

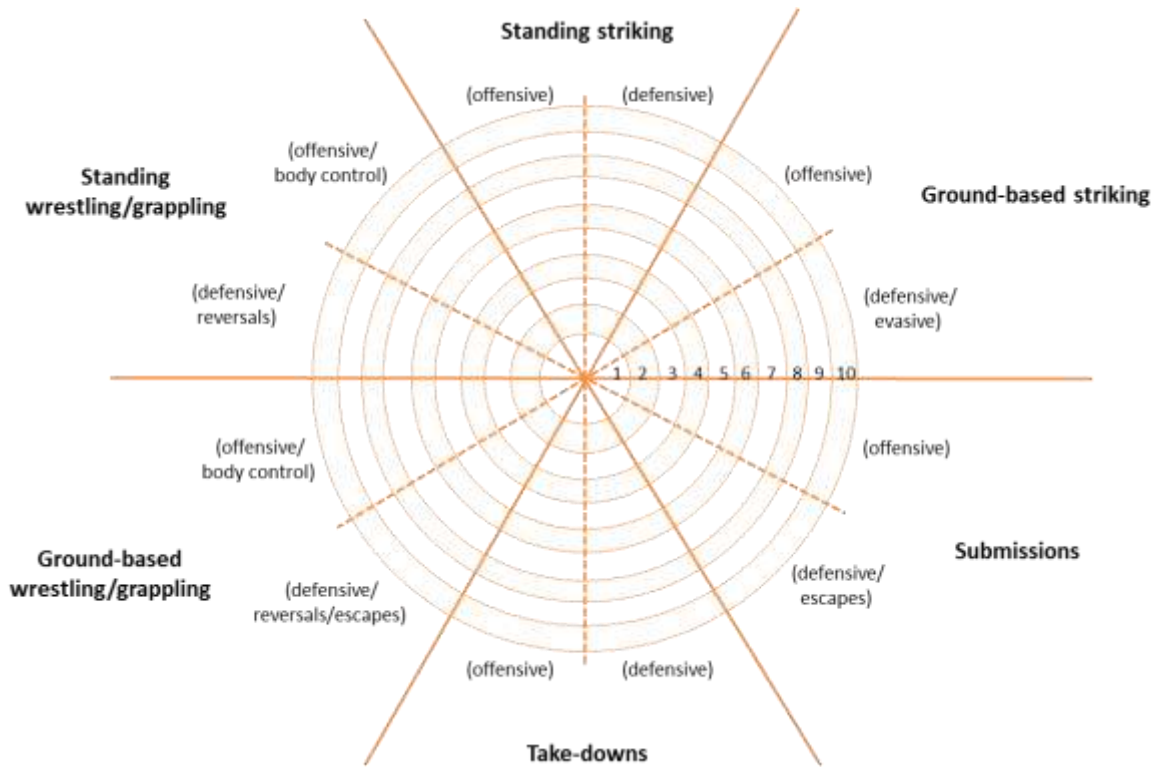
EXERCISE 1: Why do you fight?

Take 5 to 10 minutes and think about why you fight, and list it below.

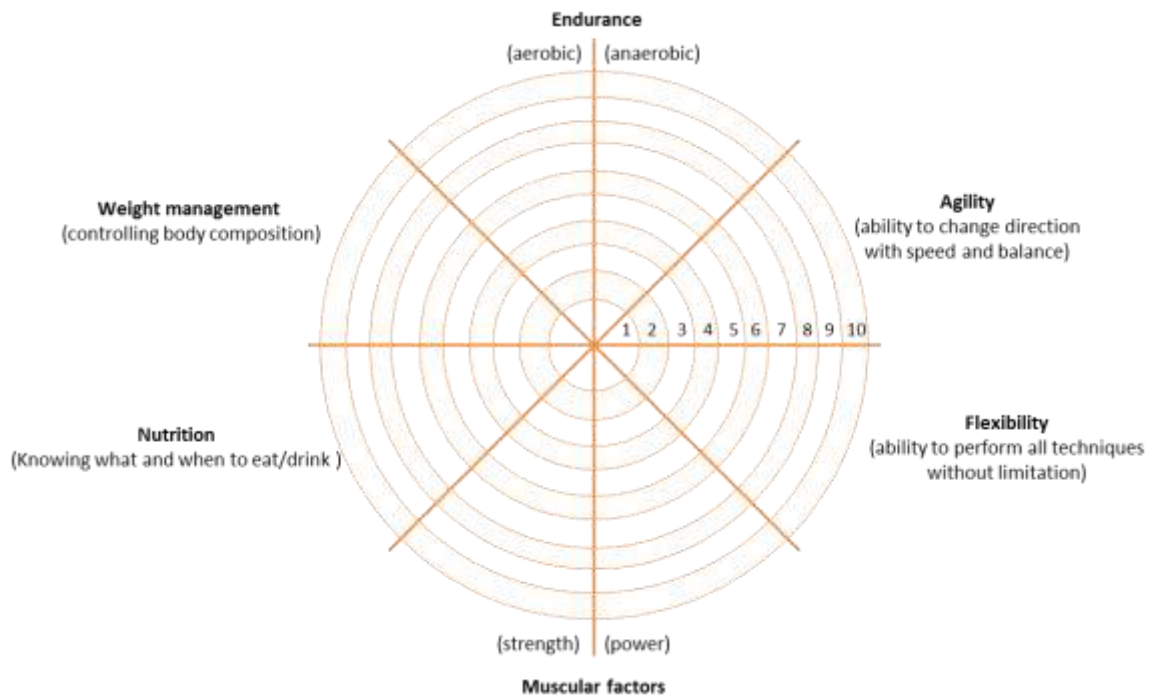
EXERCISE 2: Where are you now in your MMA career?

