

A guide for the lost,
by Roberto Pastuch and mon.promo

7 reasons

**WHY YOU WON'T BECOME A
PROFESSIONAL FIGHTER**



for combat sports athletes

7 Reasons

Context

As a combat sports athlete, there may come a moment when you feel unable to advance and become the pro you dreamed of.. as if you're trapped in one place without progress.. as if you're not achieving as much as you desire..

How can you solve this hardship and move forward?

Roberto Pastuch and *mon.promo* combat sports athletes promotions present to you: *7 reasons why you won't become a professional fighter (and how fixing these failures will help you move forward)*.





Context

Your journey either ends or starts here

By recognizing these 7 reasons, you can actively avoid these basic reasons for failure. By doing so, you will feel more enlightened and powerful because by avoiding basic failures you are setting yourself up for success.



Number one

1. You're hanging with the **wrong people in your personal life**

Surrounding yourself with people who engage in unhealthy or negative behaviors can influence your own choices and mindset. Being involved with them can also lead to conflicts, drama, and unnecessary stress. It is important to not be involved because combat sports require discipline, focus, and a completely clear mind.

Cut the toxic people out of your life completely

Real friends will not feel jealousy or hate towards you when you're seeing success (and they don't). But toxic friends might try to make you stumble or fail so that you are on their level and they can feel better about themselves. Cutting them off is important because your future is at stake.

Choose your friends and companions wisely, and seek those who inspire and support you, share your values, and encourage your growth, those people will not only put you on the right path they will also be like your family.

Reason 01





2. You are training with inexperienced coaches.

If you want to be a fighter you have to train with fighters

Combat sports athletes face many types of opponents with different styles and strengths. Coaches who have not personally experienced the mixed range of fighting styles may struggle to help you effectively prepare and adapt your training to specific opponents. This can put you at a disadvantage and, worse case, make you exploitable.

Look for coaches that have good word of mouth

A good coach will have relevant experience and credentials in the sport. However, some experienced coaches may not have learned much from their experiences. It is best to ask around: what do other athletes say about the coach and about their training? You might find out more than you expect.

A coach that has good word of mouth, high-level credentials, and competitive experience, could be the one to help you reach your next level.

Once you found your coach(es), always do your best to show immense respect.

Lifestyle

3. Wrong **nutrition**, putting **drugs**, and **alcohol** in your body.

To win you have to be in control

Substance abuse, such as drugs and alcohol, can damage your condition, coordination, reflexes, and decision-making abilities, increasing the risk of accidents and injuries during training and fights. Alcohol can also make it more challenging to achieve and maintain the expected weight class for competitions.



Reason 03

Unhealthy eating habits and substance abuse, for example sugar, can damage your cognition, concentration, and decision-making abilities. In combat sports, where split-second decisions are crucial, having a clear and focused mind is essential for success.

Poor nutrition and missing vitamins can lead to low energy levels, reduced endurance, slower recovery, and impaired physical and mental performance, ultimately hindering your ability to perform at your best.

Balance is important

Maintaining a healthy and balanced diet, along with not doing drugs and consuming extreme amounts of alcohol, is vital for optimal performance, recovery, and overall well-being as a combat sports athlete. It supports your physical and mental health, maximizes your potential, and helps you achieve long-term success in your athletic pursuits.

— Today is Tomorrow

4. You are **only training** when you have a fight coming up.

Everyone knows the key to improvement, yet few does it every week

The key is consistency: By training consistently, even when fights are not near, you can maintain a high level of performance, reduce the risk of injuries, and continuously improve your skills, ultimately increasing your chances of success in the sport.

Without consistent practice, your skills, especially recent ones, can start to get worse over time. Techniques that were once sharp and precise may become rusty and less effective. Consistency is crucial to strengthen and refine your skills, guaranteeing that they remain at a high professional level.

When you don't train consistently, it becomes challenging to make significant improvements in your skills and overall performance. Consistency is key to developing muscle memory, refining techniques, and building stamina.

5. You have people around that **boost your ego** instead of telling you the truth.

When surrounded by individuals who constantly boost your ego, you may not feel the need to push yourself, work harder, or address any weaknesses or shortcomings in your training. This can lead to a plateau in your skill development.

When you reach a plateau in your skill development, it means that you're not improving as much as before. It's like being stuck on a level without moving forward.



The genuine truth

Ego boosting can lead to an inflated self-perception, where you may start to believe that you are undefeatable or superior to others. A false sense of confidence can be shattered when faced with more skilled opponents, challenging situations, or a loss.

It is important to have a realistic judgment of your abilities and areas for improvement to continue growing as a fighter.

