

# Billy Hofacker of Serra Jitsu: Your MMA Questions Answered

## Monthly Column



Have a question for MMA Trainer and fitness expert Billy Hofacker? Send it to [billy@trainingformmafitness.com](mailto:billy@trainingformmafitness.com) and have your answer published in an upcoming issue of NYMA Magazine. Just send over a question with the words "NYMA Magazine Training Question" in the subject line so your question gets top priority.

Here are some common MMA training questions that I've received and thought you could benefit from reading them as well. As with anything else, the key is to put the ideas into action. Remember, knowledge is not power; however, applied knowledge is.

Q: Hey Billy,

I just wanted you to know that I have a tremendous desire to become better at BJJ. I am constantly frustrated by the fact that due to my work schedule and family commitments I can only make it to 2 classes a week. I watch the Serra Basics DVDs during my lunch break at work and I am hoping that my continuous study of them will help me to advance.

Thanks so much for taking the time to listen and I hope that you can suggest some ways that I can improve my BJJ fitness.

-Christopher Freda

A: I really admire your desire and passion to get better at BJJ. What I would recommend Chris, is for you to set a specific goal. Getting better at BJJ is great, but how about getting 3 stripes on your belt? Or how about getting a blue belt? Maybe it's to train for a tournament or just to train a certain amount per week.

The next thing to do would be to write down everything you need to do to reach your goal and then get busy doing those things. Watching DVDs during your lunch break might be a part of your overall plan.

Other things that you can do from home are:

- Body weight exercise routines- Doing this will improve your overall strength and muscular endurance. Perform exercises for areas that are more prone to injury. This will help keep you training and off the sidelines. Do a lot of core exercises as well as some conditioning for your neck, shoulders, and the area around your knees
- Visualization- Try to picture yourself with your mind's eye performing all of the techniques you know. Go through a whole workout with an imaginary training partner. Also, picture yourself in the exact physical condition you'd like to be in.
- Shadow rolling-This is where you actually go through the techniques w/ an imaginary partner.
- Repping moves-It will help you tremendously if you can take even one extra day per week and dedicate a workout to "repping" moves.

I hope this helps. Let me know if there is anything else I can do to help you reach your goals.

-Billy Ho

Q: I'd like to maintain/build muscle while losing weight for sports such as wrestling and MMA. I have been having problems maintaining muscle during wrestling season. What can I do?

A: Hey Mike! Thanks for the great question. Your concerns are very common among athletes. I'm going to try my best to give you some help.

Obviously during wrestling season, the focus is on practicing and training for wrestling. During the off season is when you can focus more on building muscle. Although this is the case, here are some things you can do to maintain some muscle:

- Continue to do structural exercises (these exercises work more than one muscle at once)
- Reduce your number of sets, reps, and rest periods for more time efficiency
- Get adequate rest (this includes 7-9 hours of sleep per night as well as a 45 minute nap during the day if possible)
- Make sure you're not neglecting good nutrition

I hope this helps and you become the strongest and best wrestler possible.

-Billy Ho

Q: How can I get into fighting shape for a fight in 2 months?

-Nathan

A: Hey Nathan! Thanks for the question. If you have 2 months until your fight, you better get serious. Your workouts should be high intensity and include a lot of sparring. Consider doing two workouts per day (if you have the time) where one workout is dedicated to cardio/conditioning. Also, from now until the fight, only eat foods that will bring you closer to your goal. I hope this helps and I hope you come out on top!

-Billy Ho

**There you have it. Three of your MMA training questions answered. I hope you enjoyed this month's column. Train hard and train smart. Billy Hofacker is a CPT and MMA trainer. He is a leading authority on conditioning and nutrition for grappling and MMA. To learn more about Billy's nutrition and conditioning tips, sign up for his FREE E-zine at <http://www.trainingformmafitness.com/mixed-martial-arts-news.html>**

**Billy is also a chief instructor at Serra BJJ. For more information on Serra Brazilian Jiu-jitsu, go to [www.serrajitsu.com](http://www.serrajitsu.com)**