BLACKBELTWHITEHAT.COM · MMA BLOG

MMA TRAINING PROGRAM

FROM DOJO TO CAGE — THE 6-WEEK FOUNDATION

THE GOAL

Build a foundation of fitness and technique to accelerate progression and mitigate injury risk — before embarking on a gym-based MMA routine.

6	3–6	12	Home
WEEKS	SESSIONS/WEEK	CIRCUIT MOVES	NO GYM NEEDED

⚠ **Train at your own risk.** Always consult a doctor before taking up a new exercise regime.

PART 1 · THE CIRCUIT

THE HOME CIRCUIT

A full-body session you can run in your living room. Some moves are demonstrated in the companion video and blog post linked at the foot of this page.

↻ YOUR BASE SESSION — VOLUME RAMPS ACROSS THE PLAN

PRESS UPS CONDITIONING	20 REPS
SQUATS CONDITIONING	20 REPS

BOXING — JAB, CROSS, HOOK, CROSS

×10
COMBOS

STRIKING Use 1 kg hand-weights if available

SIT THROUGHS

10
EACH SIDE

WRESTLING Wrestling technique

CHEST TO CHEST SWEEP

10
EACH SIDE

JIU JITSU Guard technique

TRIANGLES

10
EACH SIDE

JIU JITSU Guard technique

SINGLE LEG GLUTE BRIDGES

10
EACH SIDE

JIU JITSU Builds explosive hip-escapes

SPRAWLS

5
EACH SIDE

WRESTLING Left leg forward for 5, then right leg forward for 5

SINGLE LEG DEADLIFT

5
EACH SIDE

CONDITIONING Use a kettlebell if available

FRONT KICKS

10
EACH LEG

STRIKING

SIDE KICKS

10
EACH LEG

STRIKING

LUNGES

10
EACH LEG

CONDITIONING

STRIKING WRESTLING JIU JITSU CONDITIONING

WANT MORE? LEVEL UP

For additional fitness, complete the circuit **twice**, then finish with a Tabata interval.

PART 2 · FINISHER

TABATA INTERVAL

4 MIN · 8 BOUTS · FULL INTENSITY

Each four-minute block is split into eight 20-second bouts at full intensity, separated by 10 seconds of rest. Run one block, using a Tabata timer to keep pace.

1	2	3	4	5	6	7	8
JUMP SQUAT	JUMP SQUAT	JUMP SQUAT	PRESS UPS	PRESS UPS	SIT THROUGHS	SIT THROUGHS	SIT THROUGHS

20 SEC WORK · 10 SEC REST · REPEAT FOR ALL 8

PART 3 · THE PLAN

THE 6-WEEK SCHEDULE

Start light and add sessions only once the previous week feels comfortable. Keep at least one full rest day every week — recovery is where the adaptation happens. "Circuit ×2" means running the home circuit twice, back to back.

WEEK 01 — ADAPT

3 SESSIONS

CIRCUIT	×1 per session
FINISHER	None — groove the movements
STUDY	Sprawls · Double-leg takedown

WEEK 02 — BUILD

4 SESSIONS

CIRCUIT	×1 per session
FINISHER	None
STUDY	Mount & escape · Side control & escapes

WEEK 03 — BUILD

4 SESSIONS

CIRCUIT	×1 per session
FINISHER	Tabata on 2 days
STUDY	Full guard & passing · Half guard

WEEK 04	PUSH
5 SESSIONS	
CIRCUIT	×2 on 2 days, ×1 on the rest
FINISHER	Tabata on 2 days
STUDY	Roundhouse kick · Thai clinch

WEEK 05	PUSH
5 SESSIONS	
CIRCUIT	×2 per session
FINISHER	Tabata on 3 days
STUDY	Double underhooks · Over/under

WEEK 06	PEAK
6 SESSIONS	
CIRCUIT	×2 per session
FINISHER	Tabata most days
STUDY	Wizzer / hip throws · review all

PROGRESSIVE OVERLOAD: 3 → 4 → 4 → 5 → 5 → 6 SESSIONS A WEEK. FINISH WEEK 6 BY RE-TESTING YOUR CIRCUIT AGAINST WEEK 1.

