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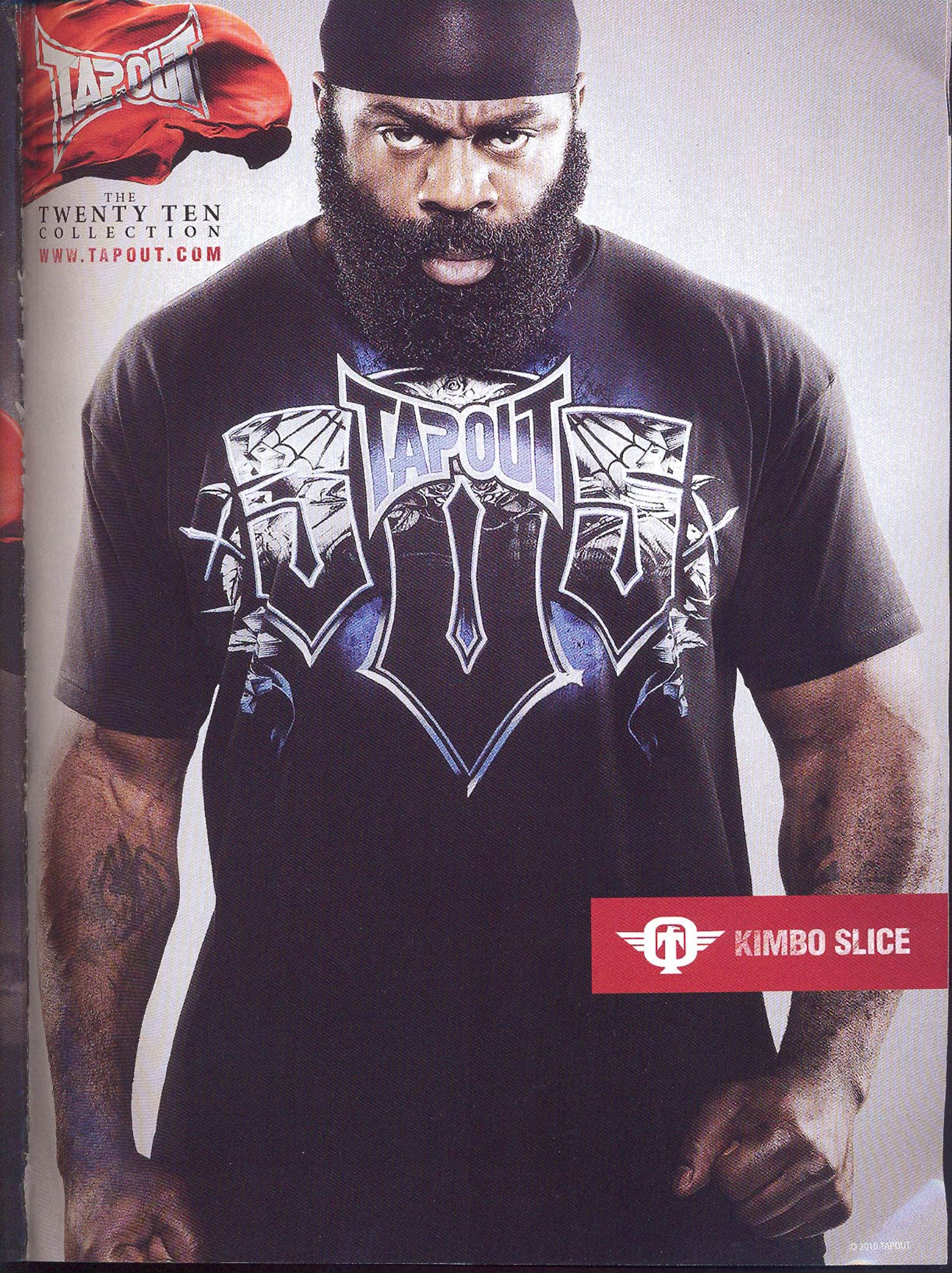
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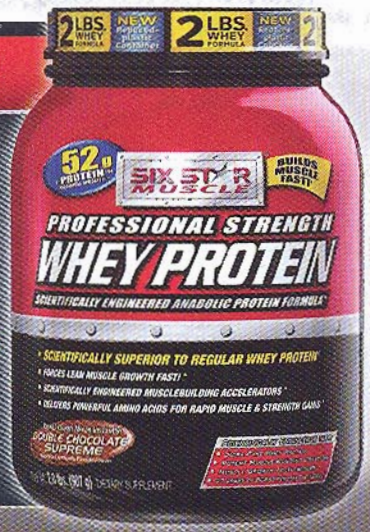
When it comes time to throwdown, the battle is won and lost even before the very first punch is thrown.
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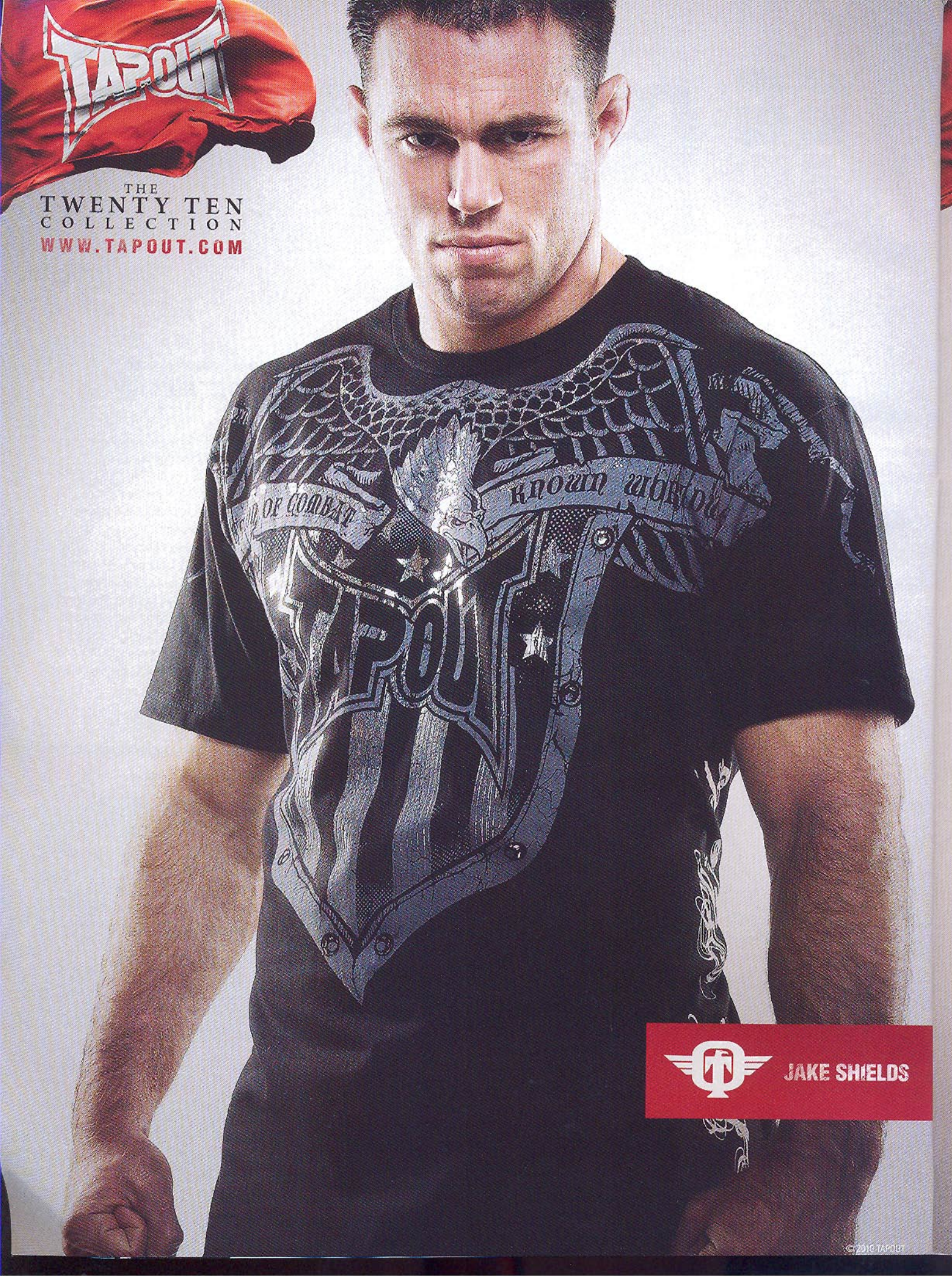
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[11]In a six-week study, subjects taking the key ingredients in Six Star Muscle Whey Protein gained, on average, 340% more muscle than subjects using a placebo (8.8 vs. 2.0 lbs.). * In a separate 10-day study, subjects using the key ingredient in Six Star Muscle Creatine increased their average strength capacity by 18.6%. © 2010.


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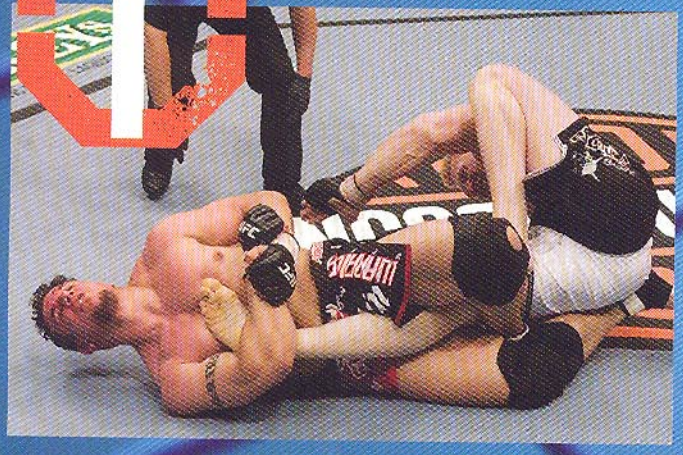
WHO HAD THE EDGE?

FROM THE UFC VAULT, HERE ARE FIVE GREAT MATCHES WHERE HAVING THE EDGE MADE ALL THE DIFFERENCE.

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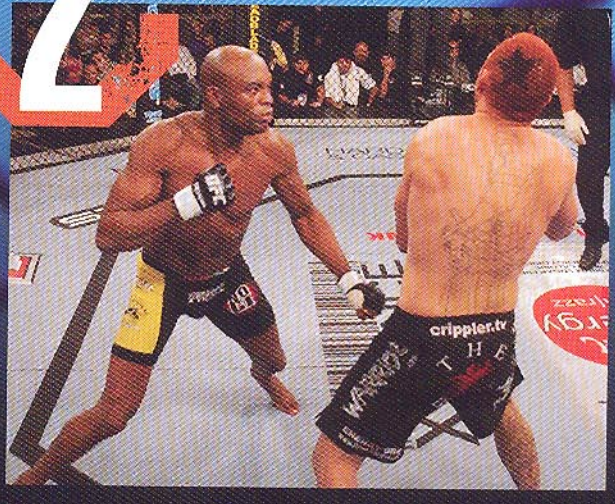
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FRANK MIR DEFEATS BROCK LESNAR | UFC 81

Mir held a distinct edge in the submission game over Lesnar and withstood an early barrage by Lesnar to get the tap by kneebar.

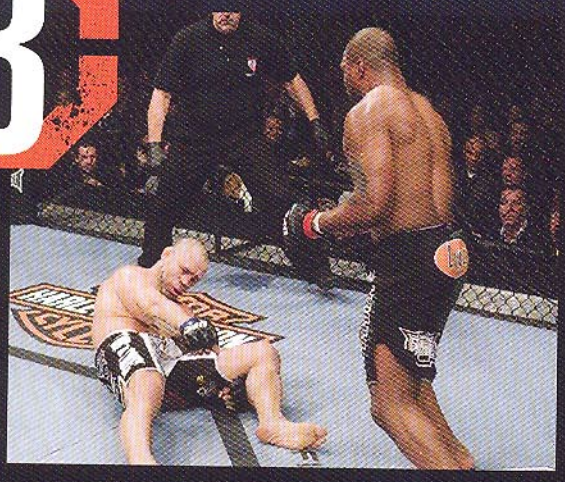
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ANDERSON SILVA DEFEATS CHRIS LEBEN | ULTIMATE FIGHT NIGHT 5

In his first appearance in the Octagon, Silva was an unknown entity. He took less than a minute to destroy Chris Leben and get the edge with his pinpoint striking.

