10 s</td>
<td>F</td>
<td>↓</td>
<td>1</td>
<td></td>
<td></td>
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<tr>
<td>Jump Squats</td>
<td>x 10</td>
<td>R</td>
<td>↓</td>
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<tr>
<td>Sprint on the Spot</td>
<td>x 10 s</td>
<td>F</td>
<td>↓</td>
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<tr>
<td>Burpees (with jump)</td>
<td>x 10</td>
<td>R</td>
<td>↓</td>
<td>1</td>
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<tr>
<td>Sprint on the Spot</td>
<td>x 10 s</td>
<td>F</td>
<td>↓</td>
<td>1</td>
<td></td>
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</tr>
<tr>
<td>Elbow/Hand Pushups</td>
<td>x 10</td>
<td>R</td>
<td>↓</td>
<td>1</td>
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<tr>
<td>Sprint on the Spot</td>
<td>x 10 s</td>
<td>F</td>
<td>↓</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mountain Climbers</td>
<td>x 10 s</td>
<td>R</td>
<td>↓</td>
<td>1</td>
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<tr>
<td>Sprint on the Spot</td>
<td>x 10 s</td>
<td>F</td>
<td>↓</td>
<td>1</td>
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<tr>
<td>Jacknives</td>
<td>x 10</td>
<td>R</td>
<td>↓</td>
<td>1</td>
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</tr>
</tbody>
</table>
Lesson # 2

AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
Lesson # 3

AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
Lesson # 4

AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
Lesson # 5

AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
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MMA QUICKSTART PROGRAM
AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
Lesson # 16 (1 of 2)

AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
Lesson # 17

AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
AVAILABLE IN FULL
MMA QUICKSTART PROGRAM
AVAILABE IN FULL MMA QUICKSTART PROGRAM
MMA QUICKSTART

12 Week Training Calendar & Technique Self Assessment Worksheet (TSAW)
The 12-Week Training Calendar

I’ve created the MMA QuickStart program to introduce technique, drills and exercises in the most efficient way possible; In the exact same order that I would teach them to you if you were a student at my martial arts school. Most of the program’s workouts will take about an hour to complete depending on your training speed and familiarity with the workouts.

Adhere to the training calendar as much as possible and booking time to train three times per week is ideal. Make multiple copies of the 12 week training schedule --as you may want to do it all over again sometime in the future-- and be sure to use it to keep accurate records as to when you completed every workout. Also, designate which days in the upcoming week you’ll be training on as well as the specific workout number you’ll be doing, and then try not to miss a session.

If you wish to train more often than the schedule dictates that is fantastic; the best way to do so is to repeat the practice of one of your designated weekly sessions (ie. During week 2 you could repeat lesson 2, 3 or 4). This will solidify your understanding of the techniques presented and allow you to perform that repeated workout with more intensity, fluidness and focus since it’s will be your second, third or maybe even fourth time running through it depending on how often you are training.

If you are only able to train once or twice per week, that can work as well. Your progress may take a little slower and completing the entire training program will extend you beyond the 12 weeks. Be sure to create a schedule for yourself that is similar to the 12 week training calendar; performing each pair of workouts 2 times (ie. workouts 1 and 2 then workouts 3 and 4) before moving on to the next pair.

If you have the time to be able to train every single day, you’re a very lucky person and that’s awesome but take one day off to let your body and mind rest. I usually take Sundays off of training and find that when Monday comes around I’m re-energized and super excited about getting back at it. Overtraining will totally take the fun out it all and your progression will suffer dramatically because of it. Always have at least one day per week free of any training or working out.
### 12 Week Training Calendar

<table>
<thead>
<tr>
<th>Week</th>
<th>Lessons*</th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
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<td>1,2,1</td>
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<td>8,9,10</td>
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<td>7</td>
<td>9,10,11</td>
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<td>8</td>
<td>12,11,12</td>
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<td>9</td>
<td>13,14,13</td>
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<td>14,15,16</td>
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<td>11</td>
<td>15,16,17</td>
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<tr>
<td>12</td>
<td>18,17,18</td>
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</tbody>
</table>

*These are the lesson numbers for any given week. Do your best to fit them all in during the designated week and if you miss one, do it as soon as possible in order to get back on track. If possible try to space your lessons out evenly throughout the week.

Once you’ve completed a lesson mark down the lesson number in the box that corresponds with the current program week and weekday.

Note: If you would like to train more than 3 times a week, double up on one or more of the lessons from the current program week (or previous weeks but not those lessons ahead on the schedule) to further solidify your skills with the skills you’ve seen already.
Technique Self Assessment Worksheet (TSAW)

The techniques found in mixed martial arts are made up of many different details all of which need to be applied successfully for any technique to work to its fullest potential. It’s very tough to remember and apply every single detail when you are new to training in mixed martial arts.

That is why I’ve included the Technique Self Assessment Worksheet (TSAW) within this manual. It will give you a place to track your progress, jot down the important technical details that make up many different movements and enable you to single out the specific parts of each technique that you’ll need to focus on during upcoming workouts. When you’re not training you’ll be able to refer to the worksheet to help you visualize and prepare yourself for your next training sessions. Making the same mistakes over and over again in training will only build bad habits. Use the Technique Self Assessment Worksheet before, during and after your workouts to keep yourself on track, increase your retention of the training material and remind you of the things you need to focus on to move towards technical mastery.

Be sure to make many copies of the TSAW before starting the MMA QuickStart program.

