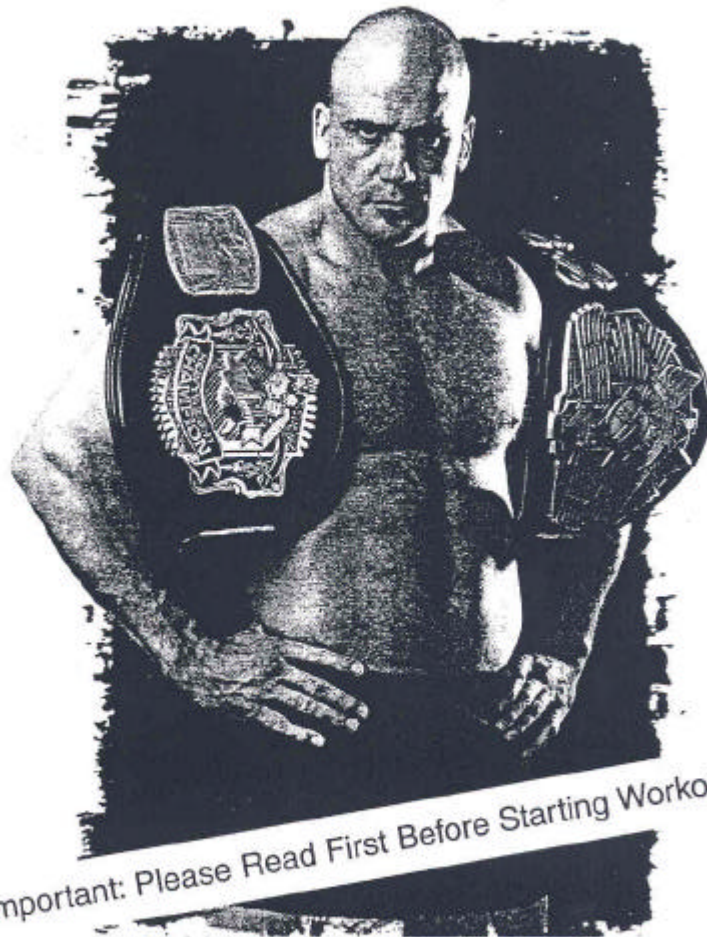


*Bas  
Rutten's*



Important: Please Read First Before Starting Workout

*Mixed Martial Arts  
Workout Book*



**Welcome to the**  
*Bas Rutten*  
**Mixed Martial Arts Workout!**

Welcome to the Bas Rutten Mixed Martial Arts Workout!

Boy, are you going to love this, or wait a minute, maybe not. Either way, if you do the workout you will get in perfect shape!

The whole idea actually started because I was sick of jumping rope and I wanted a different warm up - a real warm up that would make me tired and was useful to me for my fighting. I came up with the idea of putting my own voice on a tape that was telling me what to do. When I did this warm up tape a few times, I discovered that I really liked it and from that moment on I started to rewind the tape a couple of times and made it a workout.

The 1st tape that I had was only punching and kicking and had only three rounds of two minutes on it. Then I started to think about it and soon I added more combinations, sprawling, sticking the legs out on the ground and even push-ups to it. (I demonstrate this on the video tape that goes together with this workout). I also made a boxing tape and those two tapes were it!

The tapes became perfect for me for when I had no training partner or when I didn't want to go out and train in a gym, but still wanted to have a good work - out. Also a thing that I always used to do in my attic was to combine power exercises with shadow boxing. This way I became not only stronger but my stamina would improve too. PLUS, this is how it goes in a real MMA fight.

There is not only striking and wrestling, everything is COMBINED! Normally, I would do this with a timer next to me, but now I specially made a tape from it too so that everybody who does the tape doesn't have to pay attention to the time and can concentrate 100% on the workout.

Every time a fighter comes to train with me, I introduce him to the warm up and trainings tape. They all always freak out and say that it is the best thing they have ever done, and all of them ask me for a copy of the workout. I am not talking about just "some" fighters either. No, I am talking about: Marco Ruas, Pedro Rizzo, Peter Aerts, Mark Kerr, Tedd Williams, Ian Freeman, Duane Ludwig, Amir Rahnvardi and all the other fighters that come to train at the Beverly Hills Jiu Jitsu Club from allover the world.

