

Gloving Up for MMA Workouts ...



www.mmafitness.com.au



Choosing the right glove

for your pad based workout is as important as choosing the right shoe for running. Here is a simple guide -

Inners, Wraps, Quick Wraps and Gel Wraps

Before choosing a glove, it is important to choose the correct protection for your hands when wearing the glove. Much like wearing socks with your shoes, Inners, Wraps, Quick Wraps or Gel Wraps are an important part of your Pad Training equipment. The 4 items to choose from are:

INNERS – are a cotton glove designed to protect your hands from bacteria and protect the glove from the sweat of your hands as you exercise. Aside from catching the sweat, these do little to create additional protection for your hands beyond the hygiene factor. Generally WHITE in colour.

WRAPS – long pieces of cotton or cotton/elastic material with a thumb loop and velcro closure. Wraps are bandaged around the hand and wrist to create stability through the wrist, protection for the knuckles and 'padding' to fill a larger glove capacity.

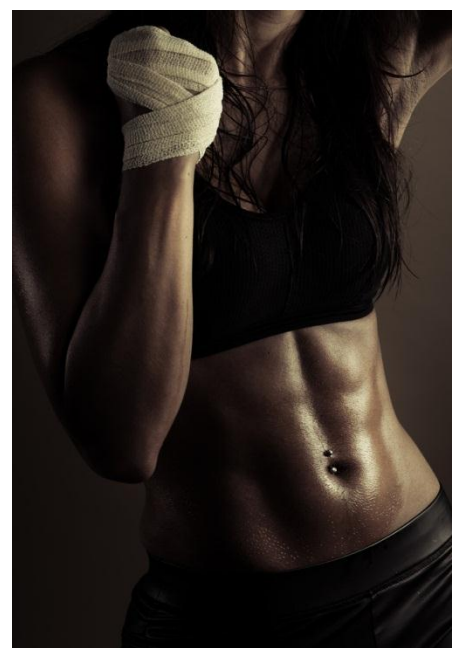
Wraps are great because you can choose where to apply more length based on what your body requires. For example, if you have weak wrists you would wrap more around the wrist to create a straighter wrist for punching or if your glove does not have a lot of padding you can wrap more across the knuckles to soften the blow. Wraps are available in a range of funky colours.

QUICK WRAPS – a half glove with some fabric length to wrap around the wrist for extra stability. Quick Wraps are great if you only require wrist support, however do not provide you with the option of additional padding for the knuckles. Quick Wraps are available in basic colours such as RED, BLUE and BLACK.

GEL WRAPS – similar to Quick Wraps however with a built in Gel Insert across the knuckles to create additional padding in this area. Gel Wraps are relatively new in comparison to standard wraps and often made from Neoprene material for the half glove and cotton for the fabric length for wrapping.

A Fitness resource
from the

**MMA Fitness
Academy**



TOP TIPS for WRAPS...

Can't remember how to apply your wraps? Download the MMA Fitness Level 1 APP from iTunes or Windows Marketplace and carry the instructions with you!!!



TOP TIP on CARE:

WASH your Inners, Wraps, Quick Wraps or Gel Wraps after every session so they last longer. For wraps when you've finished with them roll them up so they are flat, that will remove any annoying creases when it comes time to put them on.



So which should you choose? We recommend WRAPS for their versatility in choosing where to create padding, and their longevity when washed and re-used.

Glove Types

There are 2 choices to make when selecting a glove for your Pad Glove Style – Vinyl or Leather and the STYLE of glove you wear.

VINYL OR LEATHER

Generally speaking a leather glove will be of higher quality and thus last longer than a vinyl glove, and for this reason a leather glove will be more expensive to purchase initially. It is possible to find good quality vinyl gloves if budget does not permit a leather glove, however you will need to replace a vinyl glove more often than a leather glove, so the saving is only on the initial outlay.

