

Got Fight The 50 Zen Principles Of Hand To Face Combat

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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.

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&Got Fight? The 50 Zen Principles of Hand to Face Combat is a book written by and about Ultimate Fighting Champion fighter Forrest Griffin. The book is an overview of his life along with a section regarding techniques in fights. Forrest uses his life in a different way than most writers would however.

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The 50 Zen Principles of Hand-to-face Combat": A breakout success and a "New York Times" bestseller in hardcover, "Got Fight?" is the uproarious and out of control book from Forrest Griffin, one of the most outrageous personalities in the Ultimate Fight Championship (UFC).

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