

ufc record book

ufc record book is the ultimate repository of mixed martial arts history, showcasing the greatest achievements, legendary fights, and statistical milestones within the Ultimate Fighting Championship. This article provides a comprehensive exploration of the UFC record book, detailing the most significant records, iconic fighters, and pivotal moments that have shaped the sport. Readers will discover categories ranging from most wins and title defenses to fastest knockouts and submission specialists. We'll highlight legendary champions, breakout stars, and unforgettable events that continue to inspire fans and fighters worldwide. Whether you're a seasoned MMA enthusiast or new to the sport, this in-depth guide will help you navigate the dynamic landscape of UFC records. The following sections break down the statistics, celebrate historical feats, and offer insights into the ever-evolving legacy of the UFC. Dive in to uncover the names, numbers, and narratives that define the world's premier mixed martial arts organization.

- Understanding the UFC Record Book
- Most Wins in UFC History
- Title Defense Records
- Fastest Finishes and Knockouts
- Submission Records in the UFC
- Unbreakable Records and Legendary Streaks
- Women's Records in the UFC
- Breakout Performances and Rising Stars
- Frequently Asked Questions about the UFC Record Book

Understanding the UFC Record Book

The UFC record book is an ever-expanding collection of statistics, achievements, and historical moments from the Ultimate Fighting Championship. It serves as a reference point for fans, analysts, and athletes, tracking the evolution of the sport and the accomplishments of its competitors. The record book covers a wide range of categories, including wins, finishes, title reigns, and individual performance metrics. Each entry provides context for the fighters' legacies and the sport's development. Records are updated after every event, ensuring accuracy and relevance. This section introduces the importance of the UFC record book and its role in shaping MMA culture.

Most Wins in UFC History

Victories are the most fundamental measure of a fighter's success in the UFC. The record book meticulously tracks the athletes with the highest number of wins, reflecting their consistency, longevity, and skill. Fighters who top this list are often veterans with extensive careers and impressive resumes. These records highlight the importance of adaptability and resilience in mixed martial arts.

Top Fighters with the Most UFC Wins

- Jim Miller – Holds the record for the most wins in UFC history, showcasing unparalleled consistency and durability.
- Donald "Cowboy" Cerrone – Known for his activity, Cerrone remains one of the most successful and entertaining fighters.
- Andrei Arlovski – The heavyweight legend continues to add to his win total across multiple eras.
- Dustin Poirier – A perennial contender, Poirier's win record highlights his elite status in lightweight history.
- Demian Maia – Renowned for his grappling, Maia's longevity and skill have led to a high number of victories.

These fighters exemplify what it takes to remain competitive and relevant in the UFC over many years. Their records are a testament to preparation, adaptability, and a relentless pursuit of victory.

Title Defense Records

Title defenses are a hallmark of greatness in the UFC record book. They represent a champion's ability to not only capture a belt but to keep it against the best challengers. Successful defenses require skill, strategy, and mental fortitude, making these records some of the most prestigious in MMA.

Champions with the Most Title Defenses

- Anderson Silva – Holds the record for the most consecutive title defenses in UFC history, dominating the middleweight division.
- Georges St-Pierre – Renowned for his welterweight reign, St-Pierre consistently

defended his title against top contenders.

- Demetrious Johnson – Set the standard in the flyweight division with his record-breaking number of defenses.
- Amanda Nunes – Dominated both bantamweight and featherweight divisions, amassing numerous title defenses.
- Jon Jones – His light heavyweight title defenses are among the most celebrated in UFC history.

These champions not only reached the pinnacle of their divisions but also maintained their dominance against a rotating cast of elite opponents. Their records are benchmarks for future champions aspiring to achieve lasting greatness.

Fastest Finishes and Knockouts

Spectacular knockouts and rapid finishes are iconic moments captured in the UFC record book. The fastest finishes showcase explosive power, precision, and split-second timing. These records are often replayed and remembered for years, signifying the unpredictable excitement of MMA.

Notable Fastest Knockouts

- Jorge Masvidal – Recorded the fastest knockout in UFC history at just five seconds, elevating his legacy overnight.
- Duane Ludwig – Previously held the fastest KO record, a benchmark for over a decade.
- Chan Sung Jung (The Korean Zombie) – Known for one of the fastest finishes via submission in UFC featherweight history.

Fast finishes electrify fans and can instantly change the trajectory of a fighter's career. The ability to capitalize on an opponent's mistake in mere seconds is a unique skill found among the UFC's elite finishers.

Submission Records in the UFC

Submission artists leave a unique mark in the UFC record book, using technique and leverage to force opponents to tap out. The record book catalogs fighters with the most submission victories, showcasing the evolution of grappling within MMA.

Submission Specialists with UFC Records

- Charles Oliveira – Holds the record for most submission wins in UFC history, reflecting his Brazilian Jiu-Jitsu mastery.
- Demian Maia – Highly respected for his grappling, Maia ranks among the top in submission victories.
- Frank Mir – A heavyweight pioneer, Mir's submissions are legendary moments in UFC history.

Submission records highlight the technical depth of MMA and the importance of a well-rounded skill set. Fighters who excel in this area often redefine what's possible in the octagon.

Unbreakable Records and Legendary Streaks

Some records in the UFC record book stand the test of time, becoming legendary benchmarks for future generations. These include win streaks, consecutive finishes, and other feats that may never be surpassed due to the evolving nature of the sport.

Examples of Unbreakable UFC Records

- Anderson Silva's 16-fight UFC win streak – An unmatched display of dominance.
- Demetrious Johnson's 11 consecutive title defenses – Set a new standard for consistency.
- B.J. Penn's championships in multiple divisions – A rare and historic accomplishment.

Such records are etched into MMA history, inspiring future athletes and captivating fans for decades.

Women's Records in the UFC

The UFC record book dedicates sections to women's achievements, chronicling the rise of female fighters who have transformed the sport. From title reigns to fastest finishes, women's records are an essential part of UFC history.

Leading Women in the UFC Record Book

- Amanda Nunes – Holds multiple records for title defenses and victories across two divisions.
- Ronda Rousey – First women's bantamweight champion and pioneer of women's MMA in the UFC.
- Valentina Shevchenko – Known for her dominance in the flyweight division.

Women's records in the UFC highlight the depth of talent and the growing impact of female athletes in mixed martial arts.

Breakout Performances and Rising Stars

The UFC record book is regularly updated with new names and breakout performances that capture the imagination of fans. Rising stars often make history with record-setting debuts, fastest finishes, or youngest champions.

Recent Breakout Fighters

- Paddy Pimblett – Known for dynamic finishes and early success in the lightweight division.
- Raul Rosas Jr. – Became the youngest fighter to compete and win in the UFC.
- Islam Makhachev – Rapid ascent to champion status and impressive win streaks.

The next generation of fighters continues to push the boundaries of what's possible in the octagon. Their achievements ensure the UFC record book remains vibrant and ever-changing.

