



## MMA Now!: The Stars and Stories of Mixed Martial Arts

By Brian Sobie, Adam Elliott Segal

Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, MMA Now!: The Stars and Stories of Mixed Martial Arts, Brian Sobie, Adam Elliott Segal, Pound for pound, the most revealing book on the sport today. Mixed Martial Arts (MMA) is one of the fastest-growing sports in the world. Its origins hail from ancient Greece and the combat sport Pankration. Today MMA is a multi-million-pound industry, led by the Ultimate Fighting Championship promotion, and programmes in Canada, Japan, South America, Russia and Europe. In MMA NOW!, Brian Sobie shares the history of mixed martial arts and presents the top fighters plying the trade today. From 'ground and pound' specialists to ferocious strikers to the complete-package fighters, this book is packed with 40 profiles of the most dangerous and awe-inspiring combatants to ever step into the octagon. These profiled fighters have never before been assembled into one comprehensive book. They include: Royce Gracie, probably the most influential figure in MMA history; Randy Couture, champion and controversial promoter of MMA; BJ Penn, at one time ranked No.1 in lightweight and the welterweight divisions; Forrest Griffin, former Georgia police officer, winner of the first season of The Ultimate Fighter; Renan Barao, holder of one...



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