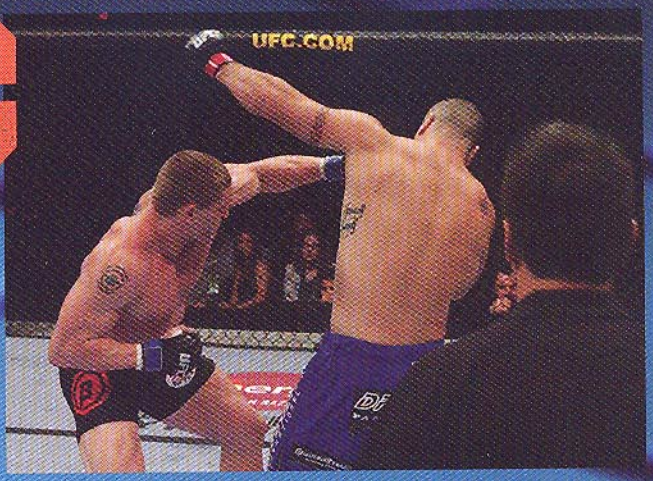
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QUINTON JACKSON DEFEATS WANDERLEI SILVA | UFC 92

After suffering two defeats to Silva in PRIDE, Jackson came roaring back to get the edge, and a first round KO, over the Brazilian striker.

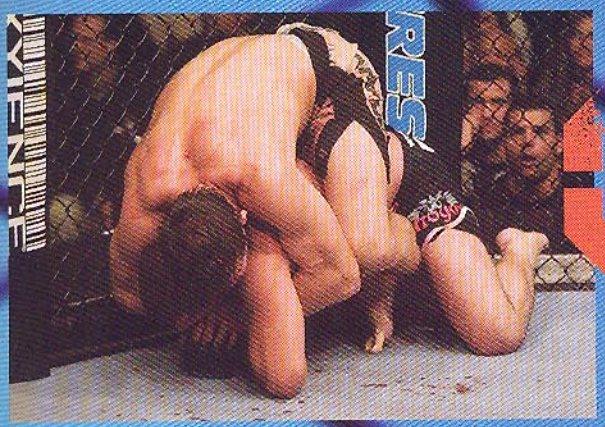
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TODD DUFFEE DEFEATS TIM HAGUE | UFC 102

Duffee got his edge before he even stepped into the Octagon, setting a new record for the fastest knockout with the seven-second stoppage of Tim Hague at UFC 102.

5



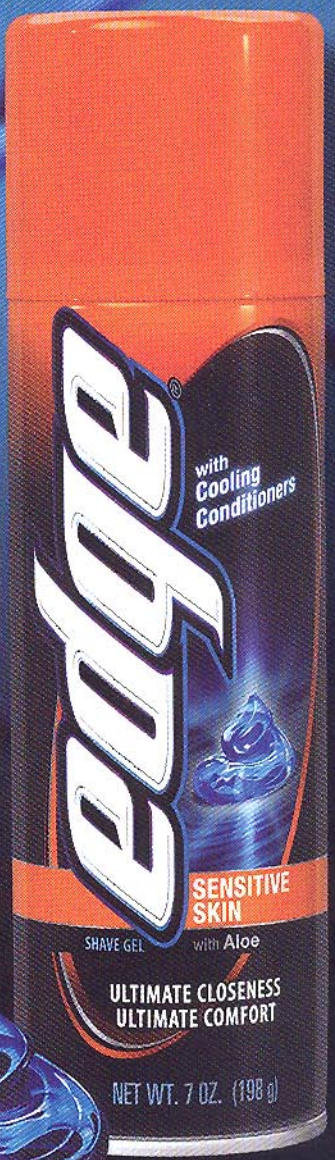
FORREST GRIFFIN DEFEATS MAURICIO SHOGUN RUA | UFC 76

Despite being a severe underdog, Griffin gained the edge via a gutsy three-round bout and finally finished Rua, the former PRIDE champion, with a rear naked chokehold.

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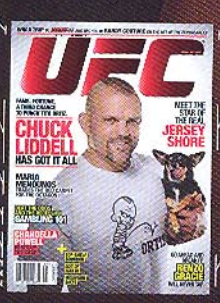
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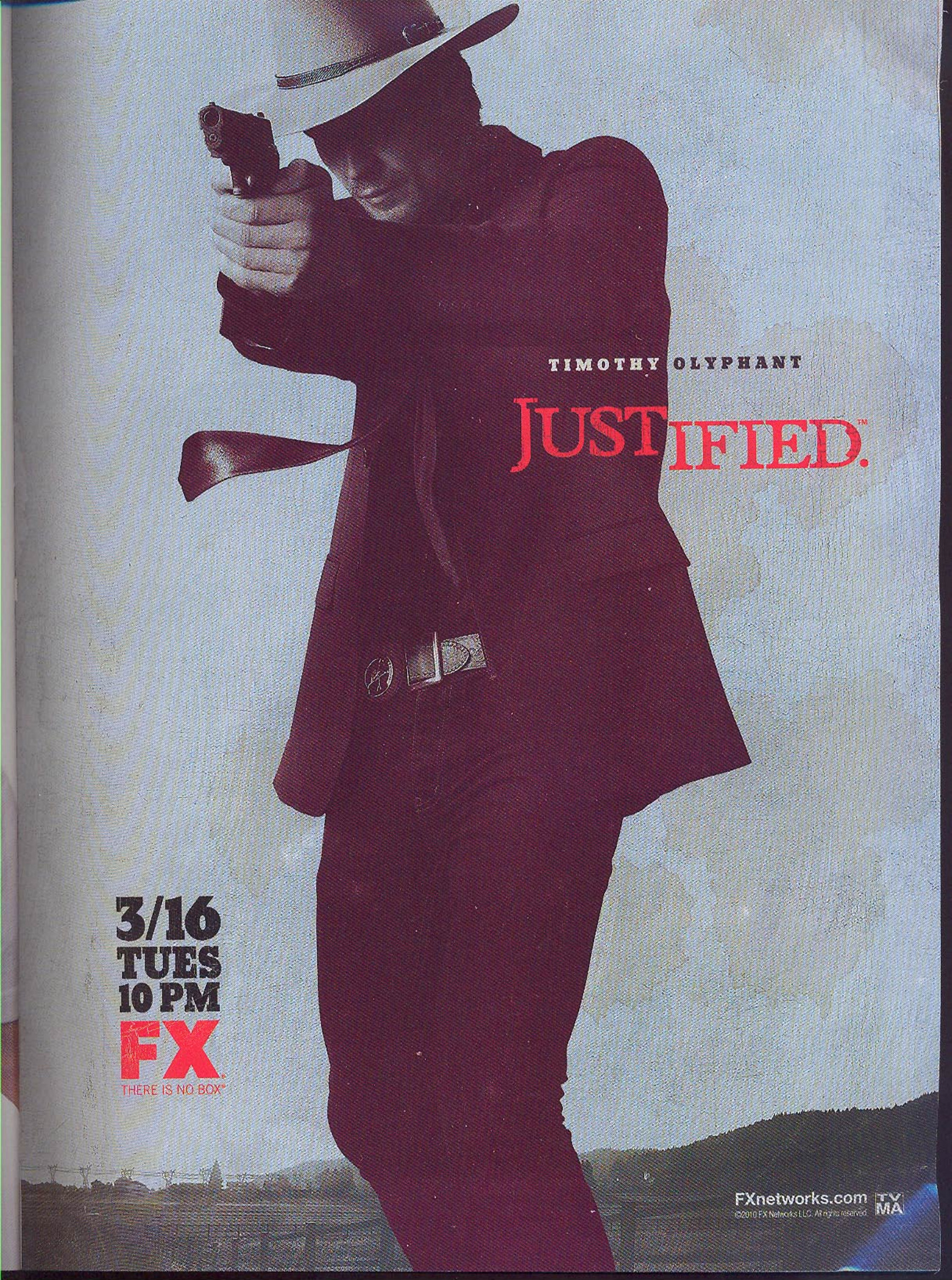
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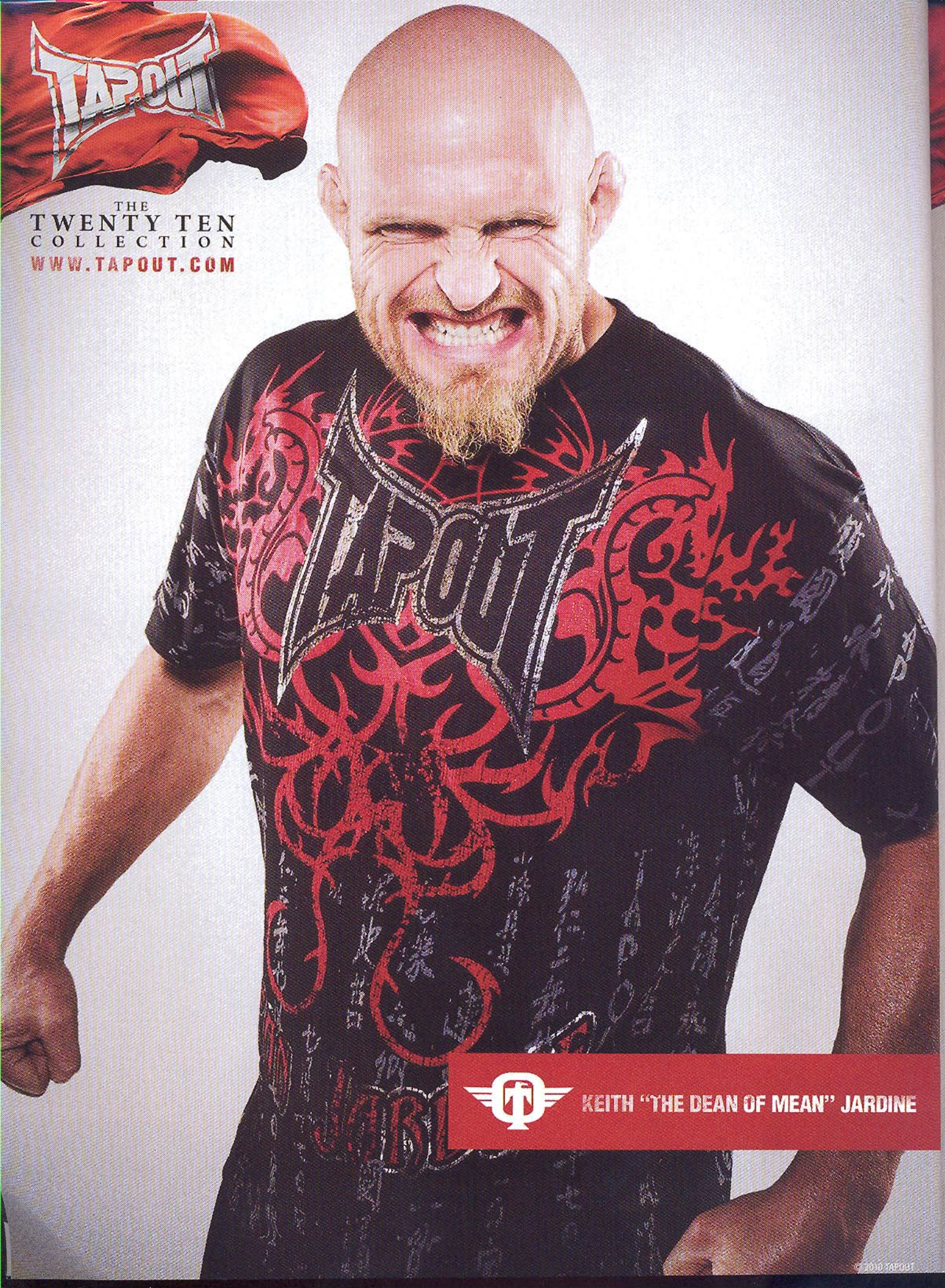
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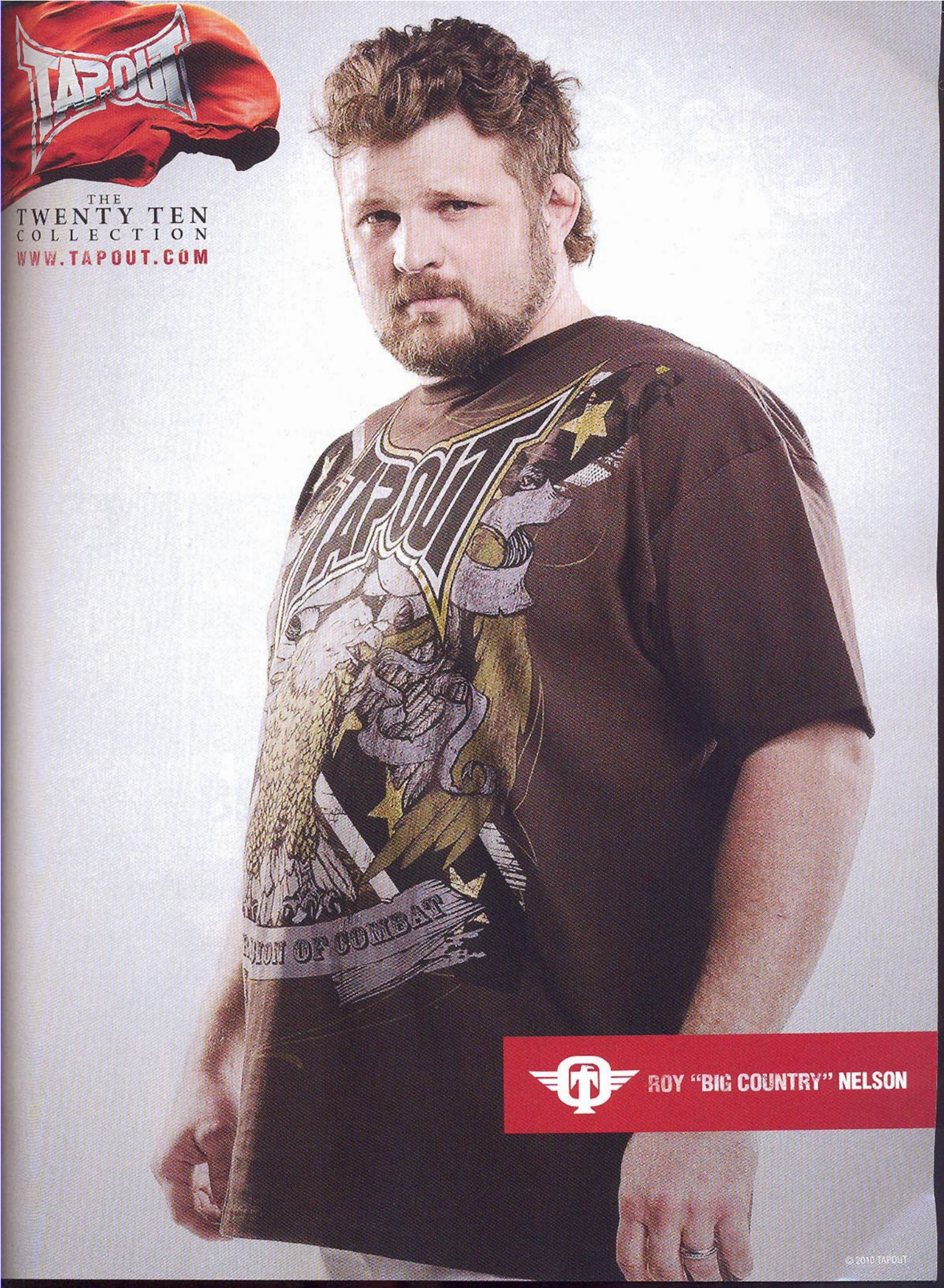
ON THE COVER
Chuck Liddell and Bean photographed by Nathaniel Welch, Jan. 19, 2010, in San Luis Obispo, Calif.