Why criticism is more than necessary

Again, a boosted ego can lead to a plateau in skill development and a lack of motivation to push beyond your comfort zone. It's important to seek out people who are willing to provide constructive criticism, challenge you to improve, and support your development as a combat sports athlete.

6. Pride

You are actively **not allowing yourself to learn from others.**

The perfect set-up to be exploitable

Combat sports athletes are highly competitive and your opponents always seek to exploit your weaknesses. If you allow pride to blind you, you may become resistant to adjusting your approach and techniques. This stubbornness can put you at a disadvantage and make it difficult to crush opponents who have studied your style and developed counter-strategies. Stay open to learning from others and evolve your skills to stay competitive. If you have a coach, listen to your coach.

Pride can be especially harmful when it leads us to belittle new knowledge. Instead of focusing on our growth, we become caught up in status. There is a reason why pride is one of the seven sins; Proverbs 16:18 "Pride goes before destruction, a haughty spirit before a fall."

However, it's not bad to have confidence. The important part is to strike a balance between confidence and maintaining a humble attitude. Welcoming humility allows for continuous learning, growth, and the ability to handle both successes and failures with grace.





7. Believing that **you're invincible.**

Believing you're invincible can lead to you being careless in training and preparation. If you think you're unbeatable, you may not put in the necessary effort to improve your skills, conditioning, and strategy. This can leave you ill-prepared for challenging opponents who exploit your weaknesses and once you are under their strategy, they will capitalize on your disappointments.

Don't set yourself up for disappointment

Believing in invincibility can lead to a false sense of security that can be easily shattered when faced with defeat. If you've built your entire identity and confidence on invincibility, a loss or failure can have a devastating impact on your mental and emotional well-being. Developing resilience, humility, and a realistic perspective on your abilities can help you better navigate the ups and downs of your professional combat sports journey.

7 Reasons of failure and 7 simple solutions

Summary

1. You're hanging with the wrong people in your personal life

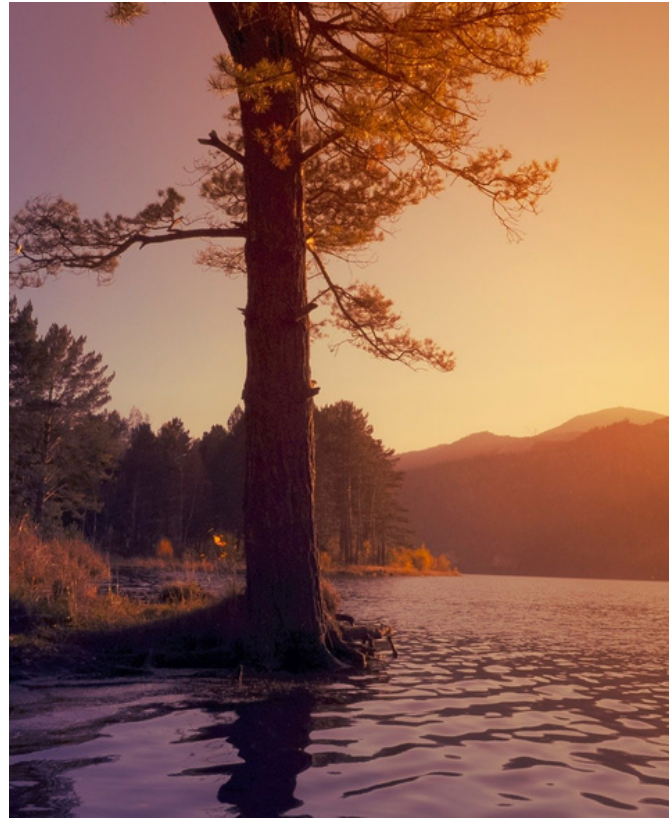
Solution: Cut the toxic people out of your life completely

2. You are training with inexperienced coaches.

Solution: Find a coach that has good word of mouth, high-level credentials, and competitive experience. Then learn from him and show immense respect.

3. Wrong nutrition, putting drugs, and alcohol in your body.

Solution: Maintain a healthy and balanced diet, along with not doing drugs and consuming extreme amounts of alcohol.



4. You are only training when you have a fight coming up.

Solution: Train consistently, have a rhythm

5. You have people around that boost your ego instead of telling you the truth.

Solution: be with other people who are willing to provide constructive criticism and challenge you to improve

6. Pride - You are actively not allowing yourself to learn from others.

Solution: Be humble, learn, and grow from others

7. Believing that you're invincible.

Solution: Accept that you will never achieve invincibility or perfection



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But now that you know and will prevent the
failures, you can move forward and be a
professional fighter

THE END

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