Frequently Asked Questions about the UFC Record Book

Q: Who holds the record for the most wins in UFC history?

A: Jim Miller currently holds the record for the most wins in UFC history, consistently competing at a high level in the lightweight division.

Q: What is the fastest knockout recorded in the UFC?

A: Jorge Masvidal holds the record for the fastest knockout in UFC history, finishing Ben Askren in just five seconds.

Q: Which UFC fighter has the most title defenses?

A: Anderson Silva and Demetrious Johnson are tied for the most title defenses in UFC history, with Silva dominating the middleweight division and Johnson excelling at flyweight.

Q: Who has the most submission victories in UFC history?

A: Charles Oliveira holds the record for the most submission wins in UFC history, utilizing his Brazilian Jiu-Jitsu expertise.

Q: Are there any unbreakable records in the UFC?

A: Some records, such as Anderson Silva's 16-fight win streak and Demetrious Johnson's 11 consecutive title defenses, are considered extremely difficult to break.

Q: Which female fighter has the most UFC title defenses?

A: Amanda Nunes has the most title defenses among female fighters, reigning in both the bantamweight and featherweight divisions.

Q: Who is the youngest fighter to win a UFC fight?

A: Raul Rosas Jr. became the youngest fighter to win a UFC fight, achieving the feat at just 18 years old.

Q: What are some of the most prestigious UFC records?

A: Prestigious records include most wins, most title defenses, fastest finishes, and most submission victories, as they highlight consistency and exceptional skill.

Q: How often is the UFC record book updated?

A: The UFC record book is updated after every event to ensure accuracy and reflect the latest achievements.

Q: Why are UFC records important?

A: UFC records provide historical context, celebrate athletic excellence, and inspire both current fighters and MMA fans globally.

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The Ultimate UFC Record Book: A Deep Dive into MMA History

Are you a die-hard UFC fan? Do you spend hours debating the greatest fighters of all time, dissecting knockout records, and arguing over submission statistics? Then you've come to the right place. This comprehensive guide acts as your ultimate UFC record book, delving into the fascinating world of Ultimate Fighting Championship records and statistics. We'll explore everything from the most dominant champions to the most shocking upsets, offering a definitive resource for any true MMA aficionado. Get ready to dive deep into the numbers and legends that define the UFC's illustrious history.

Understanding the UFC Record Book: More Than Just Wins and Losses

The UFC record book isn't just a simple list of wins and losses. It's a complex tapestry woven with threads of individual achievements, divisional dominance, and unforgettable moments. Understanding the context behind the numbers is key to truly appreciating the sport's legacy. This post aims to provide that context, going beyond simple statistics to explore the narratives behind the records.

The Heavyweight Kings: Reigning Supreme in the UFC

The heavyweight division has always been the pinnacle of UFC competition, showcasing the raw power and athleticism of some of the sport's most iconic fighters. Examining the records of heavyweight champions reveals a fascinating evolution of fighting styles and strategies.

Longest Reigning Heavyweight Champions: A Legacy of Dominance

Analyzing the length of title reigns provides insight into a champion's sustained dominance. We'll look at fighters who not only won the title but also successfully defended it multiple times, showcasing exceptional skill and resilience. We'll compare the records of legends like Stipe Miocic and Cain Velasquez to understand the scale of their achievements.

Most Heavyweight Knockouts: Raw Power and Devastating Strikes

The heavyweight division is often characterized by its brutal knockouts. We'll delve into the records for the most knockouts in the heavyweight division, highlighting fighters known for their devastating power and finishing ability. This will involve analyzing fight statistics and exploring the techniques employed by these knockout artists.

Beyond the Heavyweight Division: Exploring Other UFC Records

While the heavyweight division often captures the most attention, the UFC boasts a multitude of weight classes, each with its own unique history and impressive records.

Most Successful Lightweight Champions: Precision and Technique

The lightweight division showcases a blend of precision striking, grappling expertise, and strategic fighting. Analyzing the records of dominant lightweight champions offers a glimpse into the tactical complexities of this fiercely competitive weight class. We'll examine the careers of Khabib Nurmagomedov and Conor McGregor to illustrate this point.

Submission Masters: The Art of the Tapout

The UFC is renowned for its submission artists. Exploring the records for most submission victories in different weight classes reveals the mastery of grappling techniques and the ability to control and dominate an opponent. We will analyze fighters known for their exceptional grappling skills and submission artistry.

The UFC Record Book: A Living Document

The UFC record book is far from static; it's a continuously evolving document, shaped by the ongoing battles and triumphs of new generations of fighters. Each fight adds a new chapter to the rich history of the UFC, creating fresh narratives and potentially rewriting existing records.

Conclusion

The UFC record book is a treasure trove of information, showcasing not only individual achievements but also the evolution of the sport itself. By understanding these records and the context in which they were achieved, we gain a deeper appreciation for the dedication, skill, and sheer determination required to reach the pinnacle of mixed martial arts. This comprehensive overview has only scratched the surface; the fascinating stories behind each statistic and record deserve further exploration.

FAQs

1. Where can I find a complete, official UFC record book? While there isn't one single, officially published book encompassing every UFC record, the UFC's official website and various reputable MMA statistics sites provide comprehensive data.
2. Are there any unofficial UFC record books available online? Yes, many fan-made websites and databases attempt to compile UFC records, but it's crucial to verify their accuracy against official sources.
3. How are UFC records verified and maintained? The UFC itself maintains official records, but discrepancies can sometimes arise. Reputable sources cross-reference information and strive for accuracy.
4. What metrics are typically included in a UFC record book? Beyond wins and losses, typical metrics include knockouts, submissions, significant strikes landed, takedowns, and fight time.
5. How often are UFC records updated? Records are updated after each UFC event, reflecting the results of the fights.

This post provides a comprehensive look at the world of UFC records, offering valuable insights into the history and legacy of this dynamic sport. Remember to explore further and delve into the specific records and fighters that capture your interest!

ufc record book: *The History of the UFC - Book 1* James Bren, Dive into the thrilling world of mixed martial arts with History of the UFC Book 1, a riveting account of the rise of the Ultimate