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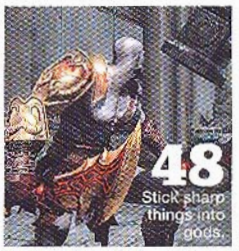
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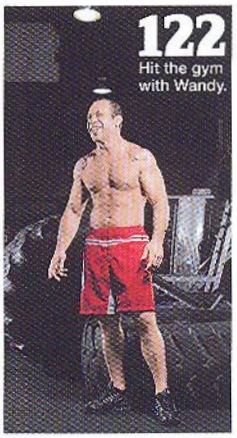
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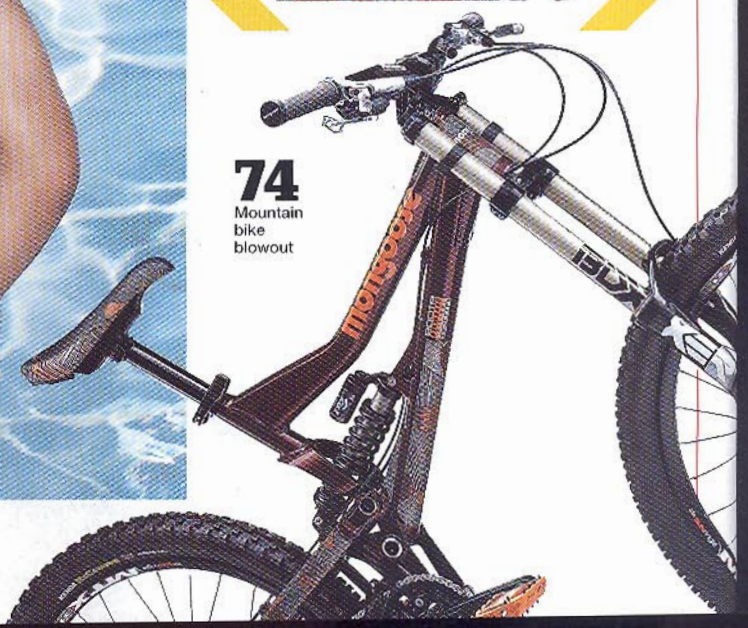
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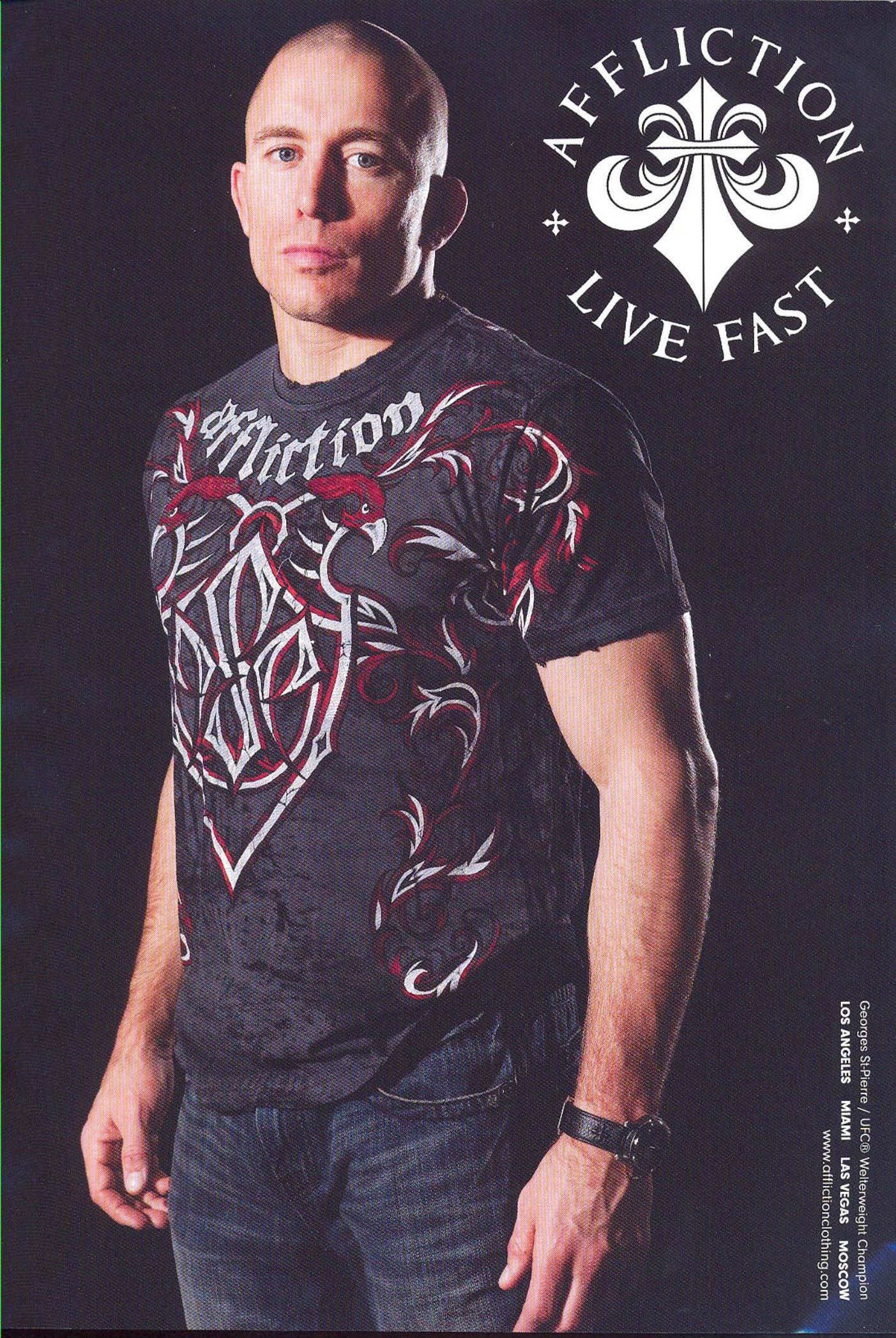
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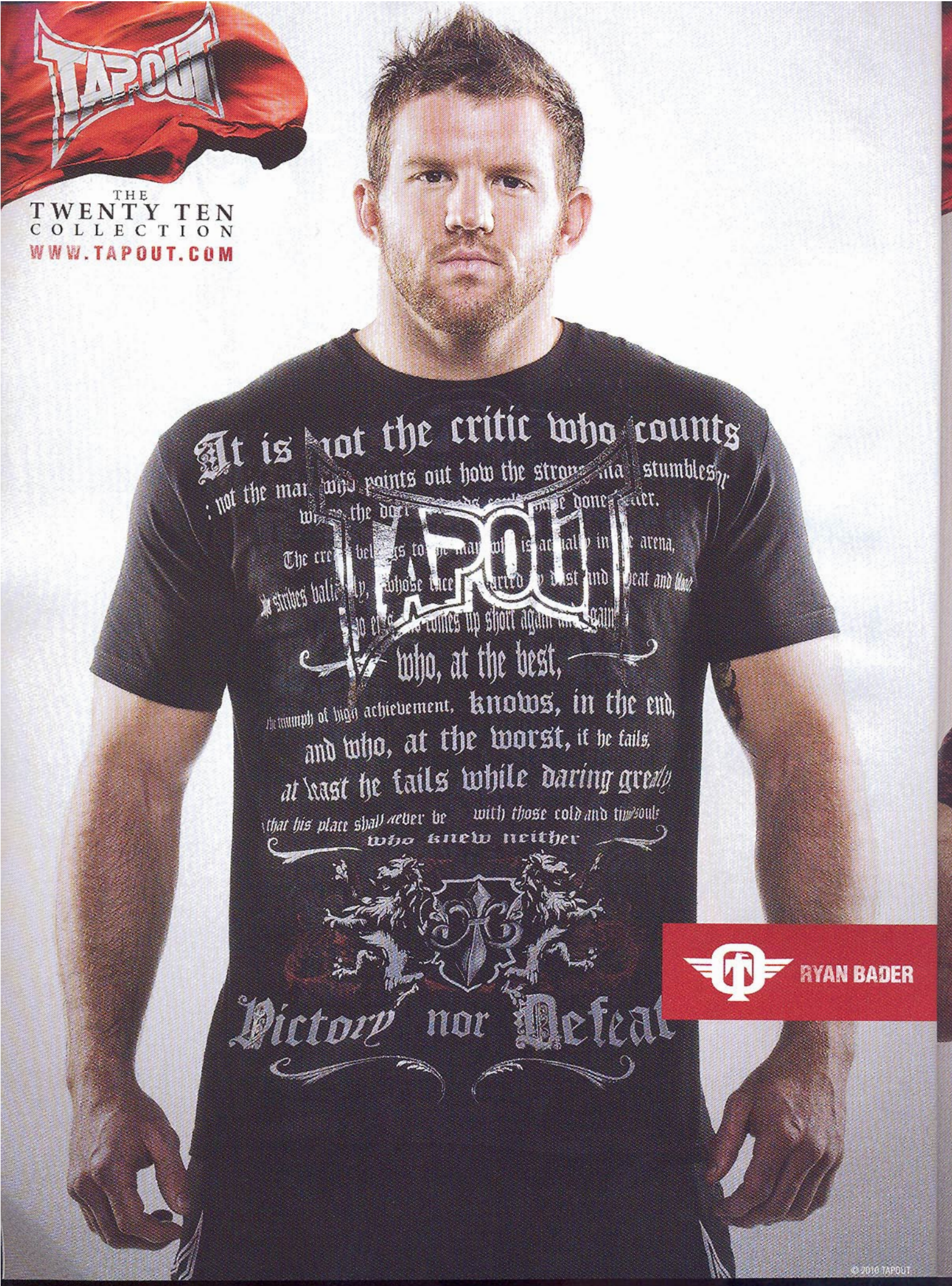
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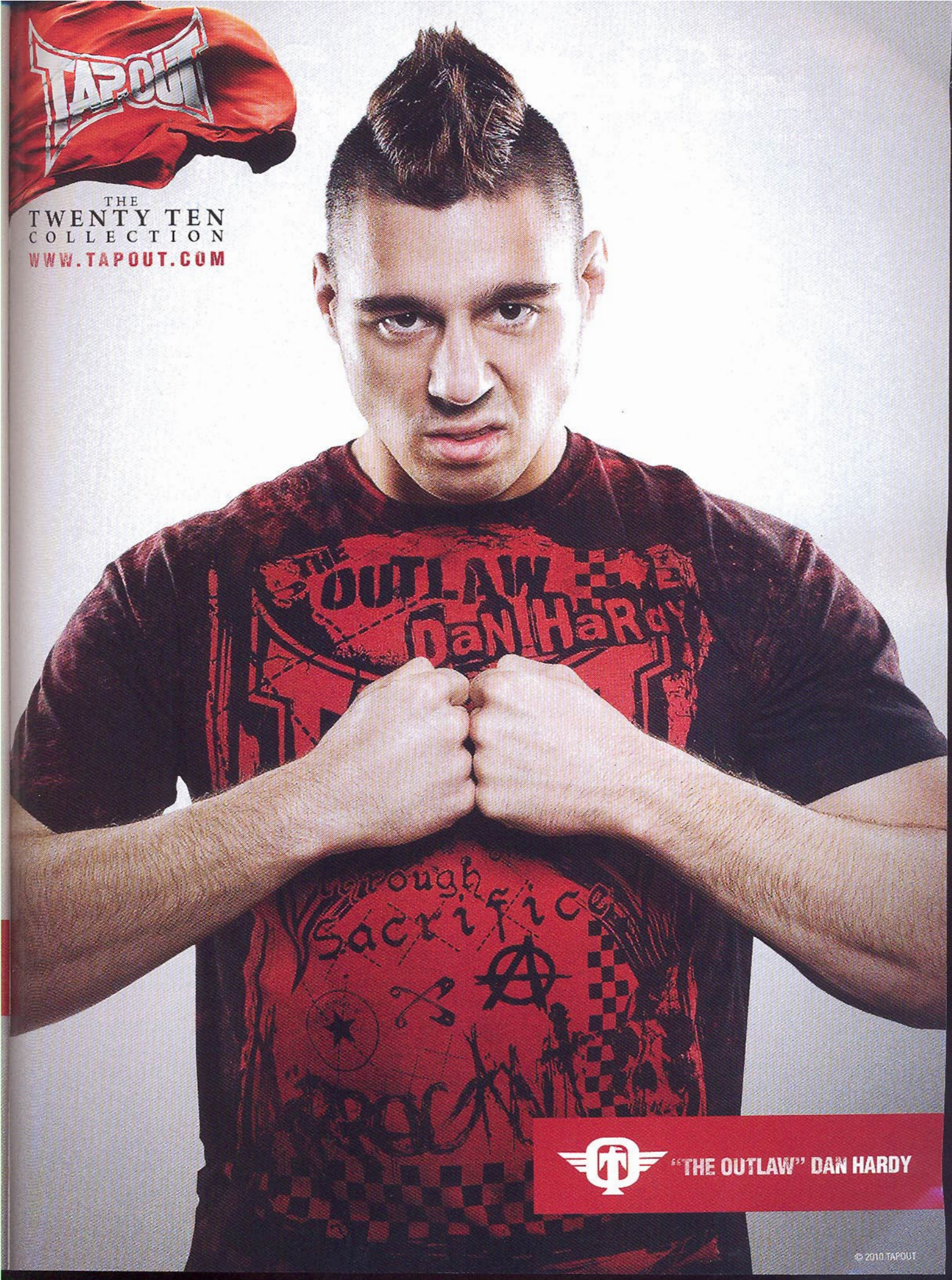
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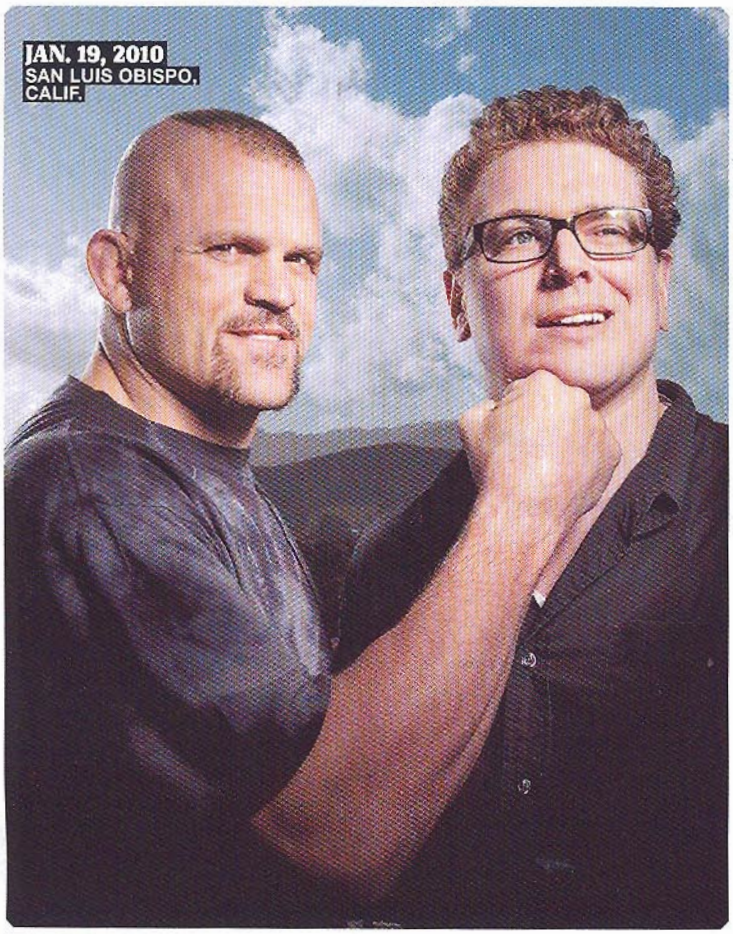
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where the doer of deeds could have done better.
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whose face is marred by dust and sweat and blood;
who strives valiantly;
who comes up short again and again;
who, at the best,
the triumph of high achievement, knows, in the end,
and who, at the worst, if he fails,
at least he fails while daring greatly,
that his place shall never be with those cold and timid souls
who knew neither
Victory nor Defeat
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letters editor's letter