The new tapes that I made a far more advanced then the old ones that we use to train on and since that I am retired from fighting, I thought that it was time to introduce this workout to the rest of the Martial Arts community!

I am sure that you are going to love them because it is not "just a workout."

These tapes will do a lot for you!

They will improve your stamina and power.

They will improve your speed.

They will improve your reflexes.

They will improve your coordination between hearing and performing.

However, don't think that they will make you a good fighter because they won't. You **NEED** to spar with sparring partners for that. But, for everything else they are perfect!

**I will explain a little bit how and when to use them.**

Use the tapes whenever you train whether you are by yourself or with a partner. You can use them in the gym, in your house, in your office or even in the woods, as long as you have a tape deck close by. Which tape you use is up to you. **I highly recommend the "all round fighting tape" for EVERY Martial Artist, Boxer, Thai boxer, Karateka, Wrestler, Jiu Jitsu Ka, Judo Ka, Mixed Martial Artist etc., all the Martial Artists who need stamina, can use this tape.**

Boxers will often ask me: "why do I need to use the "all-round fighting tape?" I don't need to defend myself from a takedown." Or, they say, "I don't need the other exercises on that tape" Well, I'll tell you why- because these exercises will break your breathing rhythm and because of that, you will get tired. If you only box you will not get tired that fast, but, if you are sparring and your opponent does things that you don't expect, throwing fast combinations out of nowhere, he let's you trip, maybe throws you (even when it is illegal) or hangs on your neck all the time, **THAT** will break your breathing rhythm and **THAT** will make you tired. So it is always good to be prepared for that. I once had a marathon runner in my Thai boxing class and when we started to do some sparring he got tired real fast. Everybody thought how is that possible? It is possible because of the same reason that I just explained to you, his breathing rhythm is totally different from what he is used to. Also, they are the best for the last, let's say, 10 days before a fight, because you don't want to get injured anymore in sparring but you still want to have a great workout.

With **every** training that I do, Thai boxing, ground fighting, boxing or a MMA sparring session, I use three rounds of the "all round fighting tape" as a warm up. Also, many times after I have finished my sparring I do three more rounds of the Boxing tape to complete my training.

If you don't feel like going to the gym to do weights, but still want a **VERY** good body and stamina workout, use the "All round workout" tape. You can do it in your room, the living room, garden, garage, in the woods, again, where ever you have a tape deck or boom box available you can have a great workout.

Today you don't feel like kicking? Use the boxing tape. Or you have a wrist injury so you can still punch in the air but not sprawl? Use the Thai boxing tape! AND, of course, you can use either one of them if you have a cut some where on your head from sparring and it needs time to heal. I know all this because as a Pro-fighter I have been in these situations **MANY** times!! So, go with the flow and use them whenever you feel like it.

You can also do the Thai Boxing routine on the Thai Pads or bag, after your sparring session (this is what I use to do) and if you can do that routine (with 100% power) and finish all 7 rounds of three minutes on side B of the "Thai boxing" tape, **well Sir, you are ready for your fight!!** Don't do this routine (after the sparring) too many times a week because that will be too much and you will break down. Do it like 4 times a week because your body needs time to recover.

**I have provided you with an example of how to build up your way to a fight later in these materials.**

I made these tapes for Martial Artists that compete. Because of that, this workout is going to take some time to get used to and is very intense!! Take your time. **Start with the boxing tape**, because if you know that one, you pretty much know all the other tapes.

It moves pretty fast so I suggest that you **leave a few combo's out** in the beginning. Like this, **do the 1st combo** but **skip the 2nd**, then **take the 3<sup>rd</sup> one** again and **skip the 4th, etc.** This way you will get used to the speed. Once you can do this easily, you will only have to leave a combo out every once and a while, then after some time, which is different for everybody, you can do the whole tape without leaving out any combinations. And that is where you are really going to love it.