GLOVE STYLE

BAG or FITNESS MITTS: these generally provide the least amount of padding and are best suited to punching that focuses on speed

work rather than power or alternatively for strengthening the wrists when hitting the heavy bag. Because they are built using less padding material these are often priced lower than other glove styles, however be aware that as your fitness and strength improve, these may not provide enough support for the strength of your punch.

BOXING GLOVES: designed with extra padding across the front of the knuckles to allow for hard punches. Boxing gloves are available in differing weight –

- 8 ounce – commonly used for competitive boxing
- 10 ounce – used for competitive boxing, however also suitable for ladies and people with small hands
- 12 ounce – suitable for ladies and people with small hands
- 14 ounce – for average sized people
- 16 ounce – slightly heavier glove for average sized people (good for conditioning)
- 18 ounce – used for larger weight classes
- 20 ounces – used for larger weight classes

TOP TIPS on BOXING GLOVES:

The weight of the glove may not always be equal to the SIZE of the glove. Each glove manufacturer may supply various weights of glove in



differing sizes. Remember when selecting a glove size, allow some room for your wraps and that **LEATHER gloves** will **STRETCH** a little like a leather pair of shoes.

Remember to **AIR** your gloves after every workout to stop the 'FUNK'. Ideally gloves should have a **DRY** lining before being packed away.

LASTLY – never squash your gloves in your gym bag, locker or car boot. The cushioning foam works best when allowed to maintain its shape and memory.



Ask your Trainer – they are your expert on call

Remember that your Personal Trainer or Group Instructor are there to get the best for you – so if you are not sure – ASK THEM! It's their job to be in the know....



MMA – not just for the boys!!!

MMA pad sessions are an amazing way to kick some butt, burn some serious calories and train your body all over. Don't let the boys have all the fun – get your gloves on and get into a session today.

Boxing gloves are great for Boxing and Kick-boxing classes and sessions where you do nothing else with your gloves on but hit the pads. Because of their bulk, and the curve of your hand inside the glove, other exercises can be cumbersome wearing a Boxing glove.

MMA or HYBRID GLOVE: designed with an open palm and fingers, the MMA Glove provides medium padding across the knuckles with the added benefit of being able to use your hands for other exercises such as push-ups, throwing a medicine ball or picking up a skipping rope. MMA and HYBRID Gloves also allow you to extend your mobility to modified MMA style clinch, defense and evasive work without the bulk of a boxing glove, for a more effective workout.

Whilst these gloves do give us the flexibility in being able to incorporate a more diverse range of exercise and motion, you need to remember that they don't provide the same amount of wrist support that a normal boxing glove provide.

Hayabusa: the gold standard in High Performance MMA Gear

The name 'Hayabusa' translated from Japanese, refers to the Peregrine Falcon. This predatory falcon possesses the perfect fusion of SPEED, POWER and STRENGTH and is recognized for its extraordinary ability to strike with fierce precision and intensity. The Hayabusa Falcon symbolizes the idea of meshing what we all strive to achieve in our fitness training.

Hayabusa is approved and **endorsed by the UFC** as official fight gear for competitors – but is not limited to being worn in the octagon.

Join greats like Yoshihiro Akiyama, Alistair Overeem and Melvin Guillard in choosing Hayabusa for your MMA sessions.

BUY Hayabusa online at mmafitness.com.au



Regular on the Pads?

Bringing your own gloves, even if supplied, is definitely more hygienic **AND** allows you to choose the gloves that suit your body and hands best. Like a good pair of shoes, gloves can make your Pad workout.



MMA stands for Mixed Martial Arts – and is the fastest growing sport in the world.

ask the experts >>>

Q: *When are MMA gloves better than Boxing gloves?*

A: *When you use your hands during a*

workout for something other than punching, like push-ups, medicine ball throws or MMA techniques, the MMA gloves will provide you with more functional movement with your fingers and hands. If you need more padding for your knuckles, choose the HYBRIB MMA Glove.



Have a Question?

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