



Jiri Prochazka went 3 days without food in dark room to confront 'demons,' train his mind

By [MMA Fighting Newswire](#) | Oct 18, 2022, 12:00pm EDT | [86 Comments](#) / [86 New](#)

Loading your audio article

UFC light heavyweight champion [Jiri Prochazka](#) continues to push his boundaries to get into peak condition for his fights, recently going three days in a dark room to train his mind.

Prochazka is a big proponent of meditation and took things up a notch by removing sensory stimuli and food in the small space, he told *The MMA Hour*.

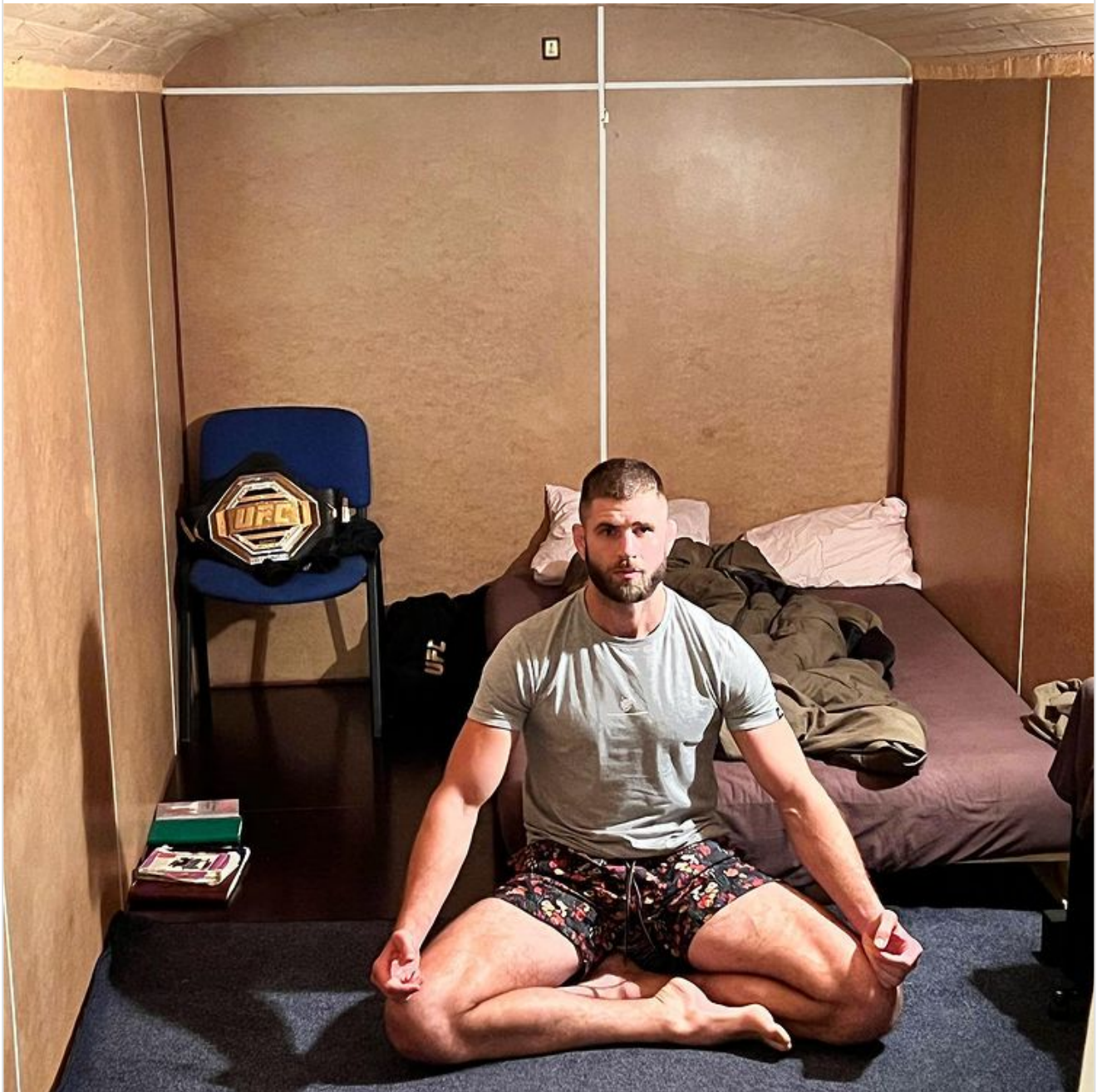
“That’s all in darkness for three days, and there you can work with your demons and train what you want,” said Prochazka, who faces [Glover Teixeira](#) in a title rematch at [UFC 282](#). “I don’t want to talk about a lot, because that’s like my personal things.”