I think it is smart to start with the 2 minutes side (side A) and from there work your way up to the 3 minutes side (side B). If you are doing the Thai Boxing tape and it is going to fast for you, use knees instead of kicks. When you are used to the speed, you can start kicking if you like.

**AND, I cannot tell you enough!!!!** Use them as a warm up. **Every time** that I train I use three rounds of the "All-round fighting tape" as a warmup. First I **warm up a little bit and stretch** and THEN I do the three rounds. I am telling you, **"This beats jumping rope!!"** And at the end of the training I always complete my workout with three rounds of the "Boxing tape." While doing these rounds I concentrate on my back foot. I make sure that that foot is connected to the ground at all times when I am punching. I also move forward and backward while doing this tape. This lets you concentrate a little bit more on your hands, which is ALWAYS good!!

Now an example of how you can use them in your training:

**If you have a striking session, let's say Thai boxing, and you have this workout 4 times a week (Monday, Tuesday, Thursday and Friday, which I think is perfect) and, lets say that you are six weeks away from your fight.**

Do three rounds of the "all round fighting" tape as a warm up. Stretch some more and start sparring. After your sparring session, take a five minute break, and put some punching gloves on (heavy ones if you have the choice).

Then start with 3 rounds of side "A" of the "Thai-boxing tape" doing them on the **Thai pads**. You can do the rounds also on the bag, but if you have a partner, the Thai pads are always better because then your partner can push you.

**Do everything that you do 100%.**

Now you are going to do the same thing every time that you have this **Thai boxing** workout only you are going to increase the rounds on the Thai pads PLUS you are going from the 2 minute rounds on side "A" to the **3 minute rounds** on side "B." I'll give you an **example**:

Everything I have written down below is for **AFTER** you have sparred for about 10 rounds of 3 minutes. I use to spar 8 rounds of 5 minutes, but do whatever you like as long as you spar at least 40 minutes (including the one minute rest between the rounds). Then, do the Thai pads.

So the rounds I have written below are the **Thai pads rounds!**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Friday</b>
<b>1st week</b>	3 rounds of 2 minutes	3 rounds of 2 minutes	4 rounds of 2 minutes	4 rounds of 2 minutes
<b>2<sup>nd</sup> week</b>	4 rounds of 2 minutes	5 rounds of 2 minutes	5 rounds of 2 minutes	6 rounds of 2 minutes
<b>3<sup>rd</sup> week</b>	6 rounds of 2 minutes	6 rounds of 2 minutes	5 rounds of 2 minutes PLUS 1 round of 3 minutes	5 rounds of 2 minutes PLUS 1 rounds of 3 minutes
<b>4<sup>th</sup> week</b>	4 rounds of 2 minutes PLUS 3 rounds of 2 minutes	4 rounds of 2 minutes PLUS 3 rounds of 2 minutes	4 rounds of 2 minutes PLUS 2 rounds of 3 minutes	3 rounds of 2 minutes PLUS 3 rounds of 3 minutes
<b>5<sup>th</sup> week</b>	3 rounds of 2 minutes PLUS 3 rounds of 3 minutes	2 rounds of 2 minutes PLUS 4 rounds of 3 minutes	1 round of 2 minutes PLUS 5 rounds of 3 minutes	1 rounds of 2 minutes PLUS 5 rounds of 3 minutes
<b>6<sup>th</sup> week</b>	All 4 Workouts, 6 rounds of 3 minutes!			

Also something VERY important to tell you is that you don't have to start rewinding and fast forwarding the tape because you have to jump from 2 minute rounds to 3 minute rounds. NO, Just do it like this:

If you jump from the 6 rounds of 2 minutes, to the 5 rounds of 2 minutes PLUS 1 round of three minutes (see week 3 of the chart, the 2nd and 3rd days), your partner, the one who is holding the Thai pads for you, should make his own combinations the last round of three minutes. At the moment you get "3 rounds of 2 minutes PLUS 3 rounds of 3 minutes"(like the last workout in week 4), I would let him make up the **first** 3 rounds of 2 minutes and **then** use the tape for the last 3 rounds of 3 minutes.

