

# CHOLA'S GOT T★LENT

## UMESH'S MMA ODYSSEY

*Fighting For Glory*

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THE  
MUSICIAN

Meet **Umesh Kumar Krishnan**, Chola's Own MMA Champion! With unmatched grit in the MMA ring and sharp acumen in Analytics, Umesh Kumar Krishnan is a true powerhouse of talent within Chola. A state champion aiming for national glory, Umesh embodies determination and excellence. Beyond his prowess as a fighter, he is a skilled musician, mastering the keyboard and guitar, and an artist whose brushstrokes leave everyone in awe.

Intrigued by his multi-faceted abilities, we caught up with Umesh for a candid conversation. Here's how it went.



# WHAT GOT YOU INTO MIXED MARTIAL ARTS?



As a chubby kid, I started Karate for fitness and trained for eight years. After a hiatus for studies and work, I wanted a sport with more freedom and gravitated toward MMA. Joining Combat Kinetics, one of the best clubs in the country, was a game-changer. Within a month, I fell in love with the sport.



# WHAT IS YOUR TRAINING ROUTINE LIKE, AND HOW DO YOU ADAPT TO MULTIPLE SPORTS?

My day starts at 6 AM, with training focused on mastering moves, running, and sparring. Basics are essential, and evenings often involve a similar routine. Since MMA incorporates elements from Boxing, Jujitsu, and other sports, each session sharpens reflexes, and the results are evident in the ring.

## HOW DO YOU RECOVER AFTER EACH FIGHT?

With three fights a day and just 2-3 hours between them, recovery time is tight. Over time, you adapt to the challenging conditions. I also indulge in interclub competitions, which they hold every weekend. It also prepares me for the big stages.





## WHAT'S YOUR TOUGHEST FIGHT SO FAR?

I once faced a tough opponent in a boxing match. A flurry of punches to my chin shook me, making it my hardest fight. Fighting, like chess, is

about getting into your opponent's head and staying one step ahead. Otherwise, you're bound to fall.

Sometimes, it's quite the opposite. For example, during my state championship, the match was done in 1 and a half minutes, which was quite satisfying.



## WHAT'S YOUR ULTIMATE GOAL RIGHT NOW?

I am really looking forward to my national championship match next January. It is my primary goal as of now.

I'm training really hard and hoping to give my absolute best.

# HOW DOES IT FEEL TO GET KNOCKED OUT?

It's not great. While getting knocked out, the blackout that follows is quite scary. But over time, I've learned to recover and bounce back stronger.



# HOW DO YOU THINK MMA'S FUTURE LOOKS IN INDIA?

I think India has a great future in MMA. With our talent pool, a little government support could take Indian MMA to great heights because the required infrastructure is not that costly. A ring and an open space are all we need to sweat it out.

# APART FROM MMA, IS THERE ANYTHING ELSE YOU INDULGE YOURSELF IN?

I do indulge myself in drawing and music during my free time. I can play the guitar and keyboard quite comfortably.

# ANY QUOTES YOU LIVE BY?

Whatever you do, do it with full rigour and commitment. When you put your full effort into something, it will surely come out well.



**As Umesh gears up for the nationals,  
Chola wishes him all the success and glory ahead!**

**CHOLA IS PROUD OF YOU, UMESH!**