Fighting Championship. Join acclaimed author James Bren as he takes you on an unforgettable journey through the origins, triumphs, and controversies that shaped this global sports phenomenon. Unravel the captivating story of how the UFC emerged from obscurity in the early 1990s, defying skeptics and legal challenges to become one of the most dynamic sports organizations in the world. Meet the visionaries behind its success, Dana White, Lorenzo Fertitta, and Frank Fertitta III, and discover the passion and determination that fueled their journey to forge a fighting empire. Venture inside the octagon and witness the rise of legendary fighters who etched their names in MMA history, from the Gracie family's jiu-jitsu dominance to the powerhouse reigns of Anderson Silva, Jon Jones, and Amanda Nunes. Feel the adrenaline rush as you relive epic moments and iconic showdowns that gripped the hearts of millions of fans worldwide. In *History of the UFC Book 1*, James Bren provides an intimate look at the organization's pivotal partnerships, including the groundbreaking deal with Reebok and the historic merger with WWE. Explore the strategic moves that shaped the UFC's trajectory and cemented its status as a cultural phenomenon. Prepare to be enthralled by exclusive behind-the-scenes details and the untold stories of courage and resilience from fighters who pushed the boundaries of human potential inside the octagon. As we journey through the pages of this enthralling narrative, you'll gain a deeper understanding of the profound impact of the UFC on the lives of its fighters and devoted fans. Whether you're a die-hard UFC enthusiast or a newcomer to the world of MMA, *History of the UFC Book 1* promises an adrenaline-pumping ride through the sport's storied history. James Bren's masterful storytelling will leave you inspired by the tenacity and spirit of the athletes who graced the UFC stage. Get ready to relive the unforgettable moments, rivalries, and triumphs that shaped the UFC's legacy and laid the foundation for the sport's explosive growth. *History of the UFC Book 1* is the ultimate celebration of the fighting spirit that forever changed the landscape of mixed martial arts.

ufc record book: *UFC - A Visual History* Thomas Gerbasi, 2015 *UFC - A Visual History* is a comprehensive look at the history, individuals, and events that made the UFC the premier organisation it is today. Filled with impressive visuals and in-depth text, this striking hardcover book is a must have for any fan.

ufc record book: *THE HISTORY OF THE UFC BOOK 2* James Bren, Step into the heart of the Octagon with James Bren's comprehensive journey through *The History of the UFC - Book 2*. As a follow-up to the acclaimed first volume, Bren once again takes readers on an exhilarating ride through three decades of the Ultimate Fighting Championship, capturing the essence of a sport that has transcended boundaries and become a global phenomenon. From the early days of the UFC, where pioneers tested their skills in a raw and unregulated arena, to the glitzy spectacles of sold-out arenas and global Pay-Per-View events, this book leaves no stone unturned. Bren masterfully navigates through the highs and lows, the triumphs and tribulations, documenting the evolution of mixed martial arts as told by the warriors who stepped into the cage. Relive iconic moments that shaped the UFC's narrative, from legendary title bouts to underdog stories that defy the odds. With meticulous detail, Bren delves into the stories behind every submission, knockout, and decision that echoed through the annals of UFC history. Witness the rise of fighters who became legends — from the early dominance of Royce Gracie to the era-defining presence of fighters like Georges St-Pierre, Anderson Silva, Ronda Rousey, and Conor McGregor. Explore the intricacies of the sport through the tales of grit and determination, where fighters battled not only in the cage but against personal demons and adversities. *The History of the UFC - Book 2* is not just a recollection of events; it's an immersive experience that transports readers into the heart of the action. Through Bren's vivid storytelling, the Octagon comes alive, and the resilience, courage, and indomitable spirit of the fighters shine. This book is a celebration of the UFC community, where passionate fans contribute to the energy that fuels the sport. Whether you're a seasoned fan reliving the glory days or a newcomer eager to understand the roots of the UFC, this book caters to a diverse audience. As the final bell rings on this volume, the reader is left with a profound appreciation for the UFC's impact on sports, culture, and the human spirit. James Bren's *The History of the UFC - Book 2* is not just a book; it's a testament to the enduring legacy of a sport that continues to inspire generations. Get ready for an

unforgettable journey through the Octagon. The cage door is open — are you ready to step in?

ufc record book: Quitters Never Win Michael Bisping, Anthony Evans, 2019-07-25 THE SUNDAY TIMES BESTSELLER Some people are born to be a certain thing. And I was a born fighter. At the age of eight, Michael Bisping began his training in martial arts. By the time he was 15, he was fighting in his first no holds barred competition. When he turned professional and joined the UFC he was sure about one thing: only a world championship title would do. A British underdog in the greatest fighting championship on earth, he spent the next decade winning some of the championship's most sensational contests to achieve his dream, becoming the first ever British UFC world champion in 2016. From his boyhood years learning to fight in the gyms of Lancashire to his most shocking clashes in the cage, in *Quitters Never Win* Bisping tells the raw and unfiltered story behind his legendary career for the first time, including his greatest wins, his fiercest rivals and the harrowing injury that forced him into retirement. As audacious, entertaining and as candid as the man himself, it's a backstage pass to one of the world's most extreme sports and an unbridled account of what it really takes to become a champion, from sleeping in his own car to reaching the summit of the world's fastest growing sport.

ufc record book: Made in America Matt Hughes, 2012-12-25 Ultimate fighting -- mixed martial arts competition between professional fighters which includes ju-jitsu, judo, boxing, kickboxing and wrestling techniques -- is among the fastest-growing sports in the world today, outselling and outperforming boxing and indeed any other ring or combat sport. Coming live to the UK in April 2007 UFC sold out the Manchester MEN Arena, followed by further sell-out performances in Belfast in June and London in September at the 20,000-plus capacity O2. Matt Hughes, nine times UFC World Welterweight Champion, with a record of 42 wins from 48 fights to date, is the most dynamic figure in this hottest and most happening of sports. Here he recounts his sensational rise to stardom, from growing up on the family farm in Illinois to breaking records in the octagon in front of 20,000 live fans and 4 million television viewers.

ufc record book: Becoming the Natural Randy Couture, 2009-08-11 Randy Couture -- voted The Greatest Fighter of All Time by viewers' choice -- recounts his record-breaking career, which has made him an undisputed UFC legend. Randy Couture wins fights with the seemingly effortless ease with which lesser mortals eat or breathe. He's the only athlete to have held championship titles in both the heavyweight and light heavyweight divisions of the UFC, and he's the only six-time title earner in UFC history. In *Becoming the Natural*, Couture tells his story for the first time, beginning with a childhood spent in search of an elusive father figure, followed by the pure adrenaline rush that accompanied his first wrestling bout in grade school. In 1997, at the age of thirty-three, Couture made his UFC debut, defeating two opponents in the heavyweight class and then scoring a TKO victory against Brazilian phenom Vitor Belfort to earn the nickname The Natural. He won his first heavyweight title that same year. At the age of forty, he defeated five-time defending champion Tito Ortiz for the undisputed light heavyweight title. Couture retired in 2006, only to reemerge the following year and seize the heavyweight championship title once again. *Becoming the Natural* is the remarkable story of one of the world's most gifted and dedicated athletes -- a born fighter whose skill and showmanship have helped to lift mixed martial arts out of the shadows and into the mainstream.