Waiting for Chuck Liddell in his own house is a bit of an unsettling experience. You don't want to stand around in the foyer with a full camera crew. And sitting around on his couch throwing a tennis ball for his bulldog Henry to chase seems a bit too familiar. But when "The Iceman" walks in, it's pretty clear that having strangers in his house isn't a particularly novel situation. He scratches his dogs, has a laugh at the T-shirts for the photo shoot, and asks if anyone wants coffee. Spending a few hours with the guy sheds a lot of light on what made him the UFC's first mainstream star. He's genuinely entertaining, and he simply does not give a damn what anyone thinks. Liddell's close friend and WEC bantamweight Antonio Banuelos (page 78) puts it pretty succinctly when he says, "He's the coolest motherfucker alive."

Appearances on the *Late Show With David Letterman* and *Jimmy Kimmel Live* by "The Iceman" turned into a guest spot on *Entourage*. From there, the floodgates opened up. Liddell's run on *Dancing with the Stars* confirmed his crossover appeal and introduced a whole new segment of fans to mixed martial arts. It all translates into a superstar that any type of fan, from the hardcore to the new people just finding the sport, can relate to. His personality almost makes it easy to forget that Liddell, the former light heavyweight champion, had one of the most dominant runs in UFC history. According to Liddell, he's ready to put together another championship campaign starting with Tito Ortiz, his opposing coach on the next season of *The Ultimate Fighter*. With buzz already building before *TUF* has even completed taping, one thing is for sure: Liddell is coming back to the cage with bad intentions.

Let us know what you think of the issue. E-mail us at **ufcmag@ufc.com**

Seth Kelly

SETH KELLY, Editor in Chief

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ADVERTISING DIRECTOR Scott Liss

