

Mixed martial arts are for tough people and tough people prefer tough brands while fighting it out in the cage. [MMA](#) is a high impact sport and high impact sports come with plenty of excitement. It can be described as a blend of many different martial arts that a person can learn and has created a magnum fan base of its own. Today, MMA is much more regulated than previous years, such as in 1990 when it was banned in New York.

Mixed martial arts are a form of fighting in which an individual is equipped with all the fighting techniques and uses his strength. The impact sport comes with plenty of excitement. In order to compete in in the sport, a fighter must be at least 18 years of age. Competition must be between fighter s of the same sex.

In mixed martial arts, the focus is on take downs, strikes and grappling. Each round is five minutes in length with a one minute rest period between rounds. Prior to participating in a match, competitors will be given a medical examination by a physician appointed by the Authority prior start of the match, both at the weighing-in and in the evening, a short while before the MMA program commences.