ufc record book: Why I Fight B.J. Penn, Dave Weintraub, 2010-04-02 Claiming that "the belt is just an accessory," Ultimate Fighting Championship (UFC) Lightweight Champion B.J. Penn explains *Why I Fight* in this honest, intimate, and fascinating memoir. Written with David Weintraub, *Why I Fight* is an unforgettable portrait of one of the top and most recognizable mixed martial artists in the UFC and an up-close look at one of the most exciting and fastest growing sports in the world. UFC and Jiu-Jitsu aficionados—and fans of *Iceman*, *A Fighter's Heart*, and Bruce Lee's classic *The Tao of Jeet Kun Do*—will want to explore *Why I Fight*.

ufc record book: Iceman Chuck Liddell, Chad Millman, 2008-01-29 "The New York Times bestseller from the baddest man on the planet—with photos and a brand new chapter. Chuck Liddell is the face of the Ultimate Fighting Championship, and superstar of Mixed Martial Arts -- the fastest

growing sport in America. In 1998, he won his first Mixed Martial Arts fight, soon after joining the UFC to become the #1 ranked light-heavyweight contender in the world. He is a walking lethal weapon. Here, for the first time, is the story of Chuck Liddell inside and outside the Octagon—from his childhood in the poor section of Santa Barbara to the bloodiest battles of his career, to balancing life as a father, a UFC champ, and a superstar. With never-before-seen photos—and an all-new chapter added for this edition—Iceman is the true, no-holds-barred story of Chuck Liddell's fight to become a champion.

ufc record book: Fighting Visibility Jennifer McClearen, 2021-03-30 Ultimate Fighting Championship and the present and future of women's sports Mixed martial arts stars like Amanda Nunes, Zhang Weili, and Ronda Rousey have made female athletes top draws in the Ultimate Fighting Championship (UFC). Jennifer McClearen charts how the promotion incorporates women into its far-flung media ventures and investigates the complexities surrounding female inclusion. On the one hand, the undeniable popularity of cards headlined by women add much-needed diversity to the sporting landscape. On the other, the UFC leverages an illusion of promoting difference—whether gender, racial, ethnic, or sexual—to grow its empire with an inexpensive and expendable pool of female fighters. McClearen illuminates how the UFC's half-hearted efforts at representation generate profit and cultural cachet while covering up the fact it exploits women of color, lesbians, gender non-conforming women, and others. Thought provoking and timely, *Fighting Visibility* tells the story of how a sports entertainment phenomenon made difference a part of its brand—and the ways women paid the price for success.

ufc record book: Fightnomics Reed Kuhn, Kelly Crigger, 2013-12-07 *Fightnomics* quantifies the underlying drivers of the world's most exciting and fastest growing sport through deep analysis of Mixed Martial Arts (MMA) competition. Part *Freakonomics* and part *Moneyball*, *Fightnomics* is a statistical spotlight on the Ultimate Fighting Championship (UFC) and the fighters who compete in the Octagon. Does size matter? Is the Southpaw Advantage real for MMA? Is it better to be young or experienced in a fight? How is the UFC Tale of the Tape lying to us? What makes a strike significant? What about Ring Rust, Octagon Jitters, or the Home Cage Advantage? Just how accurate are betting odds? Theories about how MMA works get put to the test with a little bit of science, and a whole lot of numbers. *Fightnomics* is the deepest and most complete analysis to date of historical UFC data that answers common, yet hotly debated questions about the sport. The fight game will never quite look the same once you've learned what really matters in a cage fight, and even a few surprising things that don't--Publisher's description.

ufc record book: Fight for the Forgotten Justin Wren, 2016-07-05 From notable mixed martial artist and UFC fighter, Justin Wren, comes a personal account of faith, redemption, empowerment, and overwhelming love as one man sets out on an international mission to fight for those who can't fight for themselves. Justin Wren knows what it's like to feel like the world is against you. Like many kids, Justin was bullied as a child, but had a dream that kept him going. Fueled by the anger he felt toward his tormenters, Justin trained hard and propelled his dream of becoming a UFC fighter into reality. But the pain from his childhood didn't dissipate and Justin fell into a spiral of depression and addiction, leading him on a path toward destruction. After getting kicked out of his training community, his career was in shambles and he had nowhere else to go, so Justin attended a men's retreat, and it was there he found God. As Justin began piecing his life back together, he joined several international mission trips that opened his eyes and his heart to a world filled with suffering deep in the jungle of the Democratic Republic of Congo. There he came across the Mbuti Pygmy tribe, a group of people persecuted by neighboring tribes and forced into slavery. His encounter with the Pygmy tribe left him wondering who was there to help them and in that moment Justin stepped out of the ring and into a fight for the forgotten. From cage fighter to freedom fighter, Justin's story is a deeply personal memoir with a bigger message about a quest, justice, and the amazing things that can happen when we relinquish our lives to God--

ufc record book: Born To Fight Mark Hunt, Ben Mckelvey, 2015-09-29 'There's more than a few instances in this biography of UFC cult favourite Mark Hunt that make you shake your head in

can't-make-this-stuff-up disbelief' - Inside Sport A powerful story of sadness, hope, pride, honour and triumph from the real-life Rocky! Raw, confronting and honest, UFC champion Mark Hunt's inspiring autobiography shows it is possible to defy the odds and carve a better life. Born into a Mormon Samoan family, Hunt details his harrowing early life, his troubled teen years, and his angry youth with no apparent future. After being plucked from an Auckland street fight and dropped into his first kickboxing bout, Mark went on to achieve unprecedented success in Australian and New Zealand combat sports. In an ongoing career that has spanned the globe, Mark Hunt has been in some of the UFC, Pride and K-1's most memorable battles. But in some ways those fights pale in comparison to that which he has overcome out of the ring and cage. As fearless with his opinions as he is in the Octagon, Mark pulls no punches in revealing the highs and lows of his extraordinary life.

ufc record book: *Ultimate Fighting* Patrick Jones, 2017-01-01 Audisee® eBooks with Audio combine professional narration and sentence highlighting for an engaging read aloud experience! What if a boxer and a wrestler fought? Who would win? What if a fighter skilled in Brazilian Jiu-Jitsu tangled with a foe trained in traditional judo? These were questions that fans of combat sports asked for years, but how to settle it? The answer: mixed martial arts. In this action-packed book, you'll meet the superstars and record holders of mixed martial arts, get behind-the-scenes details about some of its most dramatic moments, and find out what the future holds for this radical hybrid sport.

