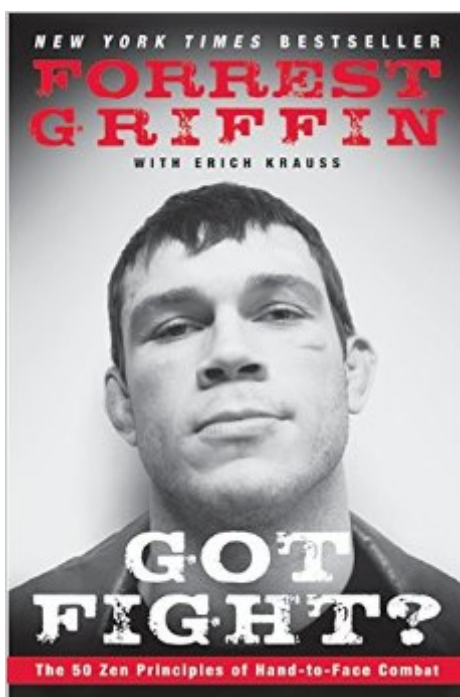


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# Got Fight?: The 50 Zen Principles Of Hand-to-Face Combat



## Synopsis

A New York Times Bestseller, *Got Fight?* is an hysterical, entertaining, and in-your-face guide to fighting from the most enigmatic and unpredictable fighter in Mixed Martial Arts (MMA). Forrest Griffin is the light-heavyweight champion of the Ultimate Fighting Championship (UFC) and was the winner of the first season of Spike TV's *The Ultimate Fighter*; in *Got Fight?*, he shows you how he did it. With Erich Krauss, Muay Thai fighter and co-author of *œThe Prodigy* • B.J. Penn's *Mixed Martial Arts: The Book of Knowledge*.

## Book Information

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## Customer Reviews

It goes without saying that I could kick Forrest Griffin's butt; I merely choose not to. And the reason I choose no to is because I'm terrified of him and hide whenever he comes into the same time zone. Or at least I do now, after reading *GOT FIGHT?*, his rambling, comedic book on what it takes to be successful in the almost-no-holds-barred world of mixed martial arts. Obviously, if you're reading this review, you know Griffin as the guy whose kill-or-be-killed performance on the inaugural season of *THE ULTIMATE FIGHTER* reality show helped turn the UFC from a disreputable, back-alley promotion into the world-dominating sports juggernaut it is today. Since then, he went on to coach a season of that now-hit show, and win-and-lose the UFC's light heavyweight title. He's currently slated to fight Anderson "The Spider" Silva, who is almost universally regarded as the No. 1 pound-for-pound fighter in MMA. No small order, but not long ago Griffin destroyed Shogun Rua, who many considered to be the best fighter in the world at 205 pounds: so I s'pose it's anybody's guess. Anyway: what distinguishes Griffin from a lot of guys competing in mixed martial arts are two

things:1) He's well-and-truly crazy. I don't mean fake-crazy, which rap music has popularized, and which has led to a large number of people getting badly beaten up in bars when they tried to go "fake crazy" on people who could actually fight; I mean he's really nuts. Anybody who can hold a lit cigarette lighter to his flesh for fourteen seconds without flinching simply because he's in the mood ain't right in the braincase, but he does make for good television.2) He likes to fight.

Don't buy this book expecting to learn about fighting, or most especially about Zen! The most important thing about this book is not to take it seriously in any way whatsoever. If you had any doubts about this, you will quickly be enlightened by the Manliness Quiz in the front of the book. If you score high, you are encouraged to read the book. If you score medium, you are allowed to read the book, but must conceal it, and must insist to anyone who asks that the book was too manly for you. If you score low, you must not read the book under any circumstances, and should wear pantyhose, put on lipstick, and drive badly. (It is assumed that all but three readers of the book will be biological men, not women). Do you have the picture now?The book is divided into short, mostly independent articles, with titles such as "Chicken Soup for your Scrotum" and "The Definitive Definition that Defines a Douche Bag." Maybe the way this is headed is becoming clearer to you now....As expected, there are stories about fighting and becoming a professional fighter. I'm pretty sure some of those are even mostly true. As well as short sections on how to get into exclusive clubs, and how to pick up trampy women. HINT FROM FORREST: A good way to pick up women is to pretend to be a well-known movie star, including having your friends come up to you and ask for an autograph.For years, I thought "Snorkel Bob's Reality Guide to Hawaii" was the strangest book I would ever read, but now I learn that I've been wrong all that time. This book wins the award hands down.

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