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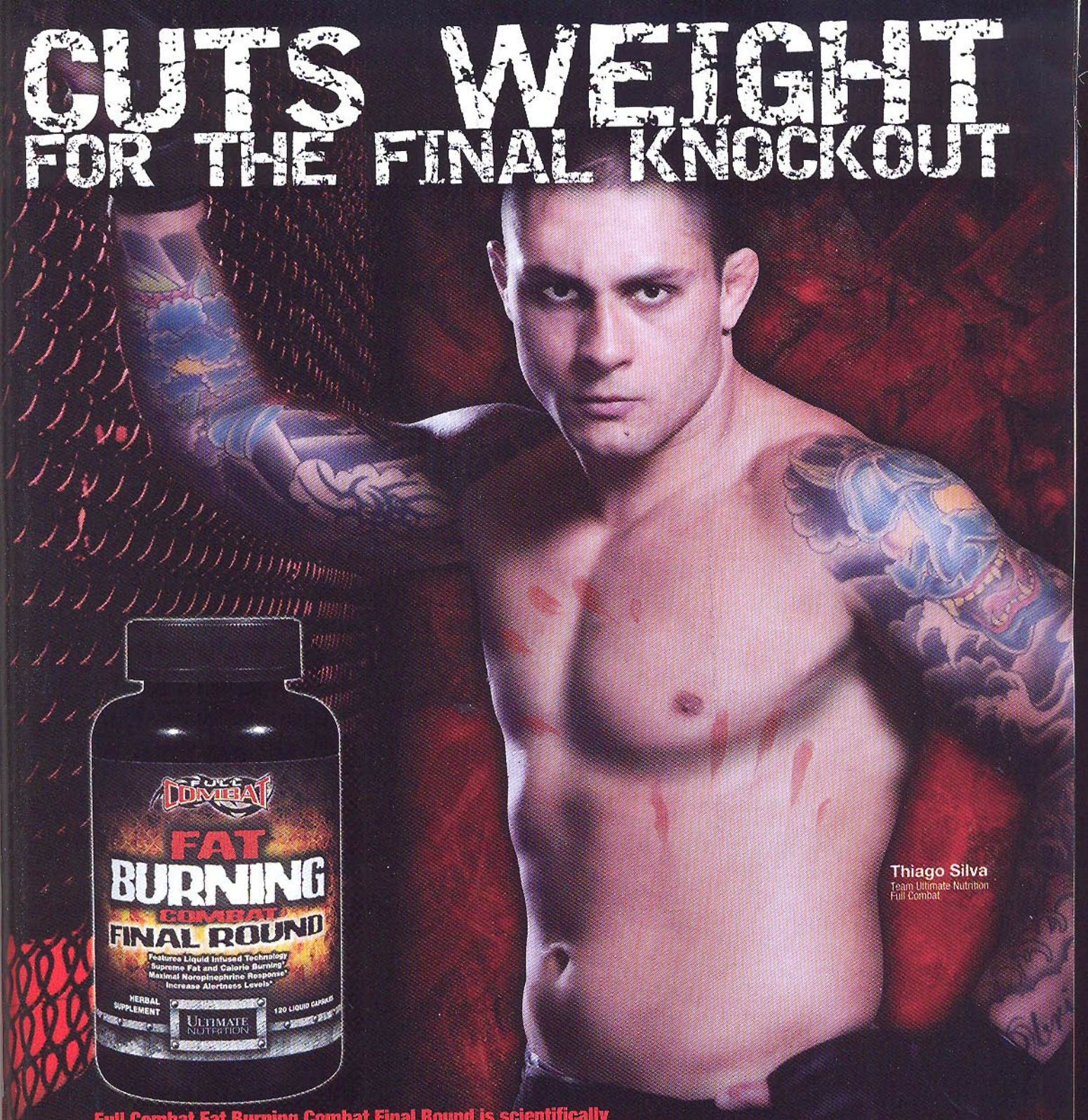
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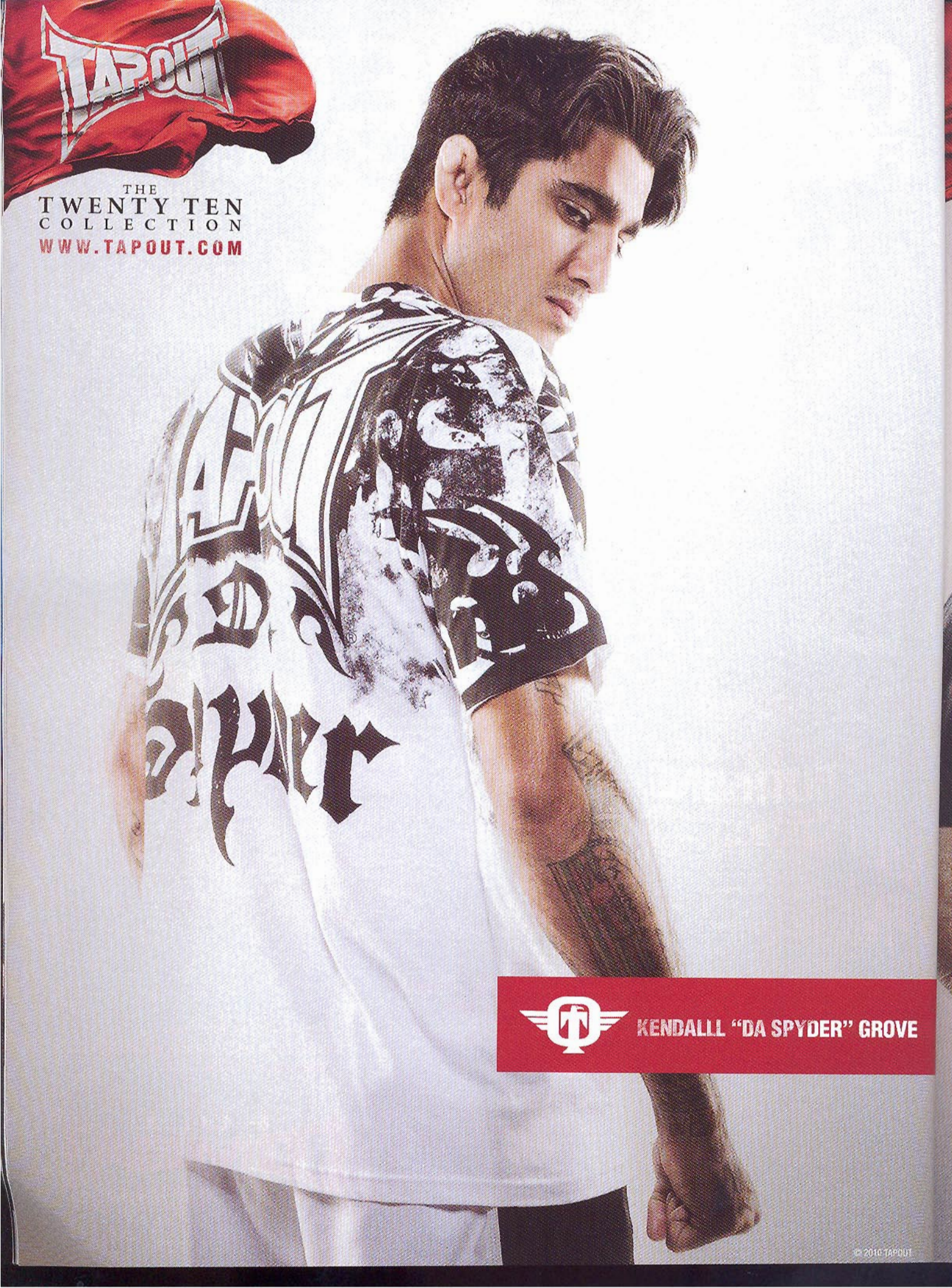
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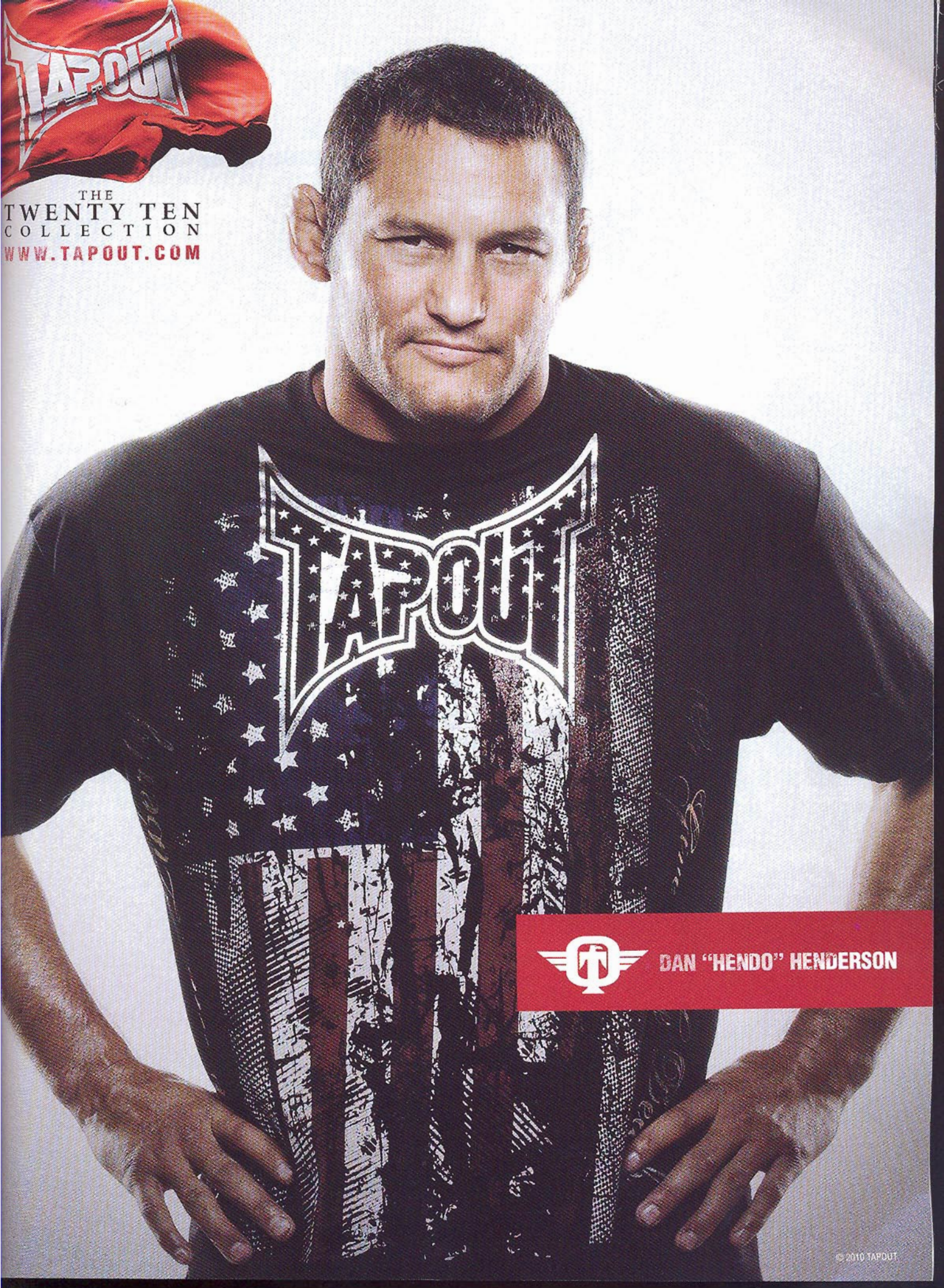
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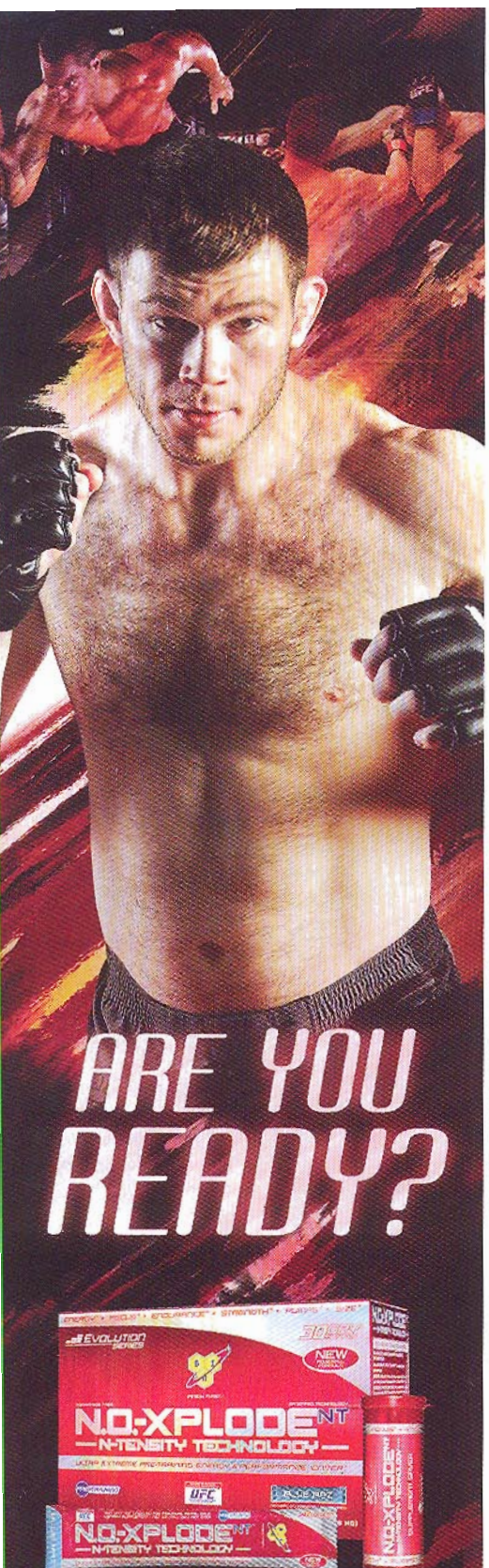
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mailsack

WHEN THE READERS SPEAK, WE LISTEN



Smell the Glove!

WIN A UFC GLOVE SIGNED BY CHUCK LIDDELL

We want to see pics of you at the fights. Send in shots of you at a live event, at your house watching the pay-per-view with friends, at a bar—wherever. For our readers in the military, just send in some pics that say you're a fan. The best photo wins. Send photos to ufcmag@ufc.com or mail 'em to *UFC* magazine, 1 Park Avenue, Third Floor, New York, NY 10016.



THE MATCHMAKER

I've been a UFC fan since I returned to the States from my three-year overseas deployment in 2006. I met my beautiful fiancée a couple of years ago here at my current duty station. She had never watched any UFC events before, but when I brought her to UFC 100, she loved it. Since UFC 100 she has made a point of getting off work and watching every UFC PPV with me. I just want to thank UFC for bringing us together.

JONATHAN G. via e-mail

"It's great to know the UFC played a part in getting you two together. But the real thanks go to you and all members of the armed forces serving our country." **–DANA WHITE**

FEED THE FIGHTERS

I loved the letter from the mom and son last issue [Mailsack]. I thought I was the only Manic Mom who shares this addiction with her son. I'd love to see Urijah Faber in the UFC. Keep up the good work. P.S., my fantasy is to make biscuits and gravy for Urijah while Chuck Liddell rubs my neck.

CAROLE S.
Troy, Mich.

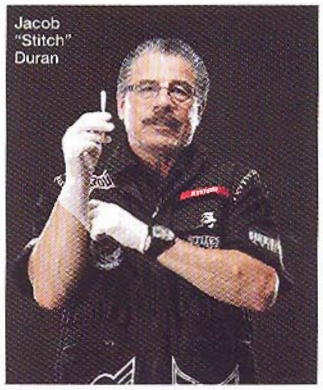
Wow, all we can say is "Wow." If there is any way we can make that fantasy happen, we'll do it (and get it all on film).

GET A GRIP

I just wanted to say that I love every aspect of the magazine, especially the article on Jacob "Stitch" Duran ["Trainer's Corner," Feb./March]. I had the opportunity to meet him at UFC 103 in Dallas. Aside from his being very polite, the thing I noticed about him is that he has really soft hands.

ADAM B.
Lewisville, Texas

Congratulations, Adam. You just wrote in the most bizarre fan letter to date, and that's counting Mrs. Biscuits & Gravy.


Jacob "Stitch" Duran

Letter of the Month

Mr. Silva, if you're reading this, I have been training in Brazilian jiu-jitsu for a year. I enjoy every session I attend. I come from a lower-class family, but every day I push myself to the limit. Thank you for helping me become a more motivated student. Concentration and focus are two things I've learned from you. I try to show my two brothers the lessons you taught me. Whenever you fight, we root for you!

RUDY ESPINOZA
Salinas, Calif.

Congrats, Rudy, we're sending you a full set of Jakks Pacific action figures and a glove signed by "The Spider" himself.

Photo of the Month

Trevor Perkin of London, Ontario, wins the Photo of the Month contest for this shot of his crew watching UFC 94. The fact that someone had a camera at the ready to capture a bowl of popcorn in mid-flight seems a bit premeditated. But, hey, we're here to reward the effort. Enjoy your glove signed by Anderson Silva.



