

6. What is the kind of competition that you face within MMA and what are the threats in the broader fitness industry?

The biggest challenge is the lack of knowledge as well as misinformation regarding our sport. People consider MMA schools to be full of 'meatheads', bullies or people with anger issues - this could not be further from the truth. Training in BJJ is a great vehicle for self development - both as a leader and as a team player. Globally a lot of Yogis have turned to BJJ to help them connect with their spiritual self. BJJ practitioners are some of the most calm and relaxed people you will ever meet. Instructors of karate, taekwondo and other traditional martial arts claiming to teach modern day MMA are a real threat to us as most people don't know the difference. Traditional martial arts of breaking boards etc. is not what modern day MMA is all about. MMA is all about learning technique and leverage, and how one can defend oneself against a real attacker and not a harmless wooden plank.

7. Recommendations for couch potatoes who either don't have access to the right facilities or lack intent?

Had I not been training in BJJ or Muay Thai I would also have been a couch potato because the idea of going to a traditional gym and walking aimlessly on the treadmill is unappealing to me. I have grown up playing sports however the option of playing these sports diminishes significantly once we pass out of school. BJJ is a sport that anyone can start at any age and anywhere while channelling that competitiveness that we crave through regular sports.

Furthermore when you train at Crosstrain or any authentic MMA facility you will get to see where you are lacking physically but more importantly



Gold!!!

you will see how much fitter you can be and how much fun it can be to get fit as opposed to the mundane treadmill work.

8. Any sporting memories you would like to share from school?

There are so many. Being awarded the Games Blazer. Winning my final boxing bout in 2002. Becoming the highest wicket taker for the school cricket team. Scoring a quick 37 off 12 balls against Welham Boys to help us win a match. These are all precious memories that I will always hold dear to my heart. I have no doubt that without Doon I would not have been where I am today.

Check out crosstrain.in for more information on MMA, Muay Thai and other forms of martial art.