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The Truth About MMA (Mixed Martial Arts)

The world of mixed martial arts stands out as an intriguing contradiction in a society full of misinformation and prejudiced opinions. It defies preconceptions and promotes qualities that go beyond its violent image. The extreme physicality and seeming anger shown in the cage may lead some critics of mixed martial arts to view the sport as cruel and needlessly harsh, yet it makes sense. The strategic and disciplined components that competitors and enthusiasts stress can sometimes be overshadowed by the competition's visceral character, which is frequently emphasized in media coverage. Understanding the visually engaging and competitive aspects that grab attention is essential to understanding why some people may have a negative opinion of the sport.

Many people regard mixed martial arts as a barbaric show in which competitors recklessly beat each other up without using any discernible plan or intelligence. Critics claim that it celebrates violence and fosters a culture that is more violent. My own experience in mixed martial arts has decisively shown that this idea is untrue. I anticipated utter mayhem and savagery when I first stepped inside a mixed martial arts gym. To my amazement, I came into a group of determined athletes who were all committed to learning a challenging and strategic sport. mixed martial arts require careful preparation, precise technique, and mental toughness. Fighters do not get into pointless fights; instead, they plan, research their foes, and quickly

modify their strategies. My experiences in mixed martial arts have taught me that it is an intellectually and physically challenging discipline rather than just mindless brutality. My first mixed martial arts lesson was an anxious experience. I went with anxiety, expecting a gladiatorial setting. But what I really found was a varied collection of people from different origins who were all striving for personal development and education. Our trainer emphasized the need for good form, self-control, and consideration for our other trainees. I learned from watching experienced fighters spar that every punch, kick, and attempt at a submission was the result of hours of preparation and planning. This first-hand encounter dispelled the idea of senseless violence and shed light on the intellectual components of mixed martial arts. People sometimes characterize mixed martial arts athletes as naturally violent people who have a penchant for violence outside the field of combat. They believe that these athletes are easily agitated and uncontrollable.

I have met fighters in the mixed martial arts community who are the definition of restraint, civility, and discipline. A great level of mental and emotional discipline is required for mixed martial arts training. Fighters place a high value on self-discipline and understanding the effects of their actions both inside and outside of the gym. The value of humility is one of the most important lessons mixed martial arts has taught me. I experienced a string of disappointments at the beginning of my training that discouraged and frustrated me. I sought advice from my instructors and training partners instead of acting aggressively. During one of my most difficult sparring sessions in the early phases of my mixed martial arts training, something significant happened. I was having trouble executing techniques correctly and was having seemingly insurmountable setbacks, which made me feel frustrated and self-conscious. I

can still clearly recall asking my experienced instructors and training partners for advice rather than giving in to the desire to harm. There is one event that comes to mind: I approached my instructor, a seasoned fighter with a composed manner, after making several failed efforts. Instead of brushing off my difficulties, he took the time to explain the subtleties of the methods, providing advice on how to make improvements and highlighting the need for persistence. This decision to seek advice rather than responding angrily not only signaled a turning point in my training but also established a way of thinking that is based on humility, resiliency, and a dedication to lifelong learning. My life outside of the gym has been significantly impacted by this humility lesson, which has taught me the value of perseverance and ongoing self-improvement.

Mixed martial arts actively promote moral values and benefits society, in contrast to detractors' worries that it encourages violence. Apart from offering a controlled outlet for pent-up energy, the sport also supports charitable causes, including underprivileged kids and PTSD-affected veterans. They contend that the activity promotes violence and numbs the public to its repercussions. mixed martial arts promote moral principles like restraint, politeness, and sportsmanship. It helps people to direct their energy toward a beneficial and regulated release. Fans and competitors alike recognize the commitment, effort, and sacrifice needed to succeed in this difficult sport. The mixed martial arts community routinely participates in humanitarian endeavors outside of the cage, demonstrating its dedication to having a good influence on society. Fighters frequently plan fundraising activities to benefit a variety of charities, such as helping disadvantaged kids or helping veterans deal with PTSD. These initiatives demonstrate the sport's commitment to give back and dispel the myth that mixed martial arts encourages violence.

My experience shows that training mixed martial arts does not promote violence in daily life, unlike what the uninformed reader might believe. Beyond the gym, the perseverance, discipline, and respect that the sport instills have an impact on my work as a bartender. This mental toughness helps me to stay calm and handle confrontations with angry and inebriated people. The principles that mixed martial arts instills—discipline, respect, and perseverance—have a positive impact on every facet of life. The mental toughness acquired in mixed martial arts leads to increased resilience and the capacity to deal with difficulties in daily life. I have undergone a shift because of my mixed martial arts career that goes well beyond the gym. I have carried over the discipline I developed in the sport into both my personal and professional lives. MMA has taught me that discipline is doing things you do not want to do like you love doing it. I have learned to maintain my composure, think through issues, and produce useful answers rather than acting aggressively when faced with difficulties. As a bartender, I sometimes deal with people who are very intoxicated and aggressive. Having the confidence that I would be adequate in a fight helps me maintain a calm composure. When dealing with aggressive people. When a drunk guy is trying to pick a fight, I usually just tell them that they are not that guy. Participating in MMA makes me realize that I do not want to be in a fight, so that also helps me remain calm and do whatever is necessary not to fight. I have become a calmer and more balanced person thanks to mixed martial arts, dispelling the myth that it encourages a violent way of life.

Despite critics' claims of an isolated and hostile culture, my experiences at the mixed martial arts gym point to a welcoming, supportive, and compassionate one. Coaches and training partners encourage camaraderie regardless of the social backgrounds of their participants by offering ongoing guidance and support. They might also show how inclusive the sport is, defying the idea that it's an exclusive environment. Contrary to widespread belief, I have discovered the

mixed martial arts community to be kind, accepting, and encouraging. Although training partners and teachers come from a variety of social backgrounds, the gym fosters a sense of camaraderie that cuts across social divides. I was pleasantly impressed by the friendliness and inclusion of the group when I joined a mixed martial arts gym. Despite their talents, seasoned fighters were personable and ready to impart their wisdom. Everyone felt respected and welcomed since coaches and other trainees continuously provided advice and encouragement. This sense of belonging contradicted the perception of mixed martial arts as an exclusive and hostile environment.

Mixed martial arts are a multidimensional sport that defies widespread stereotypes, to sum up. It is a deliberate and calculated action rather than senseless violence. mixed martial arts competitors demonstrate restraint, politeness, and humility rather than being fundamentally violent and aggressive. The sport promotes virtues that can benefit society rather than cultivating a culture of brutality. My own mixed martial arts experiences have highlighted these priceless lessons, and I kindly ask the collegiate community to view this sport from a wider angle. My belief is that by comprehending the actual nature of mixed martial arts and the principles it represents, we may dispel misconceptions and see the sport for what it truly is—a platform for personal development, resiliency, social interaction, and the demolition of stereotypes. Like any other sport, mixed martial arts can lead to good transformation and personal growth, and it should be regarded as such. So, as the misconceptions surrounding mixed martial arts are exposed, what emerges is not just a sport but a life-changing experience that challenges preconceptions, develops character, and demonstrates that the real battle is not inside the octagon but rather against the myths that surround this complex discipline.