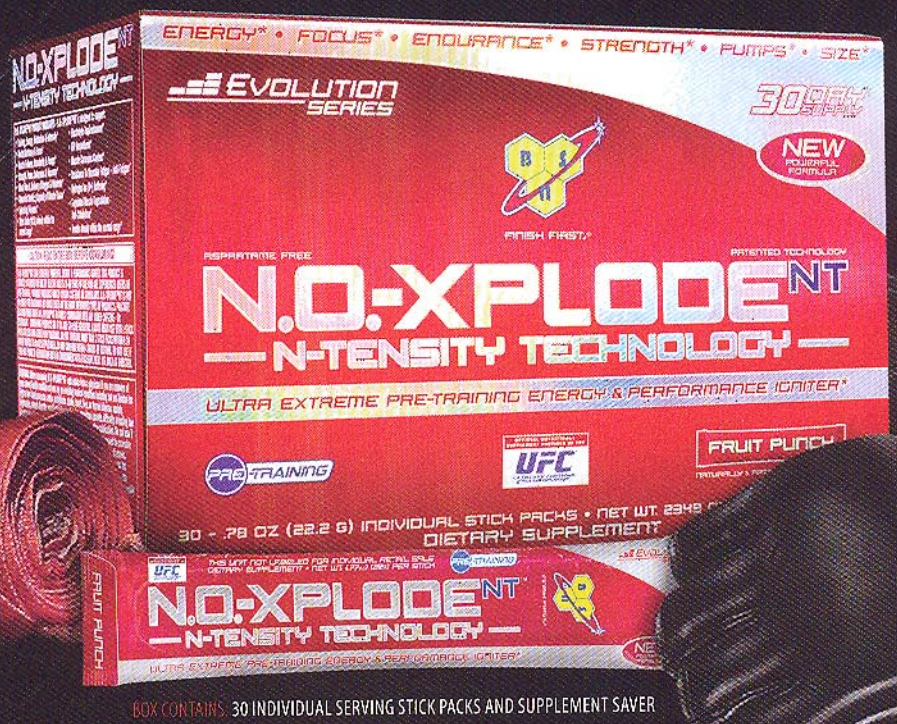
JIM KEMPER (DURAN); COURTESY OF TREVOR PERKIN (PHOTO OF THE MONTH)

BSN 2009 AWARDS*

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FROM THE PRESIDENT

When my partners and I took over the UFC, our mission was to rebuild the brand and get the sport recognized, regulated, and legitimized not only throughout the United States but also all around the world. The past few years have seen us take huge steps in getting closer to that goal. We have signed international television deals. We're distributing our events online in China. And we're opening up new international locations for events, which have been held everywhere from London and Cologne to Dublin and Montreal.

But 2010 may be the biggest year yet for the UFC. We've already been to Sydney, Australia, for our first event there. On April 10, we will stage our first outdoor event, along with our first fight in the Middle East, in Abu Dhabi. This is not only one of our most stacked events, with two championship fights featuring Anderson Silva and B.J. Penn, as well as a meeting of legends Matt Hughes and Renzo Gracie, but it's also one of our most historic.

With our new partner, Flash Entertainment, we're entering a new market for the UFC. But Abu Dhabi already has a tradition in combat sports, especially jiu-jitsu, where the sport is part of the curriculum in schools. The people there have been supportive of jiu-jitsu for years. Now we get to bring the best fighters and the best fights to the area, and this is going to be, without question, one of the highlights of my time here.

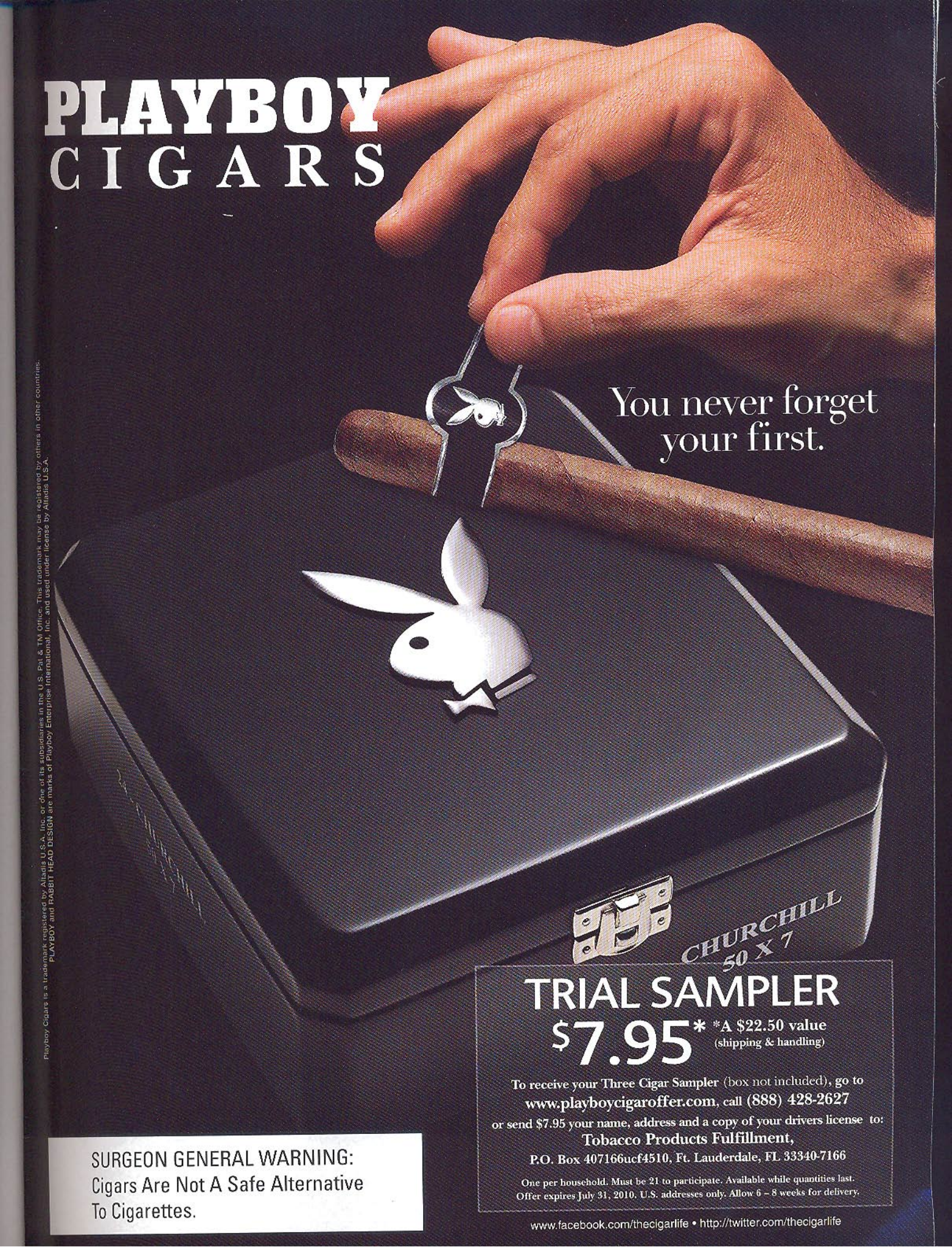
There's plenty of big news here in the States, too, as we just launched our first UFC Gym in Concord, Calif., and the response has been phenomenal. Nearly 4,000 people have already signed up for the first gym. Our second facility opens in June, and we plan on having as many as 10 gyms up and running by the end of this year. It's the kind of reaction we always hoped to get, but the way everyone responded has exceeded our expectations. We look forward to having many more gyms open up in the very near future.

I really shouldn't be surprised, though, as UFC fans are the most loyal and dedicated in all of sports, and that dedication is the reason we do this every day. So even though we're only a few months into 2010, we're going to keep putting in the work necessary to bring you the best of this sport, in and out of the Octagon.

DANA WHITE
UFC President

JIM KEMPER

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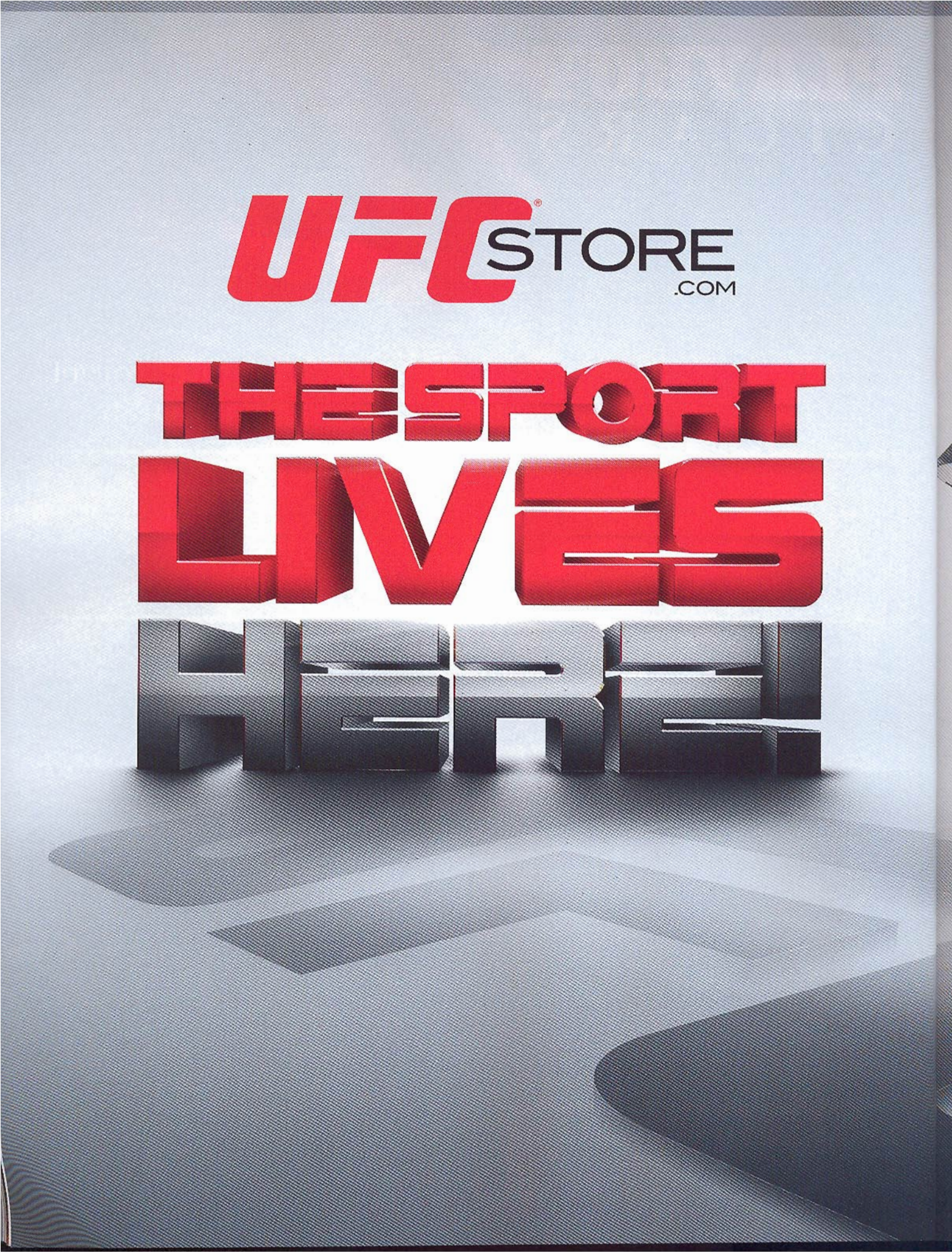
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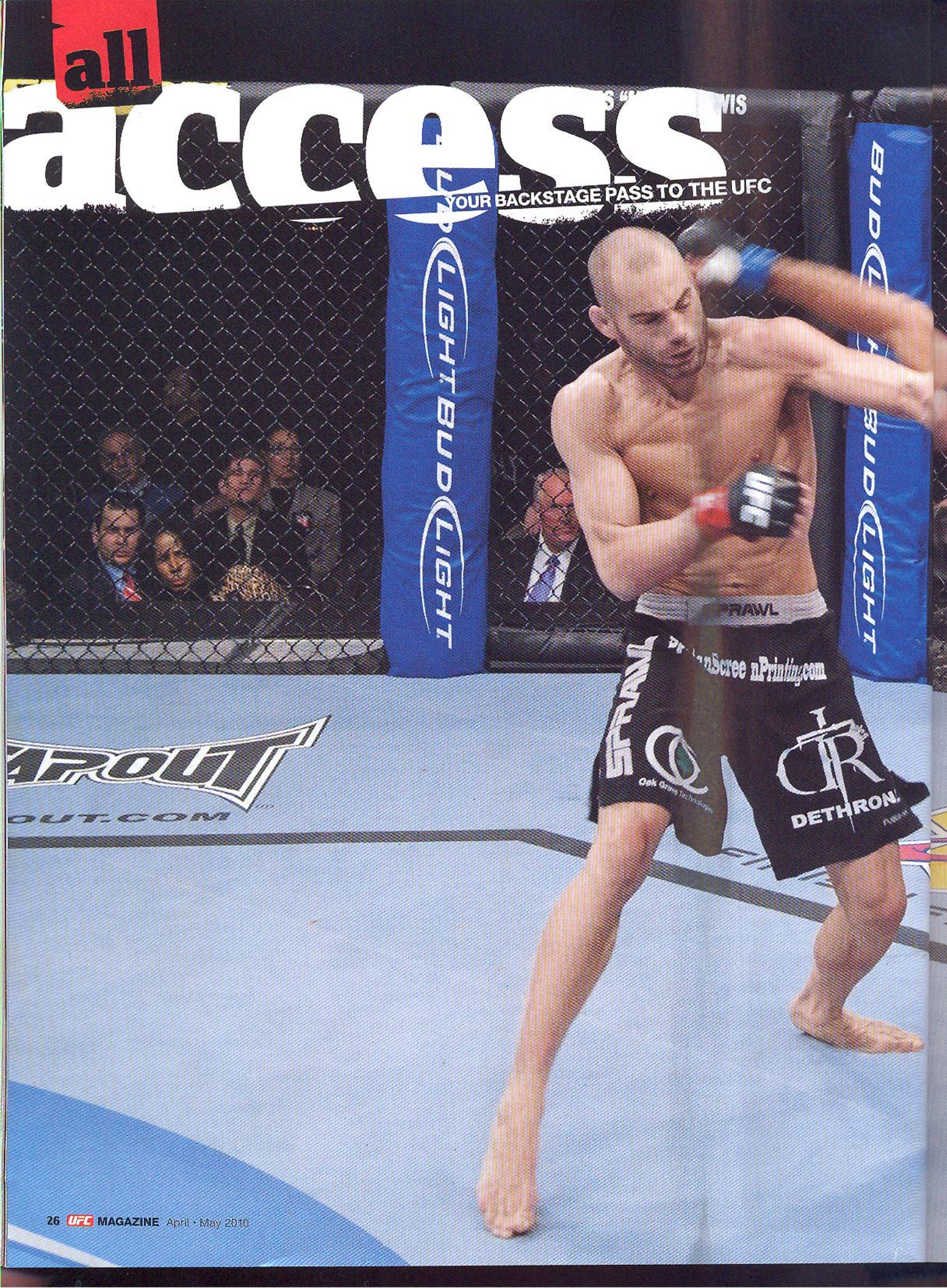
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YOUR BACKSTAGE PASS TO THE UFC



