

MMA SPOTLIGHT



By Master John Burdyck

"Who ALWAYS tells it like it is"

I would like to thank all Martial Artists and friends who have called and E-Mailed me showing their support of me reporting on MMA. I will try to answer as many questions as I can and try to support as many promoters and competitors as I can with as much publicity as I can. One of the most frequently asked questions is:

How do I train to become an MMA fighter?

- #1-take kickboxing
- #2-take boxing
- #3-take grappling
- #4-take tai-chi or yoga

The reason I say take kickboxing first is, in my opinion, it is more difficult to learn how to kick than anything else. As a fighter, it is the only technique that you will have to do with one leg in the air. Remember, your legs are longer than your arms and kicks are harder to block than punches. Then, take boxing. A good trainer will teach you how to put your hands together with your feet, thus, showing you how to jab, throw a right or a left cross, an uppercut, straight right hand or left hand, and to throw hard and effective uppercuts. Then, go to a good Brazilian Jiu-Jitsu school to teach you grappling. If you happen to have a background in wrestling, that would really help you. Believe it or not, one of the final things that I learned to really help me as a fighter was when I took yoga. In your personal life and business life, you are constantly going to be under a certain amount of stress and anxiety. Unlike any other professions, there is a possibility that when you climb into that ring that you may not come out. Therefore, the more balanced that you are mentally, the more you will be prepared to win both in the ring and in life itself. I wish you good luck in your training and if you have any questions, please feel free to call or e-mail me. I am someone who prefers a live voice. This way I get a true feeling of who you are.

MMA passes in Pennsylvania

The first event that I know of will be held on Friday, June 26 in the beautiful Pocono Mountains. The event will be promoted by the World Karate Union. For more information, contact Trevor Tasetano @ 570-460-6953, or go to the worldkarateunion.com. I would strongly suggest that once you become a good professional fighter in a major MMA league, and I stress A Good fighter, that you try to sign with a good promotional company such as St. Pierre just

signed with CAA Sports, a division of Creative Artists Agency, a leading entertainment and sports group. Another good agency is Pro-Serve in Washington, D.C. Finally, the best agency is the agency founded by Mark H. McCormack called International Managment

Group or IMG with 37 offices in cities in nineteen countries. Sports Illustrated named Mark H. McCormack the most powerful man in sports. I would strongly suggest that you do NOT allow parents, family, friends, or personal trainer to manage your career. Personal feelings cloud professional judgement.

Things you should know before attending an MMA LIVE Event

This is the only sport that I know of that you should buy the cheap seats in the house. Buy the seats with the most elevation. NEVER, ever, buy floor seats! Imagine looking through a fence from 25 to 50 to 75 yards away with the competitors sometimes grappling on the floor or in the ring for many minutes...even if you could see through the fence, try seeing through it when the action gets heated and 50, 100, or maybe even 200 people stand up in front of you! Write me and tell me how enjoyable that is AFTER you've paid up to several hundred dollars for your seat! The only way you will enjoy yourself from a floor seat is to look up at the JumboTron. That's only if they're working. I recently attended a major MMA event in Daytona Beach the night before the Daytona 500 and the major JumboTron on the one side wasn't working. I thought there was going to be a riot! The gentlemen had a great turnout, but the sad thing was that it reminded me of sport karate tournaments because the event started two (2) hours late. The higher elevation seats could look down upon the ring without any distraction from the cage. So, if you plan to attend an event and sit at those "great ringside seats" of which you can't see, and whether the JumboTron is working or not, you may as well stay home and have your friends and family split costs of the ever-faithful pay-per-view and you will save about fifty dollars on your food and beverage of your choice. In Major MMA television news, Scott Coker, owner of the league Strike Force, has signed a six (6) fight deal with ShowTime this fall. If the events receive good ratings, CBS is going to pick them up.

If you have any news or notes about "MMA" in the future please contact me:

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