ufc record book: *The Pact* Cody Garbrandt, 2018-05-08 A UFC champion and a boy with leukemia, in the fight of their lives. Cody Garbrandt dreamed of being a UFC champion. In his darkest moments, when those dreams were dashed, he dug deep with the help of an unlikely friend—five-year-old Maddux Maple, a local hometown fan with leukemia. They made a pact: Cody would be in the UFC and win the championship, and Maddux would beat cancer. Read their moving story in Cody's new book, *The Pact*, and go behind the scenes into Cody's training and how he made his dreams come true. Cody Garbrandt grew up in a rough town in the Central Appalachian region of Ohio, surrounded by a longstanding culture of fighting—and drugs. Raised in this environment by a single mom (his dad left him at the young age of three to reside in the Ohio State Penitentiary), Cody grew up fighting, and he grew up wild. His future seemed predestined to end in the coal mines, or in prison. Thankfully, Cody had visions of something more. His American Dream? Mixed Martial Arts. But a path to success wasn't clear. He spent as much time fighting in the streets as he did in the gym—one bad decision away from losing everything. Then, at age 20, Cody's brother introduced him to five-year old Maddux Maple. Maddux was deathly ill with leukemia, his survival by no means assured. A unique friendship developed as they made a promise to each other: Maddux would beat cancer, and Cody would make it to the UFC and become world champion. Through five long years of pain and hardship, they both persevered; Cody, through the agony and sacrifices of fighting his way to the top, and Maddux through the horrors of chemotherapy. They loved and supported each other. They served as each other's inspiration. And in December 2016, they made good on their pact: Cody won his UFC Championship belt, which he promptly presented to Maddux—the boy who had beaten cancer into remission.

ufc record book: Combat Sports David L. Hudson Jr., 2009-05-13 Fistic combat represents the greatest human drama in all of sport. Roman gladiators thrilled citizens and emperors alike when they entered the octagon to face an intense, life-threatening experience. Boxing, the sport of kings, also has its roots in the ancient civilizations of Greece and Rome. Banned in 500 A.D. by the Emperor Theodoric, it resurfaced twelve centuries later in England. John Milton praised it as a noble art for building character in young men, and sports writer A.J. Leibling dubbed it the Sweet Science. Many of its major protagonists - men such as Joe Louis, Rocky Marciano and Muhammad Ali - have become transcendent, near-mythic heroes. But boxing is not the only combat sport, and mixed martial arts, in all their ferocious beauty, represent the fastest growing sports genre in the world. Ultimate Fighting Championships (UFC) has joined boxing in paying seven figures to some of its champions, and draws millions in its pay-per-view events. This book details leading figures in boxing, sumo wrestling, kickboxing, Greco-Roman wrestling, and mixed martial arts (including organizations such as Ultimate Fighting, PRIDE, K-1, Total Combat, and SportFighting). Over 150 entries cover

champions, contenders, and other famous combatants from all over the world, as well as legendary promoters, managers, trainers, and events. Also included in this encyclopedia are sidebars on controversies, highlights, brief bios, and other noteworthy events, along with a general timeline. .

ufc record book: *The MMA Encyclopedia* Jonathan Snowden, Kendall Shields, 2010-11 ' Did you see the big fight this weekend' The question used to be about boxing matches, when the giants of the fight world were Mike Tyson and Roy Jones. Now fans are leaving the sweet science in droves for the combat sport of the future: mixed martial arts (MMA). MMA has drawn millions on cable and network television, as well as out-performed professional wrestling and boxing on pay-per-view. Fans are attracted to the sport, but unlike boxing (where strategy and technique are limited to using both your left and right hands), an MMA fight can be surprisingly complicated. The MMA Encyclopedia puts the fighters, the facts, and the fundamentals of the world's fastest growing sport at your fingertips as the definitive reference guide to mixed martial arts. The encyclopedia will break the MMA language barrier for those who don't know a wristlock from a wristwatch, while at the same time offering perspective and analysis that will entertain the hardcore fan who already has the basics down pat. With three appendices that detail the results of every MMA fight in history, this is the ultimate reference book for the ultimate sport.

ufc record book: *My Fight / Your Fight* Ronda Rousey, Maria Burns Ortiz, 2015-05-12 Ronda Rousey, the Olympic medallist and reigning UFC Women's Bantamweight Champion is the most sought after and recognisable female athlete in the world: seen on the cover of ESPN magazine and profiled by the New Yorker, she stars films like *Entourage* and *Fast & Furious 7*. In this inspiring memoir, Rousey charts her path to glory, exposing her tragic childhood, settling numerous scores and sharing the habits that create champions - her extreme fight week diet regimen, her gruelling workouts and the mind games she plays before knocking out every opponent she's ever faced.

ufc record book: *Myth and reality of the missionary family* Isobel Reid, 2024-06-03 Isobel Reid offers a concise account of the origins, establishment, and some internal dynamics of the Livingstonia Mission, in particular those impacting missionary families as seen through the eyes of a young missionary couple at its Bandawe station. This study not only demonstrates a general awareness of the role and initiative of the people of Northern Malawi, among whom and with whom the Scottish missionaries lived and worked, but also of the specific importance of interpersonal relationships between Scottish and Malawian women - as in the case of Marie Martin and her Tonga women friends. Race as the primary dividing line was thus subverted by mutual gender awareness. From 1978 Isobel Reid, a qualified nurse/midwife, with her doctor husband and young family lived for 18 months on Ekwendeni CCPA Mission Station before transferring to Mzuzu where Dr. Reid was in charge of St John's Roman Catholic Mission Hospital for four further years. A consequent academic interest in mission history resulted in an MTh (Edinburgh 1999) which provided the basis for this book.

ufc record book: *Official Collegiate Football Record Book* National Collegiate Athletic Association, 1969

ufc record book: *Lil Ninjas Activity Book* Artigue Josh, 2017-09-14 A collection of techniques, history and fun activities for students in the Lil Ninja program at Gladiators Academy

ufc record book: *My Life's Fight* Mark Bailey, Donna Kshir, 2008 Mark Bailey's turbulent and violent childhood turned into an adulthood plagued by drinking, crime, and more violence, ultimately leading to prison. This is the story of the life Bailey lived before he found God, and how he turned his life around to become a champion fighter. Mark Bailey is an MMA pro fighter and has participated in over three hundred fights. He held the World Fighting Championship title twenty-seven times, is a five-time shoot fighter of the year, and has won over five hundred and fifty grappling fights.

ufc record book: *Cage Kings* Michael Thomsen, 2023-06-15 A cultural and business history of the UFC, tracing the unlikely rise of mixed martial arts from what was derided in the '90s as 'human cockfighting' - more violence than sport - to a global pop culture phenomenon. Senator John McCain once decried mixed martial arts as 'human cockfighting,' while the New York Times despaired that the sport offered a 'pay-per-view prism' onto the decline of western civilisation. But the violent

spectacle of cage fighting no longer feels nearly as scandalous as it did when the sport debuted in 1993. Today, it's spoken of reverentially as a kind of 'human chess' played out in real-time between two bodies and the UFC is one of the most valuable franchises in the world, worth more than any team in the NFL, NBA, or MLB and equal to what Disney paid to acquire Marvel Comics. Once banned in thirty-six states and hovering on the edge of bankruptcy, the UFC has evolved into a \$10 billion industry. How did cage fighting go so mainstream? A rollicking behind-the-scenes account of one of the most spectacular upsets in American sports history, *Cage Kings* follows the desperate fighters, audacious promoters, fanboy bloggers, fatherly trainers, philosophical announcers, hustling sponsors, and three improbable twentysomething corporate titans on a darkly comic odyssey to normalize a new level of brutality in American pop culture-and make a fortune doing so. Stylishly written and poignantly observed, the book offers a provocative look at how the hollowing out of the American dream over the past three decades and the violence endemic to modern capitalism left us ready to embrace a sport like cage fighting.