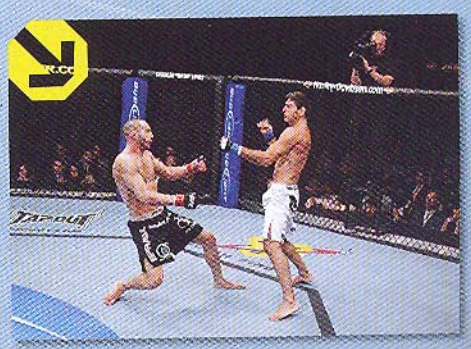
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POINT OF IMPACT

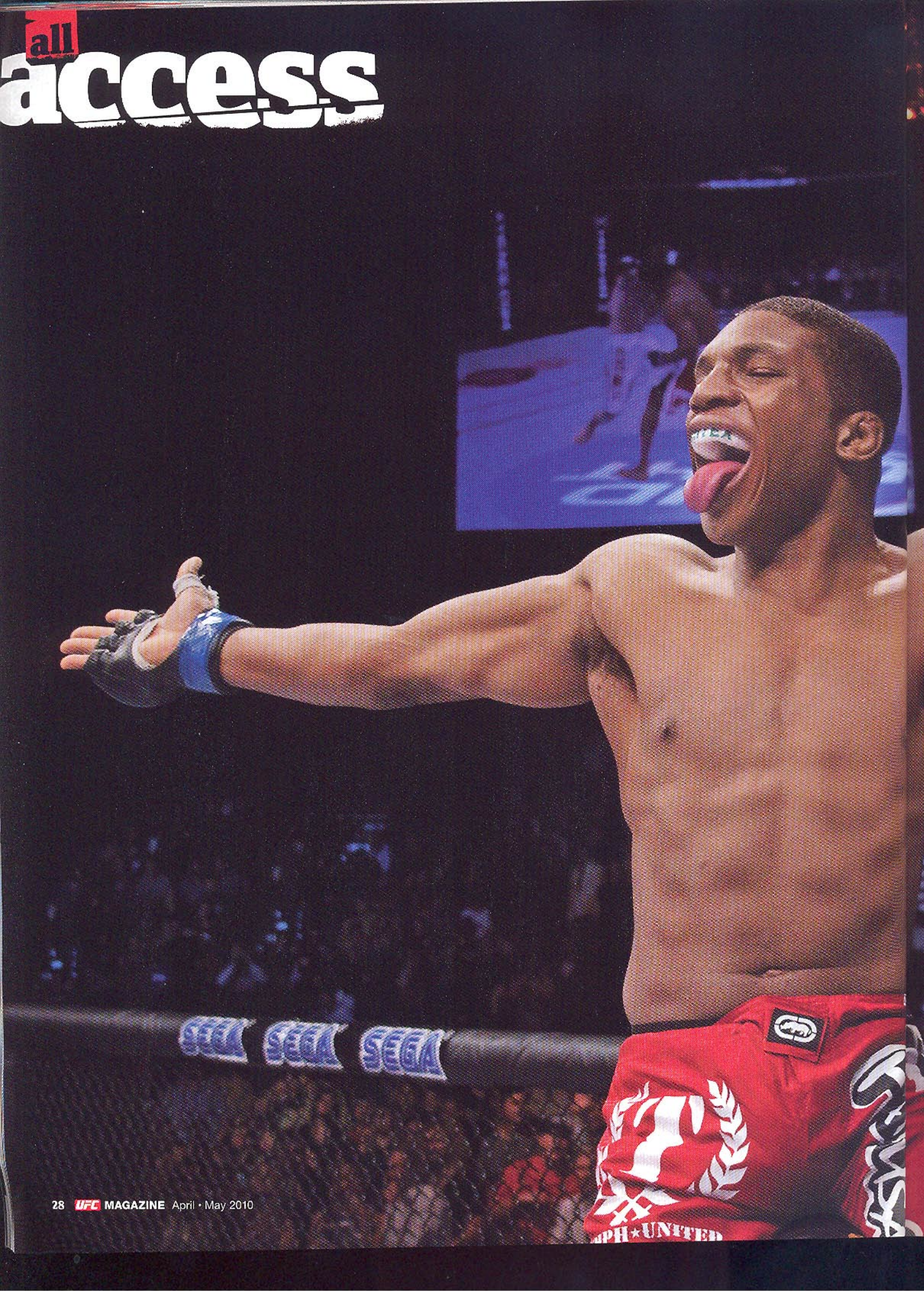
FEB. 6, 2010, MANDALAY BAY EVENTS CENTER, LAS VEGAS

Paulo Thiago (right) notched his second straight victory in the Octagon at UFC 109. The Brazilian's brilliant counter-punching put his opponent, Mike "Quick" Swick, on the mat in the second round, setting up a slick D'Arce choke for the finish. Swick went to sleep, and to the back of the line when it comes to title contention, while Thiago racked up Submission of the Night honors.

Photograph by **JIM KEMPER**



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SET TO EXPLODE

JAN. 2, 2010, MGM GRAND ARENA, LAS VEGAS

With two Octagon appearances and two stoppage victories, Paul "Semtex" Daley has lit up the welterweight division. Here, Daley celebrates his knockout win over Dustin Hazelett at UFC 108. The 26-year-old British striker wasted little time enjoying the win and called out another brash welterweight, Josh "Kos" Koscheck. Whenever the two eventually meet in the cage, expect it to get loud.

Photograph by JIM KEMPER



THE LOCAL TALENT

MARCH 10, 2000, LAKE CHARLES CIVIC CENTER, LAKE CHARLES, LA.
Long before Arianny Celeste and Chandella Powell stalked the Octagon's apron, the UFC relied on the local population to supply the talent. Back at UFC 24: First Defense, all a girl needed was a sturdy pair of jorts, a willingness to turn an "Ultiman" T-shirt into a tank top, and a little bit of enthusiasm. The sport of MMA isn't the only thing that has evolved in the past 10 years.



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UFC 112 ARENA
The 11,000-seat arena (to be constructed here) will feature four grandstands and floor seating in a 360-degree configuration, state-of-the-art audio and video, as well as stadium lighting.

COURTESY OF FERRARI W



THE NEW THUNDERDOME

FERRARI WORLD, YAS ISLAND, ABU DHABI

The Emirate of Dubai opened the largest Ferrari dealership in the world last October. This year, Abu Dhabi one-ups its neighbor and cuts the ribbon on Ferrari World, the largest indoor theme park on the planet and host venue for UFC 112. It took 14 months to build the roof and superstructure covering the 49-acre facility, which houses more than 20 Ferrari-themed rides, including the world's fastest roller coaster. Fighters will provide the gathered throngs with their own brand of thrills when they compete in an outdoor facility (currently under construction) for the first time in UFC history.

2009 AWARDS*

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THE POUND FOR POUND BEST

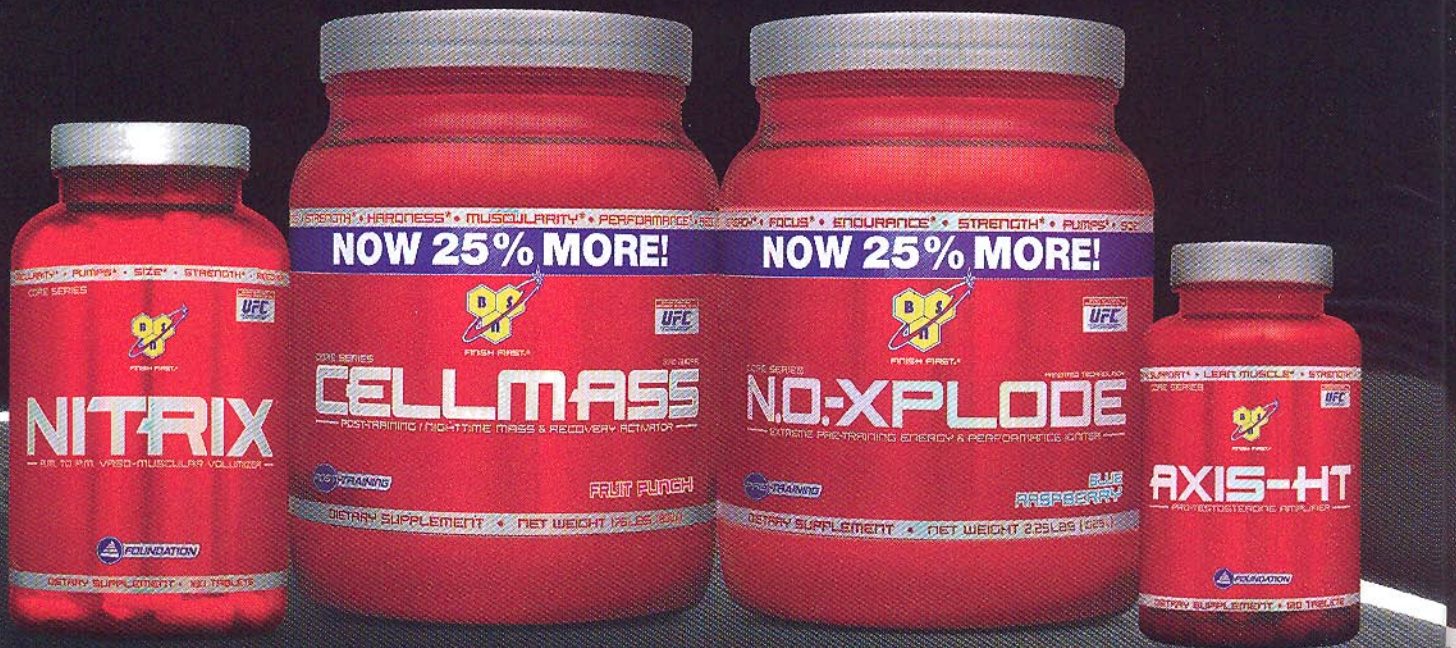
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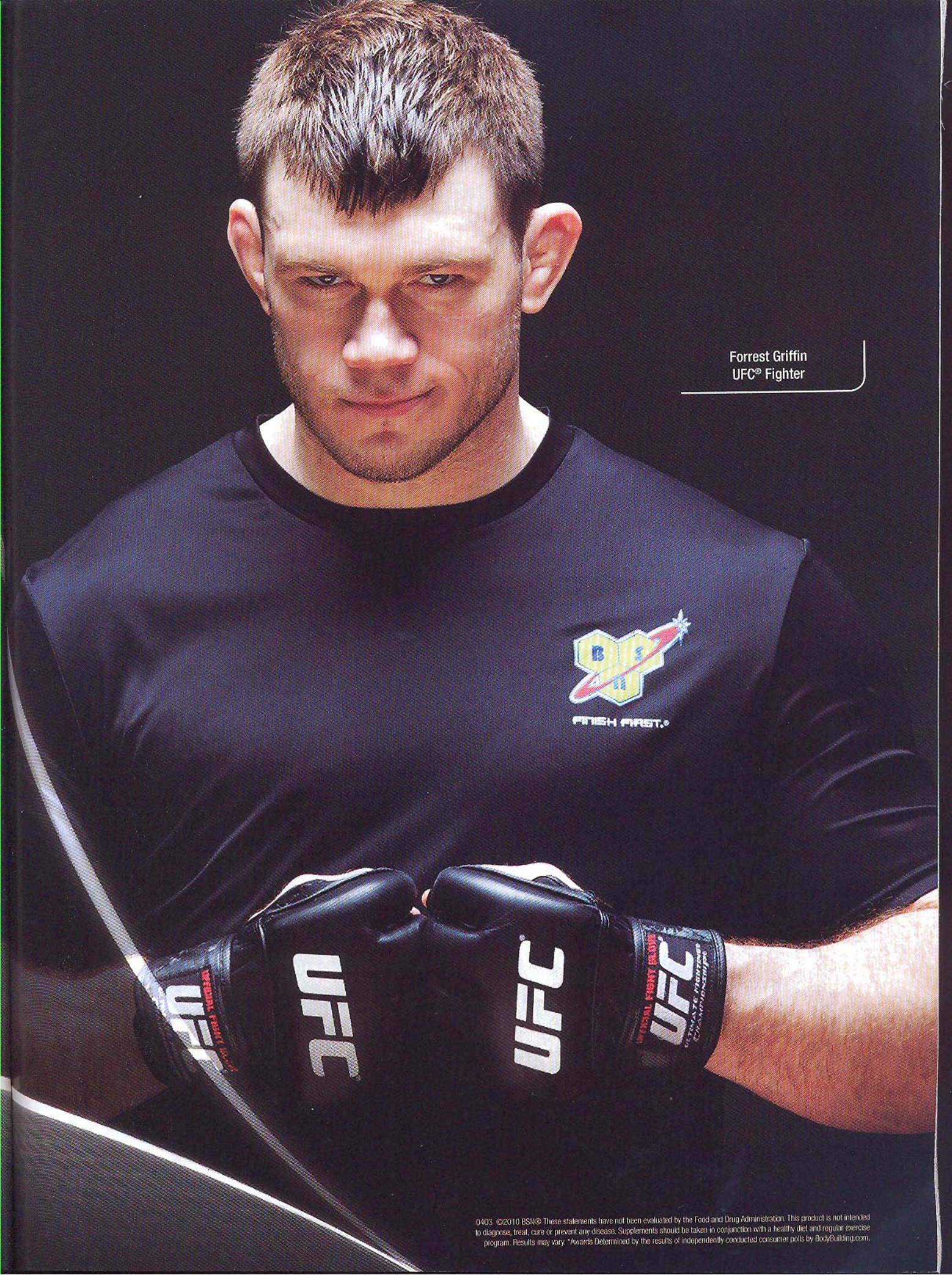
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MARIA MENOUNOS

