

Realistic Combatives Training Part 2

Pre-fight:

Yesterday we watched the first Ultimate Fighting Championship. The main lesson of which was that realistic training gives realistic results. Fighters who do not train realistically cannot expect their skills to hold up when it counts.

Today we are going to watch the second UFC. It happened a year after the first and the only significant differences are: the second UFC was a sixteen man tournament which means to win a fighter had to win four fights, and that they did a little better job of finding fighters from various martial arts to compete.

The best thing about the second UFC is that they had the fighters demonstrate a little about their martial art. Unfortunately the first round of fights is not on the video, which means that every one that we get to see fighting has already won their first fight, but remember as you are watching the demos, that the demonstrator is one of the fighters. As you watch the demonstrations, try to decide which look as if the training is realistic? The odds are that if the training doesn't look very realistic, they lost their first fight, and you will never see them again. Try to decide who you will see again.

Post-fight:

Before the fights, I asked you to watch the demos and decide which fighters you would see again. So what were you thinking when you saw the Karate guy break two boards at once in the air? Did you think that it looked like realistic training? Did you ever see him again? How about the Kung-Fu guy or the Pencak Silat guy? Did you think their training looked realistic? Were you surprised that they lost their first fights?

The really big question is how those guys thought that their training could have prepared them for fighting. If a room full of ordinary people can watch them training and instinctively know that it is not realistic, how can they fool themselves into thinking that it is? Martial arts training, even totally unrealistic martial arts training can be very seductive. It feels like you are learning how to fight.

Who was the better fighter, the Karate guy or the kick boxer? Remember in the fight between Johnny Rhodes, who was a kick boxer, and Fred Ettish, who was a fifth degree black belt in Shorinji Kempo, what happened the first time Fred Ettish was punched? He turned his head and tried to get away. It was apparent that in all of his martial arts training, no one had ever punched him in the face. Remember that he was a fifth degree black belt. How long do you suppose it took him to earn that? Ten or fifteen years are probably realistic. What kind of martial arts training can you do for fifteen years and never get hit in the face? Unrealistic training is the answer.

So, the lesson of the second UFC is the same as the first. Realistic training gives realistic results.