ufc record book: Notorious - The Life and Fights of Conor McGregor Jack Slack, 2017-04-06 'WE'RE NOT JUST HERE TO TAKE PART - WE'RE HERE TO TAKE OVER' Conor McGregor is the biggest star in the fight game. The Dubliner has achieved more in three years with the Ultimate Fighting Championship than anyone in the twenty year history of the organization. From an unknown prospect in 2013 to the first man to hold two world titles simultaneously, McGregor's knockout-filled march through the featherweight and then lightweight rankings sent shockwaves through the world. But as effortless as McGregor's heroics have seemed, his journey was far from smooth and his destiny anything but certain. Just another teenager trading martial arts techniques with his friends in a shed, the seemingly delusional boy packed in his plumbing gig - to the massive anxiety of his parents - to chase a pipe dream with little promise of reward. No one could have guessed he would go on to become the biggest pay-per-view attraction in the world. As a technician and tactician inside the cage, McGregor was something special. Outside of the cage McGregor could draw thousands of screaming fans to press events with his wit and presence. And away from the cameras, McGregor's life was built around a love of treating his friends and a loyalty to his teammates and his hometown. This is not another tale about an athlete who was born exceptional and groomed for success. It is about how one young man, through bloody-minded determination and indomitable spirit, came to change the whole game. From Crumlin to Las Vegas and from the cage to the cars, *Notorious: The Life and Fights of Conor McGregor* explores not just how the fight game changed Conor McGregor, but how Conor McGregor revolutionized the fight game.

ufc record book: Protocol for Equipment Verification Testing for Removal of Precursors to Disinfection ByProducts ,

ufc record book: Thrown Kerry Howley, 2015-05-07 *Thrown* is Kerry Howley's knock-out debut and a unique journey into the world of Mixed Martial Arts fighting. In this darkly funny work of literary reportage, narrated by an excitable, semi-fictionalized graduate student named Kit, a bookish young woman insinuates herself into the lives of two cage fighters - one a young prodigy, the other an aging journeyman. Kerry Howley follows these men for three years through the bloody world of mixed martial arts as they starve themselves, break bones, fail their families and form new ones in the quest to rise from remote Midwestern fairgrounds to packed Vegas arenas. With penetrating intelligence and wry humor, Howley exposes the profundities and absurdities of this American subculture. 'The most fascinating book I've read this year. The precision of Howley's prose reminds me of Joan Didion or David Foster Wallace' *Time* 'A poetic portrait of a bloody American subculture' *O, The Oprah Magazine* 'The fight book of our generation has landed . . . a fantastic debut' *The Week* 'Compulsively readable' *The New York Times*

ufc record book: The Way of the Fight Georges St-Pierre, 2013-04-23 A NEW YORK TIMES BESTSELLER From the world's most popular UFC fighter, Georges "Rush" St. Pierre, comes a startlingly honest portrait of a fighter's journey, highlighting the lessons that propelled his rise from bullying victim to internationally celebrated athlete and champion. There's more to winning battles

than fists and feet For world-renowned professional fighter Georges St-Pierre, the greatest asset is not physical strength or athleticism—it's a sense of purpose. From his beginnings as a small, mercilessly bullied child first discovering karate to his years as a struggling garbage collector who spent all his free time in the gym, his hard-fought rise in the sport of mixed martial arts, and his long, painful recovery from a career-threatening injury, Georges never lost sight of his ambition to become the greatest martial artist of all time. In *The Way of the Fight*, Georges for the first time reveals what propelled him not only to become a champion but to embrace obstacles as opportunities to build character. *The Way of the Fight* is an inspirational look into the mindset of a master. To Georges, all life is competition, and there's no more perfect metaphor for competition than the life of a fighter. He explains the value of discipline, risk and even fear, with the wisdom of one who knows that nothing is assured—his next fight could always be his last. Drawing inspiration from fighting legends, Eastern philosophy and a trusted inner circle, *The Way of the Fight* is a powerful, life-changing guide to living with purpose and finding the way to accomplish your loftiest goals.

ufc record book: Death Clutch Brock Lesnar, Paul Hayman, 2011 A no-holds-barred memoir from Brock Lesnar, the baddest man on the planet -- the undisputed, three-time WWE Champion and current UFC World Heavyweight Champion--

ufc record book: It's Time! Bruce Buffer, 2013-06-20 If you're reading these words, chances are that you, like me, are a fan of the great sport we call MMA. And if you're a fan, then you probably recognize my face. Yeah, that's right-I'm that guy you see at every UFC match, spinning around and roaring into the microphone and getting up in fighters' grills. Okay, so I might not be the most subtle or refined announcer in the business. But I hope I communicate my passion for the sport in a way no other announcer does. I'll say it again: Passion. Because that's what this book is about. In these pages, I want to tell you about the passion that first led me to bet everything on this sport of ours, way back when MMA was outlawed in half the country and there wasn't a dime to be made on it. I want to tell you how that passion all started, with my larger-than-life father, a former Marine Drill Sergeant who, by the time I was ten, had taught me to play poker and blackjack, field-strip a Luger pistol blindfolded, and recite poetry. He was a man who thought nothing of confronting a group of thugs armed with nothing but his fists-and who expected the same strength and honor from his sons. I want to take you inside the incredible brotherhood that makes up the UFC as nobody ever has before, to tell you about the bond we all share and the crazy times I've had over the years with guys like Randy Couture, Tito Ortiz, Chuck Liddell, BJ Penn, and Jon Bones Jones. I want to give you my Octagon-side insights on many of the big fights you remember, and just maybe, to tell you about a few memorable fights that took place outside of the octagon, too-from my own sparring match with a youngster named Royce Gracie back before the phrase Mixed Martial Arts even existed, to some other brawls you might've heard about. And I want to tell you about the remarkable, late-life meeting with the celebrity brother I never knew I had-a brother whose existence my parents had never once breathed a word about!-that helped inspire me to chase my own dreams of standing up in the Octagon. Surprising stuff from the guy in the fancy tux, right? And that's just the start. There's a lot you don't know about me yet. And now... IT'S TIME! I told you.