If you have **more** time then 6 weeks before the fight then do pretty much the same thing but build it up slower. NEVER do the 6 rounds from day one, because your body will stop building itself. You will actually get weaker. You have to build slowly up to 6 rounds and this way you will never OVERTRAIN yourself!

If you keep training and you stay in shape, of course you don't have to start with three rounds of three minutes. This schedule is for somebody who is in normal shape and who hasn't fought for a while. Not for someone who is already at about 70% or greater of their fighting shape.

AND, of course you can do this workout also after a grappling or wrestling sparring session. It doesn't have to be after a Thai boxing session.

If you go to your fight and you have completed this workout schedule, you will have NO stamina problems in the fight!!

I thought that it would be good if I would write down the combo's and things that we have on the four different tapes. This way you can go over them in your mind. Also a very smart thing to do is to play the cassette in your car, so that you can visualize them (I mean the boxing combo's with this). **This will help you a lot in the workout!**

**BOXING COMBO'S ON THE "BOXING TAPE"**  
**Most important is that you punch all your punches**  
**at one spot, so not all over the place.**  
**Visualize an opponents jaw, and hit THAT!**

The command's are:

"1" (left straight)

"2" (left straight plus right straight)

"3" (same as 2 plus left hook)

"4" (same as 3 plus right straight)

"Three hooks" (start with left)

"Three hooks -right uppercut"

"Left hook -right straight"

"Right straight -left hook"

"Right uppercut -left hook"

"Right uppercut -left hook -right straight"

"Left hook -right uppercut!"

"Left hook -right uppercut -left hook"

"Liver shot" (left hook to the body)

"Right straight to the body"

"Right straight to the body -left hook"

"Right straight -liver shot"

"Right straight -liver shot -left hook"

"Liver shot -right straight, liver shot -right straight -left hook"

"Jab" (same as 1)



"Jab plus a left hook" OR I say: "1 plus a left hook"

"Jab plus a left hook -right straight"

"2 plus a right straight", "2 plus a right straight -left hook"

"3 plus a left hook", "3 plus a left hook -right straight"

"4 plus a right straight", "4 plus a right straight -left hook"

"Ten right straight", "ten left hooks"

"2 and a 3", "3 and a 4"

"Double left hook -right straight"

"Double right straight -left hook"

"Right uppercut -right straight"

"Right uppercut -right straight -left hook"

### **THINGS TO EXPECT ON THE "THAI BOXING" TAPE**

The same Boxing combo's as on the "Boxing tape", only now you **add an opposite knee or kick** (which one is your choice). A few examples:

If I say "1" then you do: left straight **PLUS** a right knee or kick

If I say "2" then you do: left plus right straight **PLUS** a left knee or kick

If I say "3" then you do: left plus right straight plus left hook **PLUS** a right knee or kick etc.

Also you can hear on this tape:

"Ten left knees"

"Ten right knees"

"Left knee -right straight" (**don't forget** the left knee after the right straight)

"Left knee -right straight -left hook" (again, plus a right knee)

## **THINGS TO EXPECT ON THE "AII-ROUND FIGHTING" TAPE**

The same combo's as on the "Thai boxing tape" plus:

"Defense" = (sprawl)

"Defense and stay down" (stay on the ball of your feet and your hands and stick your right leg out when I shout "Right" and left when I shout "Left".

"Push-ups" (keep your elbows close to your body when you make them)

## **THINGS TO EXPECT ON THE "AII-ROUND WORKOUT" TAPE**

The same things as on the "All-round fighting" tape plus:

Neck training (rollover back of the head)

Abs (abs exercise that you like)

Jumping squats

Lunges (single leg squats)

Jump with your knees to your chest

Push up stand, knees to the chest, one on one.

Biceps (if you have a biceps weight you do biceps, otherwise train the neck)

Note: Make sure that you have the weights close by BEFORE you start the tape.

On side "B": When you kick the bag or kicking shield for 1 minute, do it left, right, left, right etc. and full power!

When you have **NO** bag or kicking shield, you do 10 right knees, 10 left knees, 10 right knees etc. for 1 minute.