The light-heavy champ posted a picture of his exploration this past month in his adopted home city of Brno, Czech Republic.



jirkaprochazka
632K followers

[View profile](#)



[View more on Instagram](#)

33,019 likes

jirkaprochazka

3 days in the dark.

Thankyou tmaleci.cz 🔥🙏⚡

#ReadyforNextChallenge //\\

[view all 255 comments](#)

Add a comment...

Sensory deprivation tanks are popular around the world; longtime UFC commentator [Joe Rogan](#) is an outspoken evangelist about the practice and purchased a chamber for his house. Usually, participants spend an hour or so in complete darkness in silence – not days without food with no concept of time.

“That’s the biggest fun, because you have to go to the point where time is ending, and I can’t speak about that, because it’s so, not intense, for me, these things are so personal ... and holy,” Prochazka said.



The MMA Hour with Ariel Helwani
Jiri Prochazka, Petr Yan, Javier Mendez, John Hathaw...
Jiri Prochazka, Petr Yan, Javier Mendez, John Hathaway, and more

00:00:00



SHARE SUBSCRIBE COOKIE POLICY DESCRIPTION

Megaphone

An avid follower of the martial arts philosophy known as Bushido code, Prochazka has embraced unconventional forms of MMA training, [once describing his choice](#) of a tree for a striking target.

Sensory deprivation is not the most unusual practice in a sport [where superstition and mysticism](#) often collide. Prochazka, however, wears his individuality a little bit louder.

In his daily martial arts practice, Prochazka said he meditates to train his mind so he can be calm in the heat of battle. Things are just more intense in the darkness.

“It’s very helpful,” he said. “There is just you and you. No other people. That was my first time when I did that without food, so just with water. It’s much more strong when you’re without food. All the processes in your body is much stronger. Your mind’s working a lot, and you have to die here first.

“And three days, four days, that’s not so much. But I’m using that just to recognize who I am really, and then I can start training and pushing to the next level with truly me, more honestly.”

Prochazka recently shed another symbol of his martial roots – the “samurai” hair beloved by many of his fans. He said that with his new title, he needed to start a “new episode” in his life.

At UFC 282, the champ plans to bounce back from a performance he calls a career-worst despite a decision over Teixeira that gave him the belt. He visualizes next to his UFC belt, whose gold has “a really nice vibration.” The extra steps are just a compliment to the main work, however.

“I’m working with that just for this reason, but still, the belt is the belt, but the most important is what I have to do,” he said. “I have to win this fight.”

GET THE LATEST GEAR



UFC 281 Artist Series Event T-Shirt

UFC 281 Event T-Shirt

Israel Adesanya Dead Man Walkout Shirt

Israel Adesanya Undisputed Champ Hoodie

Israel Adesanya Flare 8 Speaker

Zhang Weili Dragon T-Shirt

Dustin Poirier Diamond Script T-Shirt

Michael Chandler Photo T-Shirt

DRAFT KINGS | **NFL**
Official Daily Fantasy Partner of the NFL

PLAY WITH THE
**OFFICIAL DAILY
FANTASY PARTNER
OF THE NFL.**

PLAY NOW

Eligibility restrictions apply. Void where prohibited.
See terms at draftkings.com.

Sign up for the MMA Fighting Daily Roundup newsletter!

A daily roundup of all your fighting news from MMA Fighting

Email (required)

SUBSCRIBE

By submitting your email, you agree to our [Terms and Privacy Notice](#). You can opt out at any time. This site is protected by reCAPTCHA and the [Google Privacy Policy](#) and [Terms of Service](#) apply.