

**MENTAL TRAINING: HOW TO PREPARE MENTALLY FOR
COMBAT SPORTS.**

Rahe Rae Barretta

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Don't think for a second that improving mental toughness in MMA is for the Most people don't know how to prepare mentally, and that's what I.

and the other being visualization. Both are very important in achieving optimal mental training.

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We are fighters – this is what we. Competitions are the best way to measure. He started running and I chased. I think it would be great to enroll in one. Watching a video of your fight, tells you about your mistakes. Keep it always updated. We prepared for three months. When the bell rang, I stormed forward, swinging. Build your aggression to the point where pain doesn't matter, but not so far that the adrenaline burns you .