

Ultimate Mma Training Manual

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Check out this bizarre training session between former UFC fighter Diego Sanchez and controversial MMA coach Joshua Fabia.

Video: Joshua Fabia strangely hits Diego Sanchez in leaked training session

Further proof of this is a training video featuring Fabia and Sanchez, which surfaced Friday, and let's just say it is bizarre as hell. Take a look at these screen shots before you watch: Sanchez was ...

You have to see this bizarre Diego Sanchez-Joshua Fabia training video to believe it

The UFC has outlined its first official concussion protocol as part of a 484-page study that used data collected between 2017 and 2019.

UFC outlines its first official concussion protocol as part of 484-page MMA study

BEN ASKREN told former training partner Belal Muhammad he would lose to Jake Paul BEFORE their fight if the YouTuber 'had any boxing ability'. Askren, who was two years retired, agreed ...

Ex-UFC star Ben Askren told sparring partner he would lose to Jake Paul BEFORE fight if rival 'had any boxing ability'

Conor McGregor has aimed at Diego Sanchez's coach Joshua Fabia and put forth a series of statements against Fabia's high-risk training techniques. MMA megastar and UFC icon Conor McGregor has taken to ...

Conor McGregor blasts Diego Sanchez's coach Joshua Fabia, breaks down their upside-down body hardening training

Conor McGregor wishes Claressa Shields good luck ahead of her MMA debut at PFL 4. Conor McGregor is looking forward to Claressa Shields' MMA debut next month, wishing the three-division boxing ...

'Good luck Claressa!' Conor McGregor praises Claressa Shields ahead of MMA debut

Jon Jones surprised Claressa Shields during Shields' wrestling training session ahead of her highly awaited MMA debut. A longtime member of the Jackson Wink MMA Academy in Albuquerque, New Mexico, Jon ...

Watch: Jon Jones surprises Claressa Shields during wrestling training ahead of her MMA debut

If you like your mixed martial arts unencumbered by the constraints of gravity then perhaps the newly-announced 'Galactic Combat' is for you, as an MMA league announces plans to hold fights in a ...

Star Wars? MMA promotion announces plans to hold fights IN SPACE with the help of ex-SpaceX employees and rocket engineers

Joanna Jedrzejczyk has shown off the results of a nasty injury sustained in training as she prepares to end her 14-month absence from the octagon. Former UFC strawweight world champion Jedrzejczyk ...

Former UFC champion Joanna Jedrzejczyk shows off gruesome cut suffered in training

Former UFC champion Joanna Jedrzejczyk had to go to the hospital for some stiches on Monday after suffering a gruesome cut on her leg.

Joanna Jedrzejczyk shows off gruesome cut suffered in training: 'So you wanna be a fighter?'

Mohammed Usman 's decision-making process to sign with the PFL was a family affair. When your brother happens to be Kamaru Usman —the welterweight champion of the UFC and currently one of the top ...

Mohammed Usman explains how Kamaru helped him pick PFL over UFC, Bellator: 'You go where they're gonna pay you good'

Saturday's UFC Fight Night felt at times as though it would completely fall apart, with fight after fight dropping off the card. The show will go on, however, with Marina Rodriguez taking on Michelle ...

UFC Fight Night predictions -- Marina Rodriguez vs. Michelle Waterson: Fight card, odds, start time, stream

That's what Joanna Jedrzejczyk asked everybody after suffering a gruesome cut on her right leg while training Monday in her native Poland. The former UFC strawweight champion shared a photo of her ...

PHOTO: Joanna Jedrzejczyk suffers deep cut on leg while training

An MMA league announced that it will be hosting fights in a special spaceship orbiting Earth, winners will fight in zero gravity.

New MMA tournament is off Earth, final fights will be in zero gravity

IRISH MMA star Peter Queally is ready to settle his differences with Patricky Friere and move on to the Bellator lightweight title. The SBG Ireland brawler is coming off an impressive stoppage win ...

Irish MMA star Peter Queally has eyes on the title after he beats Patricky Freire at Bellator 258

The UFC has faced many trials and tribulations in their attempt to remain active during the pandemic, but no event has suffered complications quite like this week's card. With both the main and ...

MMA betting tips: UFC Vegas 26 preview and tips, Saturday May 8

According to Fast Company Andrea Iervolino, founder of the company Entertainment 720 Space 11, is producing a reality series titled Galactic Combat. That series promises to showcase 40 MMA fighters ...

'Galactic Combat' promotion promises MMA fights in space

Soldier star Georges St-Pierre thinks there are some serious similarities between acting and the sport of Mixed Martial Arts. During a conversation with Dan LeBatard, the former UFC champion talked ...

Falcon and Winter Soldier Star Compares MMA and Acting Similarities

Diego Sanchez's 16-year UFC career, essentially equal parts brilliant, flawed, celebrated and bizarre, has come to an end. According to multiple online reports, the 39-year-old Albuquerque MMA fighter ...

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