

MIXED MARTIAL ARTS

Sogo MMA - Introduction and Overview

What is MMA?

Mixed martial arts (MMA) is a full contact combat sport that allows the use of both striking and grappling techniques, both standing and on the ground, from a variety of other combat sports. The roots of modern mixed martial arts can be traced back to the ancient Olympics in the sport of Pankration. Various mixed style contests took place throughout Europe, Japan and the Pacific Rim during the early 1900s. The combat sport of "vale tudo" (anything goes) that had developed in Brazil from the 1920s was brought to the United States by the Gracie family in 1993 with the founding of the Ultimate Fighting Championship (UFC).

The more dangerous vale-tudo-style bouts of the early UFCs were made safer with the implementation of additional rules, leading to the popular regulated form of MMA seen today. Originally promoted as a competition with the intention of finding the most effective martial arts for real unarmed combat situations, competitors were pitted against one another with minimal rules. Later, fighters employed multiple martial arts into their style while promoters adopted additional rules aimed at increasing safety for competitors and to promote mainstream acceptance of the sport.

Lead by the modern version of MMA the UFC (owned by Zuffa) is now the fastest growing spectator sport and the fastest growing combat sport in the world. With names like Chuck Liddell, Tito Ortiz, Anderson Silva and Georges St. Pierre becoming household names the sport of MMA continues to grow and receive acceptance by the general public.



The man who became legend after UFC 1 to 5,
Royce Gracie

What is Sogo MMA?

Sogo MMA is the culmination and continued exploration by head coach Rob McIntyre who has trained with the best MMA, BJJ, Thaiboxing and wrestling coaches from around the world. Sogo MMA has a one of kind training and teaching curriculum developed by Rob McIntyre that allows students to learn all of the latest authentic MMA skills and develop the MMA conditioning without ever having to compete. While students who do wish to compete have a strong foundation in the skills needed to step it up to the next level of training. Sogo MMA has something for everyone interested in the awesome sport of MMA.



Coach Rob McIntyre with Pro MMA champion
Ryan "Bones" Lambert

Sogo Stables Founder and Head Coach Rob McIntyre:

FOUNDER & 4th Degree Black Belt in Sogo MMA

BJC MUAY THAI - 5th Degree White-Red Singlet "Khru" 20 years training/16 years teaching

Zen Do Kai - 4th Dan Black Belt "Renshi" - 24 years training/16 years teaching

Brazilian Jiu Jitsu - 4th Degree Blue Belt - 7 years training

BJMA Arnis-Eskrima-Kali - 1st Degree Black Belt - 17 years training

BJMA Progressive Krav Maga - 1st Degree Black Belt

What you will learn when you join SOGO MMA:

You will learn authentic MMA skills in all ranges - Stand up, Clinch and Ground. The Sogo curriculum will teach you strikes and defences, clinch controls, takedowns, dirty boxing and knees, ground fighting, submissions and ground and pound. Along with fitness and body conditioning Sogo MMA is a great work out to lose weight and get in great shape.

A Typical SOGO MMA Class Will Look Like: A thorough warm up routine that relates to the topics drilled in the upcoming class (stand up, clinch or ground) as well as strength and fitness exercises. You will then work on learning or developing a particular skill with your partner before increasing the tempo with live partner drills. We always finish a session with sparring or sparring drills.

Fully Graded and Certified the Sogo MMA System Looks Like:

White Belt - 1st White - 2nd White - Yellow Belt = 9 months, Yellow Belt - 1st Yellow - 2nd Yellow - Orange Belt = 9 months, Orange Belt - 1st Orange - 2nd Orange - Blue Belt = 9 months, Blue Belt - 1st Blue - 2nd Blue - Green Belt = 9 months, Green Belt - 1st Green - 2nd Green - Brown Belt = 9 months, Brown Belt - 1st Brown - 2nd Brown - Probationary Black Belt = 9 months, Probationary Black Belt to 1st Degree Black Belt = 6 months, 1st Degree to 2nd Degree Black = 1 year, 2nd Degree to 3rd Degree = 2 years and so on.

Becoming a **Black Belt in Sogo MMA** will take time, hard work and commitment but the lifelong benefits from training will change your life.

Features of Sogo MMA	Benefits to YOU
Sogo Coaches trained in Thailand and around the world	You can train in any club in the country or even in the USA confident that you have authentic skills
Fully Structured, in Depth Curriculum and Lesson Plans	You will learn quickly and improve rapidly towards black belt and beyond
Fighter Style Workout and Training Methods	You will be get fitter, lose weight and feel better and never have to fight - but if you want to, you will have the skill base to do it
Structured Martial Arts Style Grading Structure	You can train like a fighter, move like a fighter, set goals like a fighter, feel like a fighter without ever actually fighting

Quick "GET STARTED IN SOGO MMA" Guide:

Trial Membership: Beginners Welcome! For only \$35 you can train at GMAA for a full 2 weeks (including other classes if you wish). This gives you the chance to try SOGO MMA over at least 4 classes to get a good idea of what you will learn and the people you will be training with. After this, all going well we will invite you to join and discuss ongoing training fees at our Academy.

NOTE: MEMBERSHIP AT OUR SCHOOL IS NOT AUTOMATIC.

What to Bring: Yourself (and a having a friend to train with is always more fun), water and a good attitude. To begin your training in BJC Muay Thai you simply to need to wear something comfortable that you are happy to work out and sweat in. If you are invited to join, all equipment requirements will be available from our pro shop and discussed with you at the same time as membership.

Times: Your SOGO MMA classes are held on **Mondays and Wednesdays from 7.00 to 8.30pm**. You need to be EARLY (about 10 minutes is fine) as it is considered rude and undisciplined to turn up late.

Frequently Asked Questions:

How Long Does It Take To Get a Black Belt: As you can see above, it should take a minimum 4.5 years to reach Black Belt in Sogo MMA. Some people take longer, others who train daily (like fighters) can take less.

Do I have to spar in SOGO MMA? Is it full contact? You will definitely spar in your MMA lessons in every class and in many different ways (boxing, kickboxing, Muay Thai, clinching, dirty boxing, takedowns, submission grappling, ground fighting and full MMA rules sparring. All sparring is contact but it is ALWAYS safe contact using the best protective equipment and suitable to the level of the student and we strive to always make it FUN.

Do I have to compete? No, while MMA is definitely a "combat sport" the beauty of the SOGO MMA curriculum is that you will train like a fighter, learn all the techniques of a fighter, lose weight and get super fit like a fighter - but you NEVER HAVE TO FIGHT. We have extremely experienced and successful competition coaches so if you decide to compete, you will be in good hands.



Sogo MMA Internet Resources:

<https://www.facebook.com/pages/BJC-Muay-Thai/>

www.facebook.com/GladstoneMartialArtsAcademy

www.youtube.com/user/RobMcIntyre