ufc record book: Uncaged Frank Shamrock, Charles Fleming, Mickey Rourke, 2012-10-01 Frank Shamrock may be the toughest man alive. The veteran cage fighter—his &“extreme fighting&” style involves aspects of boxing, kickboxing, wrestling, karate, Brazilian jujitsu, and even Southeast Asian Muay Thai—is the only person to win a title in all three major North American fight promotions. As Ultimate Fighting Champion he was widely regarded as the best pound-for-pound fighter in the world. But Shamrock has led a life of profound, even Dickensian, difficulty. Born Frank Alicito Juarez III, he suffered through a childhood of abuse, neglect, and molestation before sliding into juvenile delinquency and petty crime. After finding some refuge in the penal system, he was eventually taken in by Bob Shamrock, a Northern California man who had fostered hundreds of lost boys—among them Frank's adoptive older brother, Ken, also a champion MMA fighter. An early marriage followed, and an unplanned pregnancy. When Frank couldn't afford to support his family,

he turned to burglary and wound up in state prison—a fact he has never, until now, discussed publicly. But when he was released, Frank joined Ken in training as a cage fighter. For the next two decades he dominated the entire sport. This riveting book tells his whole story. Shamrock gives vivid accounts of his fights, both in and out of the ring. He explains his losses and discloses what enabled him to become a champion. He credits the fighters who taught and inspired him and points out the weaknesses of many who didn't. He details his beef with the UFC and the reasons behind his retirement. He tells all about the violence, the injuries, the booze—and how he overcame them all to become a champion in every sense of the word.

ufc record book: Coach to Coach Martin Rooney, 2020-03-10 Learn the secrets for becoming the inspirational coach everyone is waiting for Think about the coaches you've had throughout your life. Most likely, some were good, others not so good. Maybe one or two were great. One thing is undeniable: Coaches can influence your life in ways that can be negative or positive. A coach can either build you up or tear you down. The world needs better coaches in all walks of life—if you're a parent, a teacher, a co-worker, or a leader, you are also a coach. Which kind of coach do you want to be? Coach to Coach helps you answer this question and shares the secrets to bringing out the best in a person, both on and off the field. For more than twenty years, author Martin Rooney has coached professional sport stars, Olympic champions, and business leaders to high levels of performance, analyzing thousands of real-life examples of what works and what doesn't. Reading like a simple parable, this engaging book gives you an easy-to-use yet highly effective formula for becoming a better coach for your teams, in your business, and in your personal life. Packed with valuable insights and expert advice, this appealing book helps you: Learn how to be a great leader by being a great coach Create positive lives for your children and the people you work with Inspire and motivate the people around you Turn your natural skills and talents into your own unique coaching style Use proven, time-tested coaching strategies to get results Coach to Coach: An Empowering Story About How to Be a Great Leader is an ideal book for coaches, leaders, managers, entrepreneurs, educators, parents, and anyone wanting to bring out the best in those around them.

ufc record book: The Handy American History Answer Book David L. Hudson, 2015-07-20 Take a walk through the biggest events, the wars, the economic, political, and social forces, the presidents, and lesser-known personalities as well as the sports, music, and entertainment that created, changed, and built the United States! From Washington to the microchip, Columbus to modern terrorist threats, the Anasazi to the iPhone, The Handy American History Answer Book traces the development of the nation, including the impact of the Civil War, the discovery of gold in California, the inventions, the political and economic crises, and the technology transforming modern culture today. It answers nearly 900 commonly asked questions and offers fun facts about American, its history, and people, such as: What were the first crops developed by the early Indian cultures? What was the Lost Colony? When did the first Africans arrive in the British colonies of North America? What was the Stamp Act? Did the American colonies have the death penalty? Why did Elbridge Gerry, Edmund Randolph, and George Mason refuse to sign the Constitution? What were the Lincoln-Douglas debates? What Civil War nurse later founded the American Red Cross? Who were the robber barons? Who invented the sport of basketball? How bad was the San Francisco earthquake of 1906? What was the Harlem Renaissance? Who were the "Four Horsemen"? Was the U.S. mainland attacked during World War II? When did the Cold War begin and why? How was Earl Warren crucial to the Brown v. Board of Education decision? What caused the Vietnam War? What was Reaganomics? What impact did the Challenger disaster have on the U.S. space program? What record producer co-founded Def Jam? Who became the first space tourist? This fun, fact-filled primer is a captivating, concise, and convenient history of America and Americans. The Handy American History Answer Book also includes a helpful bibliography and an extensive index, adding to its usefulness.

ufc record book: Mixed Martial Arts' Most Wanted Adam T. Heath, David L. Hudson, 2012-02 Mixed martial arts hasn't been dubbed the world's fastest growing sport for nothing. It's noticeably rocked the sporting world since the creation of the Ultimate Fighting Championship nearly two

decades ago and has even shaken up the pop culture scene. Who would have expected popular MMA fighter Chuck Liddell to trade in his sparring gloves for dance shoes on *Dancing with the Stars*? A combo of grappling, punching, kneeing, and kicking, this sport looks like it will be grounding and pounding, sprawling and brawling, for some time to come. *Mixed Martial Arts Most Wanted* steps into the cage and brings you round after round of fighting deeds and details worthy of a sport known for bloody battles and ingenious tactics. Authors Adam T. Heath and David L. Hudson Jr. have knocked out sixty top-ten lists detailing the low blows, grappling greats, human anomalies, and fighting females that make up the compelling world of mixed martial arts. There 's no need to be an insider Heath and Hudson bring you all of the sport 's best bouts, dirtiest moves, and brainscrambling kayos in a book that will keep MMA enthusiasts reeling for months.

ufc record book: *Fight* Craig Groeschel, 2013-10-22 NEW YORK TIMES BESTSELLER Your playbook to becoming who God created you to be: a man who knows how to fight for what's right. Pastor, bestselling author, husband, and father Craig Groeschel helps you uncover who you really are--a powerful man with the heart of a warrior. With God's help, you'll find strength to fight the battles you know you must win: the ones that determine the state of your heart, the quality of your marriage, and the spiritual health of those you love most. Groeschel examines the life of Samson--a strong man with glaring weaknesses. Like many men, Samson taunted his enemy and rationalized his sins. The good news is God's grace is greater than your worst sin. By looking at Samson's life, you will . . . Learn to defeat the demons that make strong men weak. Tap into a strength you never knew was possible. And become who God made you to be--a man who knows how to fight for what's right. Don't just fight like a man. Fight like a man of God. For God's sake . . . FIGHT! Spanish edition also available, as well as a video study and study guide.

ufc record book: *Training for Warriors* Martin Rooney, 2011-08-16 To be a warrior, you must train like a warrior Discover the training secrets that have produced World Champions in MMA, Submission Grappling, Brazilian Jiu Jitsu, and Judo. More than 750 color photos will show you how to perform hundreds of exercises designed to specifically target each area of your body. You'll also learn: Nutrition and safe weight-cutting tips Information on dealing with injuries Advice on the warrior mind and mental game The ultimate 8-week warrior workout plan Whether you are a fighter or just want to look like one, *Training for Warriors* is a proven, comprehensive system to get you fit for whatever battle life throws at you.

