



WEIGHT CUTS

THINGS TO THINK ABOUT

Matching to a realistic weight class, rather than a catch weight makes it easier to accommodate natural weight fluctuations

Before accepting a fight, check your weight when you are fully hydrated and ensure your coach includes you in the matching process. This will mean you are both on the same page.

Take into account that your body will retain water at different stages of your cycle. Intense training can also cause severe changes to how your hormones work.

If you are just starting out with fighting, less is better when it comes to cutting weight. Don't be afraid to say "It's too much"

