



2nd Battalion, 29th Infantry Regiment



Realistic Combatives Training pt1

Pioneers! We Lead the Way!



AGENDA



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- Cover Pre-Fight Lecture
- Cover Post Fight Lecture
- Understand the Importance of Realistic Training



Pre-Fight



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- Why was Bruce Lee Famous?
- Why is Royce Gracie famous?
- Who Really Knew what to expect from UFC 1?



PRE-FIGHT



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- Bruce Lee was famous because he was a movie star.
- He was a great martial arts teacher and also the founder of Jeet Kune Do but he would not be a house hold name he was wasn't a movie star.
- For years in the U.S. we chose our Martial Art Icons by their entertainment value, not their actual fighting skill.
- IE. Steven Segal, Jean Claude VanDamm, Patrick Swayze, etc...



PRE-FIGHT



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- Compare the previous names to Helio Gracie, Royce Gracie, Randy Couture, Tito Ortiz, etc.....
- These Fighters are famous for fighting
- Helio Gracie began fighting at the age of 17. His first fight was against Antonio Portugal, a boxer, who he defeated in thirty seconds. At only 135lbs he remained the no holds bared fighting champion in Brazil for until he was 47 years old.
- During that time he only lost two fights. One to the twelve time open weight Judo champion of Japan Masahiko Kimura, and once to a former student of his named Waldemar Santana.
- The fight against Santana lasted three hours and forty minutes, Helio was 47 years old and in both losses he was out weighed by over 80 lbs.



PRE-FIGHT



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- In 1989 an article in Playboy magazine entitled “BAD” was published. This article told the story of Helio Gracie and also Issued a challenge to the World.
- Rorion Gracie the eldest son of Helio invited all challengers to fight against the Gracie family and their students. If they were defeated Rorion would pay them \$100k.
- From these challenge matches came the Gracie in action videos, from the videos came a promoter and with a promoter came the first UFC.



PRE-FIGHT



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- The idea behind the first few UFCs was to pit various martial arts against each other, with as few rules as possible, in order to see which arts were the most effective.
- Today as you watch the first UFC think about how many of the people involved had no idea what was going to happen when the fights started. Watch the fighters, referee, announcers, etc....



POST-FIGHT



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- Before the fight I asked you to decide for your selves how many of the people involved in UFC 1 had any idea what was going to happen.
- How many fighters had realistic training plans coming into the event?



POST-FIGHT



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- Royce Gracie obviously did.
- Gerard Depardieu had realistic standup but was lost on the ground.
- Ken Shamrock had realistic skills but they were geared towards Pancrase, there are no chokes allowed.
- When the bell rang and the fight started many of the fighters abandoned all of their trained skills and resorted to the universal fight plan



POST-FIGHT



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- The real lesson of of the early UFCs is not that ground grappling is a superior form of fighting, not that Royce Gracie is the baddest man on the planet, but simply that if you want to have realistic abilities, you must train realistically.



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