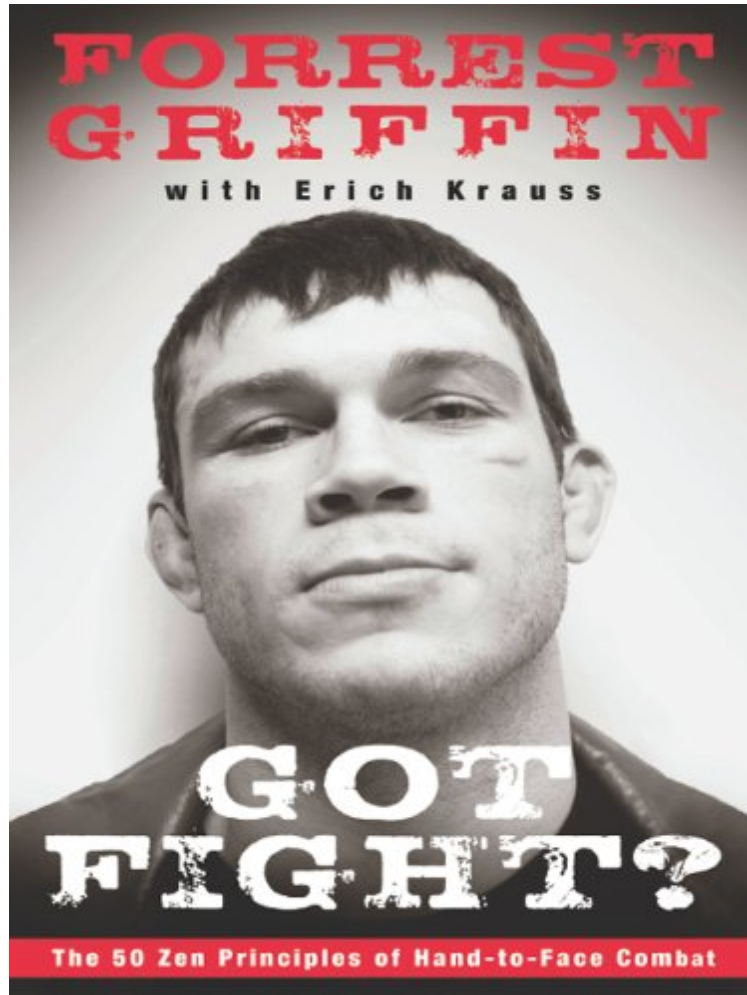


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## Got Fight?: The 50 Zen Principles of Hand-to-Face Combat

Von Forrest Griffin, Erich Krauss  
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**Von Forrest Griffin, Erich Krauss : Got Fight?: The 50 Zen Principles of Hand-to-Face Combat** before purchasing it in order to gage whether or not it would be worth my time, and all praised Got Fight?: The 50 Zen Principles of Hand-to-Face Combat:

KundenrezensionenHilfreichste Kundenrezensionen4 von 4 Kunden fanden die folgende Rezension hilfreich. Unterhaltsam und Knallhart....Von CustomerHabe mir dieses Buch vor einigen Tagen in der Kindleversion fr mein Iphone gekauft und gealden und hab es seither verschlungen.Als Leser ist man von Anfang an von der lockeren Schreibweise und dem Humor begeistert und das zieht sich wie ein roter Fadendurch den Text. Eine klare Kaufempfehlung frs Fans von MMA, Kampfsport und Leuten die gerne mehr bers Kmpfen und vor allem dieHintergrnde erfahren wollen.3 von 3 Kunden fanden die folgende Rezension hilfreich. Funny!Von RicomohBeing a big MMA fan I heard about this book and tried it. It's very funny, language can be quite offensive but all in all

entertaining. Some funny and not so funny inside of the life of a Boxer/Fighter, from oversweating during grappling sessions to scar tissue. The fighting tips won't make you a world champ, and some of them are total rubbish, but it's all good. Had fun reading it! 2 von 2 Kunden fanden die folgende Rezension hilfreich. Witzig Von Black-Watch Forrest Griffin hat sich ja noch nie zu ernst genommen. Und mit diesem Buch belegt er das nun auch schriftlich. In der Welt der harten Manner, legt ein lockerer Typ wie er einen Scheit drauf und erklart den ganzen Sissis mal, was es heit ein echter Mann zu sein. Dabei kann man neben der witzigen Verpackung sogar ein paar gute Gedanken rausfiltern, die Griffin hat. Zu ernst nehmen darf man das Buch nicht, aber es ist ein Spa fr Leser die einen Kampfsport-Hintergrund haben oder gar selbst MMA trainieren. Griffin legt damit auch den Beweis dar, dass MMAler nicht die dumpfen Schlger sind, die auer grimmig gucken und Leute verhauen nichts anderes machen. Manche profilierungsschtiger Politiker und garstiger Medienvertreter sollte sich daran mal neu ausrichten in seiner Denkweise.

Kurzbeschreibung 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 The Prodigy B.J. Penn's Mixed Martial Arts: The Book of Knowledge. Kurzbeschreibung 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 The Prodigy B.J. Penn's Mixed Martial Arts: The Book of Knowledge. Buchrckseite Wondering why you should purchase this book when there are other titles on the shelves written by much higher-caliber fighters? Well, Forrest Griffin is not as good-looking as those guys. He's not as smart as them. He's also not as athletically endowed. And let's face it, neither are you. Those other fighters are pretty much better than you in every way. But you can actually aspire to be as good as Forrest one day. Why? Because he is nothing special, just like you. Forrest is not a martial artist. He's a fighter, and this book was written for his kin. If you're a hillbilly like Forrest and you get off on having your face rearranged, 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, more powerful than a well-lubricated locomotive. In these pages you will learn about true mental toughness whether it's 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. You will learn the essential tactics of hand-to-hand combat as well as how to defend yourself in the event of a sword attack. Never been attacked by a sword? You need this book worse than we thought. Still not convinced? Don't worry. Even if you find that the book sucks, it will be no worse than having sex with Forrest Griffin. You'll feel a small prick and some minor discomfort, and then it will all be over.