



# ELEMENTAL KICKBOXING ACADEMY LEEDS

## Fight Tips

Fight Club | Sparring | Competition

### Sleep

If it's your first fight, or first time in the ring, you'll probably get almost no sleep. Some people will be on Youtube looking for last-minute tips. Some people are hanging out with friends to relax. Some people are at home in front of the TV. Others are shadowboxing all night. We would recommend just shadowboxing and stretching in front of the TV. Put on a movie or TV show you like to watch and just relax. Then get to bed. There's nothing else to do. All the hard work and training is behind you. Put all your gear in one place so you can grab it the next morning and go.

### Fight Gear

Important stuff you should have: Protective equipment - gloves | headgear | shin pads | foot protectors | gum shield | groin protectors are recommended for males | breast protectors for females | Water bottle | Food | Towel | Appropriate clothing - sports clothing that allows you full range of motion and movement

### Warm-up routine

Get warm and STAY WARM

### Wear sweats

It's time to warm-up, so you need to be hot. Wear sweats so your body can heat up quicker. Stay in your sweats after you finish warming up so your body doesn't get to cool down. And keep drinking water if you find yourself sweating a lot.

### Timing

If you are competing, it could be hours before your fight so it's important not to warm-up too early that you end up cooling off and feel like your body is in rest mode before your fight. This can be more of a psychological thing than physical but it does make a difference especially for beginners. Start warming up when you have about 1-2 hours before your fight. After you're warmed up, you can relax but make sure you move around a bit every 20-30 minutes.



## Move around

Look up dynamic stretching on Google and do it. Move your limbs around, stretch everything. Start throwing punches. Shadowbox, hit the mitts, hit the bag, whatever you want. Skipping rope or taking a quick jog around the block is not a bad idea.

## Drink water

Drink all the water you need hours before the fight and keep urinating. Once your fight is coming up within the next hour, only sip water. Try not to have any water in your stomach during the fight, this can make you tired or nauseous (especially if you get hit in the stomach). Same goes with eating. Don't eat anything within the 2 hours before the fight.

## Last Minute Fight Preparations

Ok, this is the final moment right before your fight! Your fight is coming up within the next hour and you're basically ready to walk out.

## Gear up

Check your equipment. Make sure everything works. Don't wait until the last moment to find out a strap broke on your groin protector and now you have to borrow someone else's. Or that you brought the wrong headgear, etc. Find out who has your mouth guard, or better yet, keep it in your pocket.

## Shadowbox with a partner

Have your trainer or a friend shadowbox with you. He should be throwing slow punches and let you slip and duck or counter in whatever way you like. If you know your opponent is going to be southpaw, then have your partner stand southpaw as well. If you know your opponent is going to be tall, have your partner stick his jab arm out and keep it in front of your face so you can get used to moving around it. Keep your eyes on your "opponent" and prepare yourself to punch at a live opponent. This is not warm-up shadowboxing. You are conditioning yourself to fight.

## NO Strategy

Avoid talking about new strategy before the fight. This will only confuse you and keep you from doing what you're good at, which is the stuff you've been doing all this time in the gym. Stick to what you're comfortable with!

## NO Pre-fight Mental Talk

The more you talk to yourself, the more you psyche yourself out. It's not a big deal. This is just another session in the ring, you might win and you might lose. Try your best and enjoy. Replay footage later and learn from your experience. Treat it the same way you would before a sparring session or before you hit the heavy bag. You've been training for this moment!

Be excited to fight. Be ready to have fun.