PART 4 · TECHNIQUE LIBRARY

TECHNIQUES TO MASTER

Study one or two a week alongside the physical work (the schedule above pairs them to weeks). Each card gives the key coaching points and a way to drill it. Border colour marks the discipline — gold striking, crimson wrestling, blue jiu-jitsu.

MOUNT & MOUNT ESCAPE

JIU JITSU

- **Top:** knees high to the armpits, hips heavy, chest low — stay chest-to-chest so you can't be bucked off.
- **Escape:** trap an arm and the same-side leg, then bridge hard over that shoulder (upa) to reverse.
- Or frame and shrimp a knee back in to recover guard. Never push straight up on the chest — it feeds the armbar.

DRILL IT

Partner mounts at 50%. Alternate 10 upa reversals one way and 10 elbow-escapes the other. Solo: shrimp the length of the mat.

SIDE CONTROL & ESCAPES

JIU JITSU

- **Top:** cross-face and under-hook the far arm, drop chest weight, pin the near hip.
- **Bottom:** build two frames (neck and hip), then bridge and shrimp to reclaim guard, or turn in to your knees.
- Stay on your side — never let them flatten your shoulders to the mat.

DRILL IT

Start pinned. Run 2-minute "survival" rounds escaping to guard or knees against light, steady pressure.

FULL GUARD & PASSING

JIU JITSU

- **Bottom:** break their posture with your legs and a collar/wrist tie, then hunt sweeps and submissions.
- **Passing:** posture tall, strong base, pin the hips, then knee-cut or over-under through.
- Don't get stacked on the bottom, or swept by reaching on top.

DRILL IT

Pass-and-retain loop: one partner passes, the other recovers guard, in 2-minute rounds — then switch roles.

HALF GUARD

JIU JITSU

- **Bottom:** win the under-hook and get on your side — never lie flat — then work to the dogfight or back to full guard.
- **Top:** cross-face to flatten them, then free the trapped leg with a knee-slide.

DRILL IT

Under-hook battle from half guard for position; separately, drill knee-slide pass reps from the top.

DOUBLE LEG TAKEDOWN

WRESTLING

- Change levels by bending the knees, not the waist; penetration-step deep between their feet.
- Head up and to one side, drive through, then cut the corner or lift to finish.

DRILL IT

Penetration-step reps into a wall, then shots onto pads, then live finishes onto a crash mat.

SPRAWLS

WRESTLING

- Snap the hips down and forward, kick the legs back, and drop chest weight onto their head and shoulders.
- Hand-fight the ties and react the instant you feel a level change.

DRILL IT

Sprawl on a partner's call; then have them shoot at 50% so you sprawl and spin to the back.

ROUNDHOUSE KICK

STRIKING

- Pivot the base foot fully so the hip turns over; strike with the shin, not the foot.
- Hands stay up, chin down, and snap back to stance immediately.

DRILL IT

Slow pivot-and-balance reps first, then pad rounds alternating low / body / head, recovering stance each time.

THAI CLINCH

STRIKING

- Stack one hand over the other behind the head (never laced), with elbows squeezed tight together.
- Pull down and off-balance them side to side as you drive knees up the centre.

DRILL IT

Clinch entries and knees on the bag, then clinch-pummel with a partner to fight for the inside position.

DOUBLE UNDERHOOKS

WRESTLING

- Both arms under theirs, hands clasped low on the back, head tight, hips stepped in.
- From there, lift, trip, or work around to take the back.

DRILL IT

Pummel from over/under into double-unders, then drill body-lock takedowns onto a crash mat.

OVER/UNDER POSITION

WRESTLING

- One arm over, one under; keep your hips square and your head in a strong post.
- Constantly fight for the under-hook — never surrender both.

DRILL IT

Continuous pummel drill, swapping over and under, for 2–3 minute rounds.

WIZZER / HIP THROWS

WRESTLING

- **Wizzer:** over-hook and pressure down to kill their under-hook and off-balance them.
- **Hip throw:** get your hips below theirs, break their balance (kuzushi), then load and rotate — commit fully.

DRILL IT

Whizzer-kick reps, then uchikomi (fit-in reps with no throw) before throwing onto a crash mat.

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Full exercise explanations and the companion video are on the blog:
blackbeltwhitehat.com/2020/10/06/mma-6-week-training-program

EXPLORE THE BLOG