Have you developed the psychological skills, physical conditioning and technical development that are necessary to compete in MMA? Take some time and fill out the performance profiles below. These profiles are derived from the work of Butler & Hardy (1992), and should help you to reflect on, and become more aware of the performance qualities necessary for successful MMA performance; they can also help you identify your strengths and weaknesses. Using each of the scales below, rate your current perception of your ability in each quality ranging from 1 (lowest possible ability) to 10 (Professional title standard) by shading in the pie sections to the appropriate level.

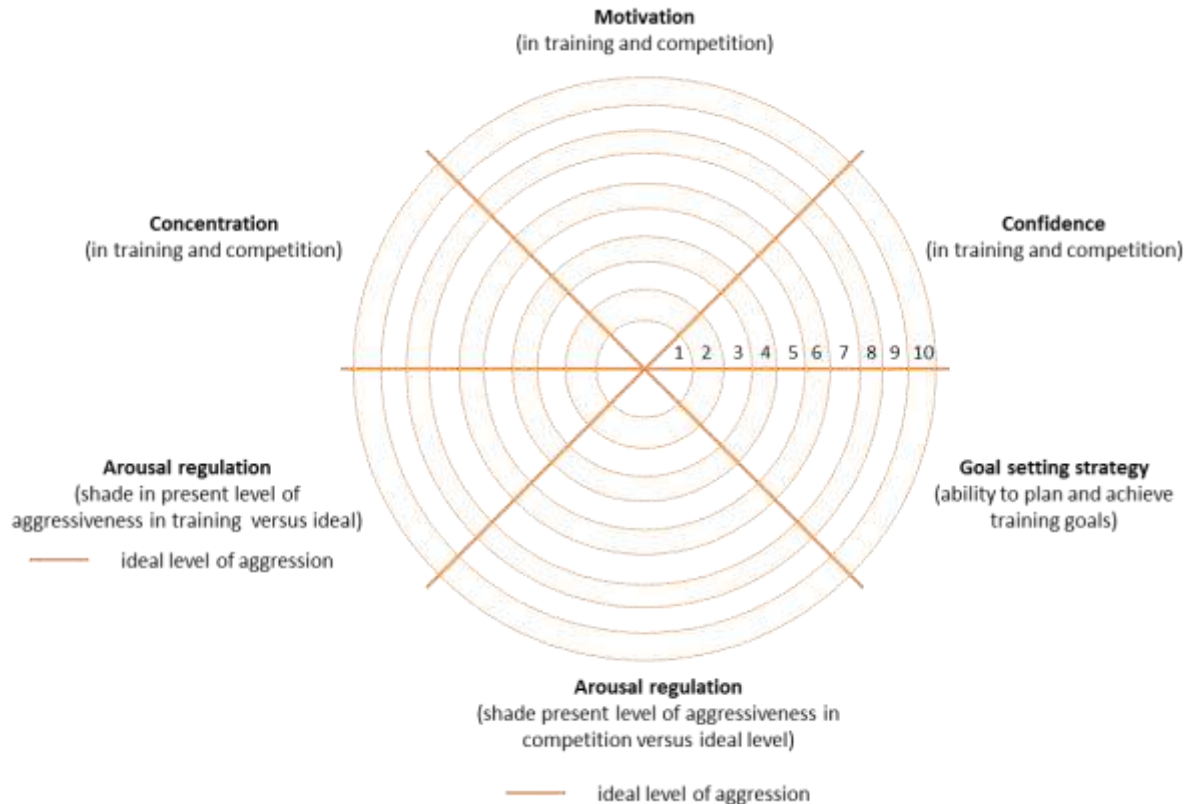
Performance profile for technical development



Performance profile for physical conditioning



Performance profile for psychological skills



REFERENCES AND FURTHER READING

Butler & Hardy Sport Psychologist 6:253-264 (1992)

Westin, Greenless & Thelwell Int Rev Sport Ex Psyc DOI:10.1080/1750984X.2012.674543 (2012)