

UFA Martial Arts

Alta 20 week Warrior Program 2024

Welcome, let's start at the beginning, what is Alta?

Alta is more of a who than a what, Alta is an organisation who has created the most unique MMA training program I have seen by giving the participants an opportunity to have a real MMA fight at the end of the 20 week program.

Whats the difference between Alta training program and a regular MMA gym training people to have an MMA fight?

Alta created a baseline blended program for the gym owners to follow.

The program is designed to prepare the participants through an intensive training regime.

Learning the techniques (punching, kicking, wrestling, Jits Jitsu) used in MMA at the same time building their physical and mental strength necessary to have an MMA fight.

This along with constant support to the gym owners and participants, having a deadline (Goal) of 20 weeks to prepare for a real fight and stepping into an Alta organised event is what makes the Alta Warrior Program so unique.

As an internationally accredited MMA Referee I have seen many organisations and promotions try similar idea's but no one organisation has had the success Alta has had. This is not only because of the Warrior program but how professional the Alta organisation and staff are.

Everyone in the Alta training program (gym owners & participants) are important and treated as such, so it's not only a great program, it's the professional approach taken by Alta which is very unusual in the fight game.

What is the Suburban Showdown?

The Suburban Showdown is the another unique idea created by Alta.

By having multiple gyms from the same state or region participating in the Alta Warrior Program, creates a pool of potential fighters who have completed the same program. This can give the participant confidence that they are competing against an opponent who has similar experience and skills to they do.

A regular MMA event may have a couple of first time fighters on their show but the experience levels maybe vastly different through time and experience. Alta coaches are the match makers for each fighter, so the participants can feel confident that their coach is trying to match them against an opponent of similar experience and skill level.

Previous Alta Warrior Program participants found a huge benefit in the training, they not only learned how to fight but also gained confidence in themselves. They became fitter and strong both physically and mentally and became valuable team members for their fellow participants. At our last Suburban Showdown is was incredible to see the camaraderie the participants had built with each other, and the trainers, the support for each other was fantastic and invaluable for each other.

There is no obligation to fight and thats not a problem because I know there is a huge benefit in just the training but stepping on to the UFA mat for the Alta program I do have certain expectations.

Consistency, you must show up for training, of course I understand life gets in the way and there will be days you cannot physically make training.

UFA Martial Arts

Alta 20 week Warrior Program 2024

Commitment, you must give 100 percent on the training floor, I understand participants have different levels of fitness and technical ability but being committed and consistent will help you achieve a higher level of fitness and technical ability than you could ever expect.

Be a good training partner, your training partner can help or hinder your progress, so I expect every participant to help and support each other. This doesn't mean I want previous participants to be training and coaching the new participants but giving them small tips while training can help immensely.

Following the gym culture, UFA has rules and etiquette and I expect everyone to this at all times

What to expect when starting your Alta Training at UFA Martial Arts Academy

The training will start with learning the fundamentals, basic strikes and grappling, with the an emphasise on building fitness, learning all aspects of how to punch and kick, blocking and guard as well as pad holding.

Over the following weeks I increase the fitness workouts, improve on the striking technique, introduce more grappling drills and techniques, add movement drills.

Once I feel everyone has a basic understanding of the fundamentals I ramp up the training even more start to add combinations to your striking, add takedowns, increase the Jiu Jitsu and wall wrestling, which also builds strength and fitness.

I then look at introducing sparring, no contact and light contact, body sparring, increase Jiu Jitsu and wall wrestling and of course an increase in fitness workouts.

I then add full contact sparring which is always done with control

Once hitting fight camp the training increases even further but you will have improved technically but you will be pushed even further out of your comfort zone.

It is amazing and rewarding to watch people go from not knowing how to punch or kick into well rounded strikers with grappling skills and a fight strategy

I said this last season and I will say it again, it all starts nice and friendly all kumbaya but through out the program I get tougher on you, the sessions end up tougher than you could ever imagine but you will improve in all the ares mentioned and you will feel unbelievable.

When the program is over, you will miss the training (me yelling at you) and hopefully wanting to do the next season..

What will you need to start training

Day 1

Boxing gloves 14 - 16oz

Comfortable shorts and shirts which maybe grabbed and possible stretched at times

Week 2 or 3

Shin guards for kicking, I recommend kickboxing shin guards

Rash guard, for wrestling and Jiu Jitsu

Groin guard

Mouth guard

Hand wraps (optional)