

LIFE GUIDE *fitness made simple*

Combat sports have been around for years, dating back to the Xia Dynasty and ancient Greece. Since then, they have evolved and developed to form the sports in the mixed martial arts (MMA) that we know today (such as karate, judo, Brazilian ju-jitsu, boxing, kick-boxing and Muay Thai).

With the rise of names such as Muhammed Ali, Mike Tyson, Conor McGregor, Floyd Mayweather, and Ronda Rousey, combat sports started to gain traction and many people enjoyed spending time cheering on their favourite fighter. But over the last couple of years, more and more people have decided to enter the world of combat sports themselves. These sports are now seen as one of the top fitness trends enjoyed by men and women alike. Why is it that these forms of exercise are so popular nowadays? We're rounding up some of the top benefits that combat sports provide.

A LESSON IN SELF-DEFENCE

Combat sports are a great form of exercise and can help you blow off steam in a controlled manner. But they are also good at teaching you how to defend yourself. Knowing how to pack a punch is beneficial when it comes to self-defence, and so is knowing how to navigate real-life situations. Krav Maga is one such self-defence sport that is said to be highly effective.

IT'S GREAT FOR HEALTH

The physical benefits of sports such as boxing and BJJ are ample. It does wonders for fitness levels, builds strength and can aid in weight loss. But combat sports are also excellent for our mental health. Practising these sports can teach us how to restructure our thoughts and remain calm – especially in close-contact sports such as BJJ and MMA. Combat sports are also known for their ability to combat anxiety and depression.



ROUNDS OF RESPECT

It is crucial to have respect for your trainer when it comes to combat sports. But perhaps more importantly, it will help you to respect yourself – mind, body, and soul.

FOR THE FUN OF IT

After some time, working out at the gym can get quite boring and repetitive, which may result in the loss of motivation. But with combat sports, none of the above will be an issue. Training sessions are hardly ever the same, which will keep you entertained and interested. And the social aspect is an added bonus. You're more likely to go to training sessions that include other people.

If you're looking for a workout that will push you to your limits but guarantees fun

WANT TO FIGHT YOUR WAY TO FITNESS?

Here is list of local gyms that offer combat sport classes:

missfitboxing.com

pridefightingacademy.com

fightsportcentre.com

valhallammasa.co.za

purejiujitsudurban.co.za

and additional benefits too, it just might be the time to take a step out of your comfort zone and into the ring. 🥊