Also on side "B", if you have a partner, you can grapple with each other instead of doing the power exercises for 2 minutes.

### **Important things to remember.**

**I wrote some things down from what I think is important and needs attention in the fighting game. Use it, it will help you!  
Some things I already said, but I wrote them down again because they are so important.**

If you are not **really** tired, you can keep shadow boxing in the break.

Think about your **back foot**,. The ball of your foot, it needs to be connected to the floor at the moment of impact! Power comes from the floor!

Remember also to punch with your whole body, not just your arms. Twist your upper body to the left when you punch with right, and to the right if you punch with the left. Be aware of this the whole time.

If you are jabbing, try to also make these punches also KO punches., So twist your body!

Make sure that your elbows stay close to your body with the straight punches. DON'T have them up in the air,. Leave them down, pointing to the floor.

When you make a hook, make sure that your elbow stays in the same line as your fist, or a little lower, (which is what 1 like,) a little lower, but NEVER higher!

If you think about the rhythm of the combination, the combination will get better and faster (I explain this on the videotape)

If you feel that you can do a lot more, because so you are not getting tired from this anymore (normally only with the shadow box routines) you can start with adding punches to the combo's that 1 shout. Like dubble for example: double up on the last punch every time. So For instance, when 1 shout "4" you make a 4 with an extra RS,. When I shout "3", you make a 3 with an extra LH. OR, on the Thai Boxing tape you double up on the knees or kicks, you can also add a punch after a kick or knee. I like to do this on the THAI BOXING or ALL-ROUND FIGHTING tape, after a left knee I add a **right straight-left hook** and after a right knee I add a **left hook-right straight**.

If that is not making you tired anymore, use 30 seconds from your 1-minute rest period with jumping up with your knees to your chest, or sprawling.

If you think that a 30 minute workout is too short. This is what you can do.

Example: start with the BOXING tape and make sure that you have the THAI BOXING and ALL-ROUND FIGHTING tape ready. Then play them one after another. Which side you use is up to you. You can make it as long as you want! And of course, you can change the order of the tapes.

Or what about this? As a warm up use three rounds of three minutes from the THAI BOXING tape, then do side "B" of the ALL-ROUND FIGHTING tape and finish of with three rounds of three minutes from the BOXING tape.

### **KEEP YOUR HANDS UP!!!**

Run the combo's that you have on paper in your mind OR use the tapes in your car and run the combo's like that in your mind. This will help you a lot in the workout. Visualize See yourself doing them!

Do Push ups the right way, -elbows inside.

Jumping squats, just bend the legs and jump up.

Lunges, the one leg jumping squats.

Sprawl; make sure that you bring your hips down.

Neck training, use a towel to put under your head, when you are working out on a hard floor.

Biceps, exercise with weights OR when you don't have weights, pull-ups (if you can do that). OTHERWISE do the neck training instead stat.

Jump with the knees to the chest.

Push up stand and then knees to the chest, one on one. Every time one knee is at your chest, bring your head up.

If you can't keep up with the speed, just leave a combo out every now and then a combo out. **Don't worry, you will get it later!!** You will see that I also make a few mistakes on the videotape; the reason that I left these mistakes on the tape was, so that you can see how I handle it.

If you have to do knees on the bag, like "ten Right knees," choose a spot on the bag where your knees don't hurt (if you do it too high on the bag, your knee-cap moves around and I think that's not good). It's just an **exercise**, don't get injured!! It's also a little slower than doing it in the air so you might not finish all ten of them. Again, that's no problem!

ONE MORE TIME: If you are going to do another training, like sparring Boxing or Thai Boxing or you are going to roll around, three rounds of the all round fighting tape will be a perfect, strong warming up. Make sure that you are already warmed up and stretched a little bit before you do it!

If you do the boxing tape, and you do it shadow boxing, don't stay on one spot, move forward, backward, to the side, etc. Keep moving around; use the space that you have!

I have students who bring the tapes when they have to compete and use them as a warm up before they go out to the ring and fight.

Good luck with the workout!

Best wishes,

