



## MMA & COMBATIVES EQUIPMENT

With very few exceptions, you will need everything on this first page (or a variation of it) to train MMA and combatives. **The basics, like a cup and mouthguard, you will need before your first class.**

Other equipment may be provided by your gym until you can purchase your own. Many gyms or trainers will have their own ideas of what's best, so check with them before spending money on something they won't approve of.

### Basics

Get these before your first class; you won't be able to train without them:

- ❑ **Mouthguard**
  - ❑ The best options here are the custom made mouthguards available through your dentist, [Impact Custom Mouthguards](#), [Damage Control](#), or similar manufacturers.
  - ❑ If you're not ready to spring for the custom version, quality heat to fit guards are the way to go. [Sisu](#), [Shock Doctor](#), [Venum](#), and [Damage Control](#) are all good options.
- ❑ **Cup and supporter**
  - ❑ You can opt for a simple [supporter](#) (jock strap) that you'll wear under your shorts, or purchase [compression shorts that have the cup supporter](#) built into them and are arguably a better choice anyway for MMA.

### Full Kit

The basic tools you'll need to get everything possible out of your training:

Hayabusa, Revgear, and Venum make the most complete full range of MMA equipment. Cleto Reyes makes the best straight boxing gloves on the market, so they're included on the list.

- ❑ **Boxing Gloves** (standard 16oz heavy gloves; [Hayabusa](#), [Revgear](#), [Venum](#), [Cleto Reyes](#))
- ❑ **Boxing Headgear** (may or may not be strictly necessary, or keep you from getting knocked out, but will help protect against cuts, some nasty bruises, and the occasional concussion; [Hayabusa](#), [Revgear](#), [Venum](#))
- ❑ **Shin Guards** (there are standard versions that strap outside your leg, or versions made for grappling and MMA that are contained within a sheath that encases your whole leg; [Hayabusa](#), [Revgear](#), [Venum](#))
- ❑ **Knee Pads** (somewhere between "good idea" and "must have" for rolling; [Asics](#) and Brute are the top choices here)
- ❑ **Shorts** (anything from basic athletic shorts to [MMA-specific versions](#) will do the trick)
- ❑ **Rash Guard** (will protect you from some pretty nasty scrapes when rolling)
- ❑ **Target Shield**
- ❑ **Hand Wraps** (versions with a bit of elasticity are a good upgrade from traditional cotton)



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### Optional MMA Gear

Tools and equipment to make the most of your training.

Don't worry about buying this until you have some experience and know what you need:

- ❑ Grappling/MMA Gloves (ironically, these are usually not necessary unless you're getting ready for competition, when they become mandatory; until then, you probably don't need them; [Hayabusa](#), [Revgear](#), [Venum](#))
- ❑ [Wrestling Shoes](#) (good for traction and toe protection, but usually not strictly necessary)
- ❑ [Wrestling Headgear](#) (likely not needed for MMA, but may be useful for BJJ or greco-roman wrestling)
- ❑ [Wrestling Mats](#) (at least 8' square; expensive, but nice if you want to train at home or outdoors)
- ❑ [Muay Thai Pads](#) (great if you have access to a skilled training partner, otherwise Focus Mitts and/or a target shield will suffice)
- ❑ [Focus Mitts](#) (if trying to decide between MT pads or focus mitts, you can do everything with the focus mitts you can with the MT pads, you just have to be more precise)
- ❑ [Heavy Bag](#)
  - ❑ [Stand](#) (if you don't have a ceiling or beam where you can properly hang the bag)
- ❑ [Glove dogs](#) (keep your gloves in top shape by absorbing moisture and keeping them from stinking)



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### Combatives (FMA, Systema, Krav Maga, or other combatives):

- **Street clothes**
  - Combatives programs will generally have you wear some semblance of normal street wear. If you wear a suit and tie every day, you will want something easier to move and work in, but a basic outfit of pants, athletic shoes (maybe boots), and a t-shirt (or other climate appropriate clothing if training outdoors) is all you need.
- **Training blade(s)**
  - Assuming you carry a knife, try to get training blades that are as close as possible to your live blade. [Emerson](#), [Spyderco](#), and [Kershaw](#) all offer training versions of their folding knives. [Guru Harley Elmore](#), [Tracker Dan](#), [Hardcore Hardware Australia](#), [Dynamis Alliance](#), and others offer packages that include a live blade, a matching training blade, and sheath - all designed by professionals who use and carry these tools every day.
    - A matching training blade is nice, but isn't a requirement. Various systems and trainers will use anything from sticks or [rubber knives](#) to generic wooden or metal replicas in their training.
- **Training gun(s)**
  - You can purchase a [Bluegun inert training model](#) of whatever firearm you carry. If possible, use this in training with the same holster and carry method you use every day. Even if it's not "gun day," you'll gain insight into how you move or changes you might need to make to your carry method.
  - You may have opportunity to engage in force on force training using [Airsoft weapons](#). This can be an excellent training tool, allowing you to conduct force on force training with full speed movement that very few will get to experience on a live range, as well as conducting drills you can't practice regularly on a live range. Airsoft versions of many pistols and rifles are available that will allow you to use the same holsters, slings, accessories, etc. to train as realistically as possible.
    - *There is a big difference between "playing Airsoft" and using it as a training tool. Know the difference and practice appropriately.*
- **Eye Protection**
  - This depends on what, where, and with whom you are training. In most cases, you won't need eye protection at all. Some trainers require eye-pro to conduct blade work, and it is absolutely necessary for force on force airsoft training.
- **Sticks, Staffs, Swords, and more...**
  - Depending on the system you're training and your instructor, you will probably use other weapons as well. From sticks to poles to swords and countless improvised weapons, your instructor will be able to point you in the right direction if you want to purchase any of these for yourself.

NOTES: While it's a good idea to stay as close as practicable to your real-world equipment, that is not always possible, financially feasible, or condoned by your instructor. **Use what they require, and don't worry about expensive equipment if you can't afford it. Just get training.**