ufc record book: *Grimmish* Michael Winkler, 2023-04-25 "The strangest book you are likely to read this year." - JM Coetzee SHORTLISTED FOR THE MILES FRANKLIN LITERARY AWARD Pain was Joe Grim's self-expression, his livelihood and reason for being. A superstar boxer who rarely won a fight, Grim distinguished himself for his extraordinary ability to withstand physical punishment. In this wild and expansive novel, Michael Winkler moves between the present day and Grim's 1908-09 tour of Australia, bending genres and histories into a kaleidoscopic investigation of pain, masculinity, and narrative. Pain is often said to defy the limits of language. And yet *Grimmish* suggests that pain - physical and mental - is also the most familiar and universal human condition; and, perhaps, the secret source of our impulse to tell stories. "A powerful blast of literary ingenuity and originality." - Lloyd Jones, author of *Mister Pip* *Grimmish* meets a need I didn't even know I had. I lurched between bursts of wild laughter, shudders of horror, and gasps of awe at Winkler's verbal command: the freshness and muscle of his verbs, the unstoppable flow of his images, the bizarre wit of the language of pugilism--and all the while, a moving subterranean glint of strange masculine tenderness. - Helen Garner "All the makings of a cult classic. It's grotesque and gorgeous, smart and searching." - Beejay Silcox, *The Guardian*

ufc record book: *She's a Knockout!* L.A. Jennings, 2014-10-23 Women's fighting sports have a rich and storied history. As far back as the eighteenth century, female fighters battled at varying levels, from county fairs to elite events. With new opportunities to compete in legitimate arenas—from the Olympics and the Golden Gloves to wrestling tournaments and Ultimate Fighting Championships—women are now able to fight in ways their predecessors never could. And though women today still often face the same derision their predecessors faced, their fortitude and

determination has earned them respect from much of the fighting community. In *She's a Knockout!: A History of Women in Fighting Sports*, L.A. Jennings chronicles the stories of these strong and resilient women—including wrestlers, mixed martial arts competitors, and boxers—and the different issues they have encountered. Throughout the narrative, Jennings situates the stories of the female fighters in the culture of their time, revealing how women were often seen as objects of spectacle and ridicule before finally garnering admiration in the fighting world. The women featured in this book include England's "Championess" Elizabeth Stokes of the 1720s, American wrestler Cora Livingstone in the 1930s, and early MMA great Debi Purcell in the 2000s. Featuring historical and contemporary photographs and exclusive interviews with professional fighters, this book delivers an in-depth look into the struggles and triumphs of female fighters. Fans of fighting sports, sports historians, and those interested in the history of women in sports will find this a fascinating and illuminating read.

ufc record book: *Can't Hurt Me* David Goggins, 2021-03-03 New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring *Outside* magazine to name him The Fittest (Real) Man in America. In *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

ufc record book: *Shooters* Jonathan Snowden, 2012-08-09 From William Muldoon to Brock Lesnar, this history covers those who have divided themselves as tough guys on the professional wrestling circuit and legitimate confrontations. From catch wrestling master Billy Robinson to the Japanese professional wrestler who gave birth to the global phenomenon that is modern mixed martial arts (MMA), this investigation travels from the shadowy carnival tent and the dingy training hall to the bright lights of the squared circle and the Las Vegas glitz of the octagon. Billy Riley's legendary Wigan Snake Pit and the rigorous UWF Dojo in Tokyo are explored, revealing the secret history of both professional wrestling and the rising sport of MMA. Squared circle icons Strangler Lewis and Lou Thesz and Olympic heroes Danny Hodge and Kurt Angle are also featured.

ufc record book: *Win or Learn* John Kavanagh, 2016-06-30 Conor McGregor's trainer tells the amazing story of his long road to success in the world's fastest-growing sport Growing up in Dublin, John Kavanagh was a skinny lad who was frequently bullied. As a young man, after suffering a bad beating when he intervened to help a woman who was being attacked, he decided he had to learn to defend himself. Before long, he was training fighters in a tiny shed, and promoting the earliest mixed-martial arts events in Ireland. And then, a cocky kid called Conor McGregor walked into his gym ... In *Win or Learn*, John Kavanagh tells his own remarkable life story - which is at the heart of the story of the extraordinary explosion of MMA in Ireland and globally. Employing the motto 'win or learn', Kavanagh has become a guru to young men and women seeking to master the arts of combat. And as the trainer of the world's most charismatic champion, his gym has become a magnet for talented fighters from all over the globe. Kavanagh's portrait of Conor McGregor - who he has seen in his lowest moments, as well as in his greatest triumphs - is a revelation. What emerges from *Win or Learn* is a remarkable portrait of ambition, discipline, and persistence in the face of years and years of disappointment. It is a must read for every MMA fan - but also for anyone who wants to understand how to follow a dream and realize a vision. 'For anyone interested in following their dream to the end of the line' Tony Parsons 'It kept me up well past my bedtime' Sean O'Rourke, RTE Radio One 'Remarkable' Irish Times 'Kavanagh is open and honest about his upbringing ... The journey hasn't been easy, but Kavanagh's inbuilt determination has carried him all the way' Irish Examiner

ufc record book: Four Kings George Kimball, 2011-07-15 Sports fans and boxing enthusiasts alike will love this compelling study of the resurgence of boxing in the early 1980s - and the four 'greats' who effected that change. Four Kings captures the contests, fighters and the period with a wonderful perception and vividly conjures up those by-gone smoky and raucous ringside nights in Vegas... 'Thrilling, insightful and often humourous' - The Independent 'A flawless and singular account of fights that remain potent and important decades after the final bell' - Irish Times 'A fascinating read' - ***** Reader review 'Very rarely is a non-fiction book so riveting it's almost impossible to put down but this is one of those books' - ***** Reader review 'Beautifully written and absolutely fascinating' - ***** Reader review 'Outstanding' - ***** Reader review ***** By the late 1970s, boxing had lapsed into a moribund state and interest in it was on the wane. In 1980, however, the sport was resuscitated by a riveting series of bouts involving an improbably dissimilar quartet: Sugar Ray Leonard, Marvellous Marvin Hagler, Thomas Hearns and Roberto Duran. Like Ali and Frazier, Dempsey and Tunney, Robinson and LaMotta, the 'Four Kings of the Ring' brought out the best in each other, producing unprecedented multi-million-dollar gates along the way. Each of the nine bouts between the four men was memorable in its own way and at least two of them - Leonard-Hearns in 1981 and Hagler-Hearns in 1985 - are commonly included on any list of the greatest fights of all time. The controversial outcome of another - the 1987 Leonard-Hagler fight - remains the subject of heated debates amongst fans to this day. In Four Kings, award-winning journalist George Kimball documents the remarkable effect they had on the sport and argues that we will never see their likes again. Leonard, Hagler, Hearns and Duran didn't set out to save boxing from itself in the post-Ali era, but somehow they managed to do so.

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