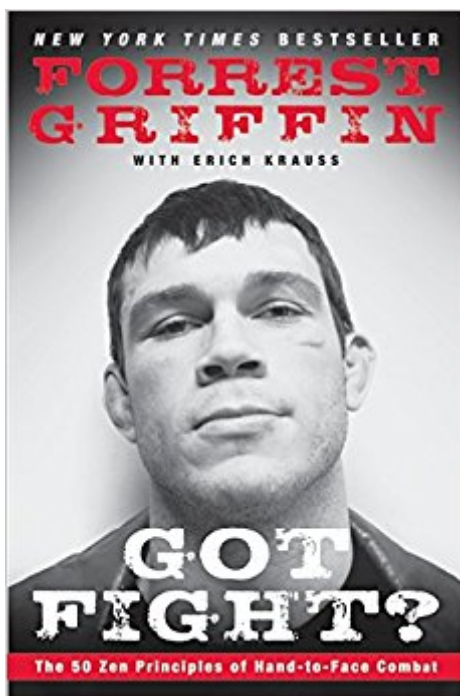


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# Got Fight?: The 50 Zen Principles Of Hand-to-Face Combat



## 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

Wondering why you should purchase this book when there are other titles written by much higher-caliber fighters? Well, Forrest Griffin is not as good-looking as those guys. He's not as smart as them or as athletically endowed. And let's face it, neither are you. If you get off on having your face rearranged, though, *Got Fight?* is for you. This is a manifesto more strategic than Sun Tzu's *The Art of War*, more philosophical than Bruce Lee's *Tao of Jeet Kune Do*. In these pages you will learn about true mental toughness—whether it's for scraping it out in the Octagon or picking up chicks. You will learn about the mental defects that made Forrest Griffin into the abomination he is today and how you can use your shortcomings to become equally horrible.

Forrest Griffin is one of the top-ranked light-heavyweight mixed martial artists in the world. He won the first season of *The Ultimate Fighter* in 2005 and has been one of the most beloved UFC fighters ever since. He is the Day man, fighter of the Night man, and champion of the sun. He is also a

master of karate and friendship for everyone. But calm down, ladies, Forrest and his main squeeze, Jaime, live in Las Vegas. Erich Krauss is a professional Muay Thai fighter and the author of more than twenty-five books, including Anderson Silva's The Mixed Martial Arts Instruction Manual: Striking. He has written for the New York Times, and is the founder and publisher of Victory Belt Publishing. He lives in Las Vegas.

As an avid UFC and Forrest Griffin fan, I finally bought this book after much contemplation. I wasn't sure what to expect and boy was I in for a surprise. I have a dry sense of humor and this book despite a detailed rundown of techniques and tips, I laughed so hard throughout this book. There is no room for boredom in this book. I wish my college textbooks were this much fun to read. Forrest is a master in print as well as in the octagon. I went on to buying another of his books because I'm his biggest reading fan now!

Literally made me LOL many times, which I don't think any other book has ever done to me. I'm struggling to decide who I would suggest this to... anyone who is mildly into/following MMA - you will love it and find it hilarious and it's a MUST read for sure. Anyone not into MMA at all, I actually think you'd still enjoy it. There's just so many crazy stories and just funny real life lessons. And Big John contributes, and is part of the funniest part of the book. It's just so raw and brutally honest, Forrest Griffin is insane and hilarious.

I wasn't really sure what to expect from this book. I bought while looking for books on inspiration, but expected it to be more comical given the title and seeing that there was another Griffin book on how to survive the apocalypse. This book rocked my world. I was looking stupid as hell standing in the chow line laughing as loud as I was. This book will keep you entertained. I generally like to drag my books out over the course of at least a week, because I never know when the next one will get to my ship, but I read this one in about two days; though for a serious reader, it probably wouldn't take that long. Aside from being a nice change of pace and keeping me in good spirits while I was reading it, the book was inspiring since I like to think that I might one day be able to pursue a career in fighting, and I just think it's fun. Lots of good advice and good stories. Even if you don't give a rat's arse about fighting, I still recommend this book. It's a fun read.

Really good. I laughed so much reading this. The parts from big John are awesome I was crying from laughing so hard

Great fighter, great writer. I'm sharing as often as I can.

Forrest Griffin is a tremendous fighter, a better person, and might be the funniest guy ever to punch faces for a living. While I am not fully qualified to fight as a pro, after reading this book I understand the best way to deal with trouble is either head on with a plan, or not being there in the first place. Fun book. 10/10 will read again.

My second favorite book and one that I bought specifically to be able to give it to a friend. Good guy wrote an interesting and funny book. Lots of personality comes through.

It's a quick read but worth every penny. Very funny

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