The Worksheet is broken into four columns that you will need to fill out. Here’s a brief description on how to properly use each of them:

**Technique Name** – This one is pretty self explanatory. Write in the name of a technique found within the program. You may want to cover only the techniques that are part of an upcoming workout or you might fight it beneficial –if you have the time—to watch many of the technical instructional videos and start breaking each of them down onto paper using the worksheet. The worksheet is not limited to just techniques; If you’re having trouble remembering details from certain warm-up or conditioning exercises you can include those as well to increase your fluidity while executing each during your training sessions.

**Important Details** – This is the place where you must write down as many details as you can; everything you hear me say about a technique or see me demonstrate in the training videos should be jotted down for your quick reference in the future, anyplace, at anytime. You should also re-watch the training videos occasionally and recheck your notes because as you grow in skill you will notice new technical details that you didn’t see before. Those new details may or may not be already in your notes so it’s best to watch the training videos again ever so often.

**Details to Focus On** – Some technical details will be extremely easy for you to remember while recalling other ones will seem extremely challenging. For every mixed martial artist the ones that present a challenge will be different.

Use this section of the worksheet to jot down the parts of a technique that you are struggling to remember and apply during your training. Before you train, read over this section to keep those troublesome details fresh in your mind. Don’t be afraid to stop your training routine for a moment before performing a difficult or new technique, to take a quick glance at the TSAW. This will solidify the things you need to focus on to make quicker improvements to you MMA skill set.

As you master one detail, a different one may emerge as the troublesome one; Jot the new one down in this section and repeat the process. Soon every technical detail will be burned into your subconscious and that’s a great thing. You fighting skills will be on Autopilot!
Self Assessment of Skill (1-10) – As you progress though the MMA QuickStart training program you will notice dramatic improvements in your skill level. An important part of this growth is keeping an accurate assessment, made by you, of your competence at performing the many program techniques.

In this section of the TSAW, I want you to write a number between one and ten that corresponds with how skilled you believe you currently are at a certain technique: 10 = very high proficiency and 1 = very weak skill at a specific technique.

What are the criteria for your assessment?

I suggest taking a look at the important details of a technique and see how many of them you know off the top of your head and perform with little to no help from the videos or the TSAW. Also look at your speed, balance and comfort level while executing the specific technique you are assessing. In the beginning you should be sitting somewhere between one and four I’m guessing but over time the goal is to work towards that number ten!

After every completed lesson, if you feel you’ve made improvement regarding a specific technique, be sure to adjust your self assessment score accordingly. An honest self assessment will let you know precisely where you are currently at and let you know which techniques need your most attention during training. It will also help keep you motivated to work hard to improve your mixed martial arts skills.
<table>
<thead>
<tr>
<th>Technique Name</th>
<th>Important Details</th>
<th>Details to Focus On</th>
<th>Self Assessment of Skill (1-10)</th>
<th>10=excellent</th>
</tr>
</thead>
<tbody>
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</table>
Conclusion

Thank you for taking the time to work through and read this manual. I’ve spent years practicing, studying and teaching the techniques found within, and I know if you did your best in mastering even the tiniest of details, you’re now armed with great set of fundamental mixed martial arts techniques. It’s this foundation that will be the base for everything you learn in the future through continued online training or training in person at a local mixed martial arts school. If you have any questions about this manual, please don’t hesitate to contact me anytime through the mmaquickstart.com website.

Thanks again for choosing me as your online MMA Coach.

Train hard, train smart and most importantly have fun!

Your online MMA coach,

Jeff Joslin
About the Author

Jeff "The Inferno" Joslin is a martial artist in the truest sense of the term. Born and raised in Hamilton, Ontario, Canada, Jeff grew up engulfed in the martial arts. His father, Rick, a three-time Canadian karate champion, opened up the family academy back in 1967.

Starting his training at only five years of age, Joslin has developed tremendous depth in his martial arts skills. A black belt in both Karate (5th Degree) and Brazilian Jiu-Jitsu, Jeff has won over 200 first place titles in striking, Brazilian Jiu-Jitsu and submission wrestling competition spanning two decades. Jeff took gold at the Pan American BJJ championships -- the first Canadian in history to do so-- as a purple belt, is a Grappler's Quest U.S Nationals submission wrestling champion and won the Arnold/Gracie World BJJ Championships open weight division as a brown belt.

Jeff possesses a unique mixed martial arts striking style that blends the best of his extensive karate and kickboxing background with the strong boxing skill set he developed through many years of training with some of Canada’s best boxers and trainers.

In mixed martial arts competition, Jeff is the Apex fighting Welterweight World Champion. He has fought in the Ultimate Fighting Championship (UFC), TKO, Hardcore Championship fighting, and a number of other MMA events.

With over twenty years of coaching experience, Jeff has coached many amateur and professional fighters over the years. He was also the head coach for Spencer Fisher’s UFC 120 Training Camp and spent 6 weeks in Iowa getting Spencer ready for his fight in London, England: A fight that Spencer won by unanimous decision and earned him personal congratulations from both Dana White and UFC matchmaker Joe Silva.

Jeff currently co-hosts an MMA show, "In the Cage!", along with the morning show's Ben and Kerry, on Y108 Radio. The three of them talk about current MMA related events, upcoming fight cards and much more. Jeff, with his extensive background as both a coach and professional fighter, provides the listeners with a excitingly unique behind the scenes perspective on the rapidly growing sport of mixed martial arts.

As a professional commentator and Jeff has commentated numerous mixed martial arts events several of which have been broad casted on national television. He has also been a featured guest on TSN's popular television show "Off the Record" and has discussed, debated and explained the sport of mixed martial arts on many other television programs.

Jeff also runs www.jeffjoslinmma.com, a mixed martial arts website dedicated to helping others develop their MMA skill sets through online training videos, live video streaming, useful training tips and more.