

Realistic Combatives Training Part 3

For the last two days we have been watching Royce Gracie easily crush the competition in the first two Ultimate Fighting Championships. The lesson that many drew from this were: A. that Royce was the toughest guy in history, and B. that ground fighting is the dominant form of fighting. Unfortunately these are not the real lessons to be learned from them. The real lesson is that realistic training gives realistic results. Royce trained realistically and therefore was able to easily defeat those with less realistic training.

Today we are going to take the next step on that lesson. The first fight we are going to watch is a sport Jiu-Jitsu match between Royce Gracie and Wallid Ismael. I don't want to spoil it for you, but Royce loses. Of course Wallid is a former world champion several times in Brazilian Jiu-Jitsu. After that we are going to watch Wallid fight in a Mixed Martial Arts contest. He doesn't do very well. The reason is that in the game of sport Jiu-Jitsu there is no striking. Wallid, in order to win the world championship, has concentrated his training on the game and is therefore unprepared for the fight. After that we are going to watch a fight between Aumery Batesch, who also was several times the world sportive jiu-jitsu champion, and Don Fry, who is a wrestler and Boxer. Once again the world champion is overwhelmed by the strikes he has failed to prepare himself for.

The lesson for us is that not only does training need to be realistic, but it must also be focused on the right goal. By focusing on sport Jiu-Jitsu, these fighters had left themselves unprepared for Mixed Martial Arts. In the same way we must stay focused on our goal of preparing for the battlefield.

That is not to say that sport competition is not good training. There is no-one fighting in MMA who hasn't spent a considerable time competing at some more restrictive form of competition, be it Jiu-Jitsu, wrestling or whatever. Also remember what we said about competitions being a tool to spread training throughout the Army. It is simply a warning that if winning the game ever becomes more important than preparing for combat, our system will be no different than wrestling or boxing or Judo, which all started out as combative systems and which got side tracked by the pursuit of victory in the game.