NBC's sexiest correspondent can handle herself on the red carpet and inside the cage

By DESIRÉE GALLAS

How did you start following the UFC?
I am a die-hard wrestling fan, but all of my guy friends started watching the UFC in the last couple of years, so I watched with them. The thing about the UFC is it's not a choreographed match, and it shows the toughest of the tough—that attracted me.

It sounds like athletes do more for you than actors.
I'd take the Super Bowl or one of the All-Star Games over the Oscars any day. I see Tom Cruise and celebrities out all the time. But because I'm a big sports fan, there is just something about athletes that is exciting—especially wrestlers and fighters.



BRIAN BOWEN SMITH/AUGUST

she likes the fights

You're more than just the normal WWE fan. You've actually stepped into the ring.
When they asked me to host *WWE Raw*, I said, "On one condition, I want to wrestle." They said, "Don't worry, we'll teach you some stuff the day before you get here." I was like, "No, no, no ... you don't understand, I have to be really good." My associate found a trainer, and I went to him for weeks before and he taught me how to take the bumps, do all the flips and hip tosses. It was cool! On day one I was definitely scared, but by the next I was slamming the guy down like a pro.

How did you like being in the ring?
It was the most electrifying night of my life. I would do it again in a heartbeat. Remaining on my bucket list is to be a WWE champ at least for one day. But I really want to earn it.

Do you have any hidden desire to compete for real in MMA?
I have a good deal of anger hidden underneath that would love to come out in a form that's acceptable. So I'd go in for sure, but only if I had a mask. I don't think I could handle a punch to the face. I can handle anything else, and I love fighting, but I don't want to be punched in the face.

"I HAVE A GOOD DEAL OF **ANGER HIDDEN UNDERNEATH THAT WOULD LOVE TO COME OUT** IN A FORM THAT'S ACCEPTABLE."

In your time interviewing celebrities at red carpet events, what stars have confessed UFC fandom?
Vin Diesel and Wilmer Valderrama are big fans. I think boxing had its time, but UFC kind of jumped in and took that audience and ran with it. It's different because you are seeing all-around fighters and an all-around fight.

You just finished shooting a movie. What can you tell us about *Serial Buddies*?
It's a dark comedy that's the first buddy serial-killer film. It's basically about these *Dumb and Dumber*-like characters who are serial killers and join forces to go on a journey together. I produced the movie and also play a sorority girl who is a little skeptical of these guys—for good reason. *[Laughs]*

VITALS

HOMETOWN
Medford, Mass.

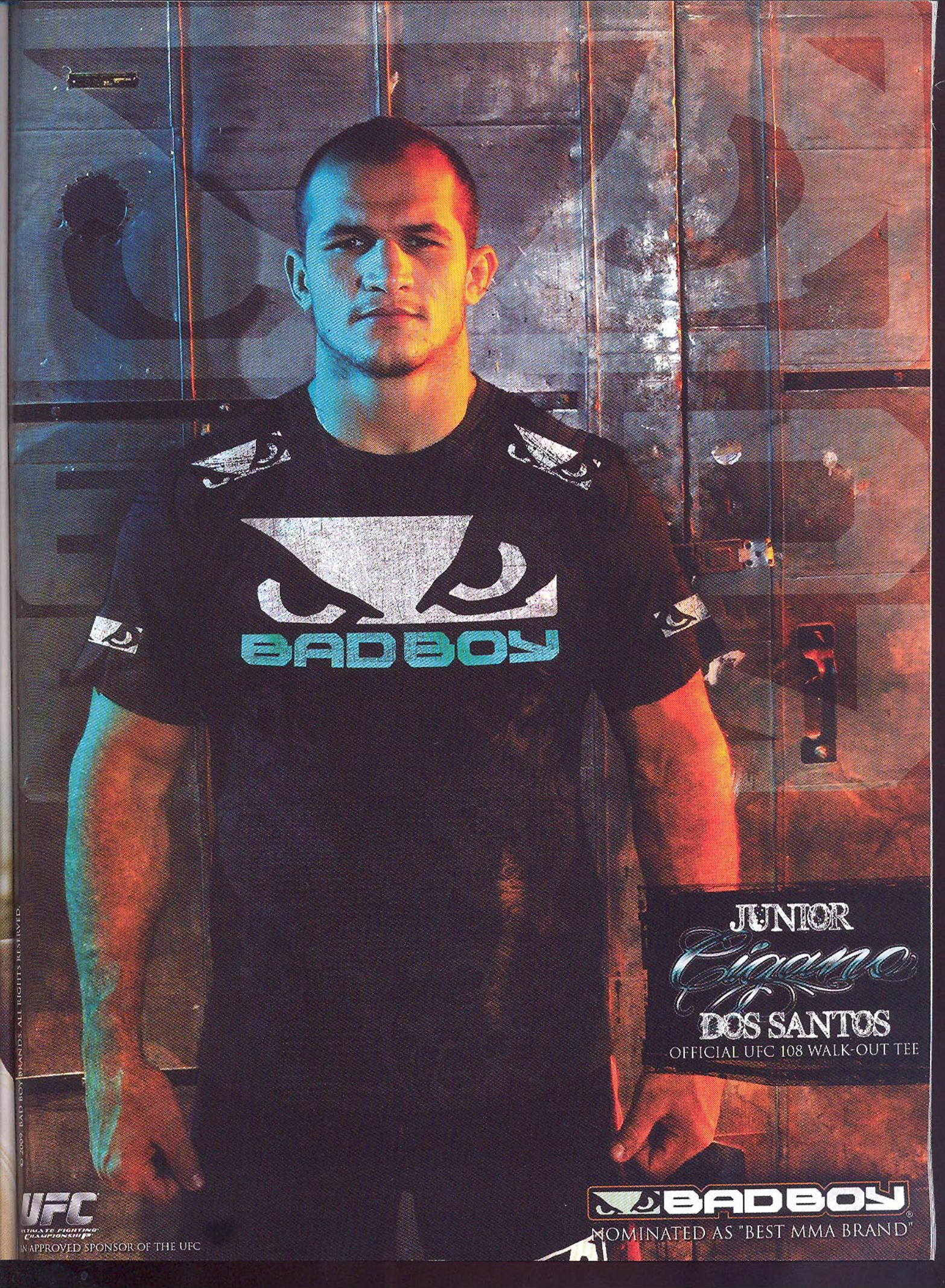
WHERE YOU'VE SEEN HER
Correspondent for NBC's *Access Hollywood*, *The Today Show*, and *Nightly News with Brian Williams*, and contributor to *Dateline*

UP NEXT *Serial Buddies*, a dark comedy starring and produced by Maria Menounos. Keep your eyes open for a release date.



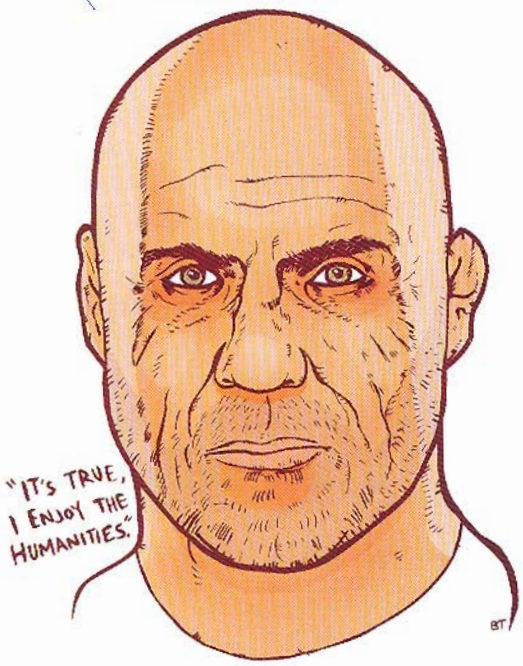
BRIAN BOWEN SMITH/AUGUST

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ON THE ROAD WITH THE NATURAL

Check out **Randy Couture**'s exclusive guide to Brazil, including art deco statuary, women in thongs, and of course jumping off Rio de Janeiro's cliffs with strangers. *By* DEBBIE LEE *Illustration by* BRIAN TAYLOR



You were recently in Rio filming Sly Stallone's *The Expendables*. Did you get any downtime or were you stuck in a trailer?
I was only on set for two nights, so I got to spend the rest of my week touring. It was very interesting, I also got to stay at a pretty nice hotel (the Sofitel) and had my own driver.

End up anywhere really exotic?
He drove me across this bridge and into another town so he could show me a cool lookout. One guy came out of nowhere and asked me if I wanted to go paragliding off the lookout, and I thought, "What? Are you even licensed?" I wasn't going to risk breaking my legs. But he showed me his certification. Everything was above board, and the next thing you know we were cruising in the air.

Would you say jumping off a cliff (in flip-flops, no less) was one of the more extreme things you've ever done?
Not at all. I've jumped out of airplanes twice before, but this was a more tranquil experience. I could have been up there all day; it was that peaceful.

You're a resident of Sin City. Can the nightlife in Rio hold a candle to the scene in Vegas?
I didn't party much. To be quite honest I'm not a huge partier in Vegas either. If I like a nightclub, it's because it's low-key.

Then how did you get the full Rio experience?
I spent most of my time in Brazil outdoors and on the beach, on Copacabana in particular. It's supposed to be the nicest of all the beaches in the country, and I just happened to be staying there, so I would just walk from one end to the other, observing.

The thong-clad ladies?
Ha. Everyone had built it up so much—"The hot women! The bikinis!"—that I was expecting something spectacular, something to make me stop and go, "Oh. My. God. Look at that!" But the truth is that while they were active and fit, they were also very normal.

It seems you're more highbrow than hedonist. How else does an intellectual enjoy a place primarily known for partying?
It's true, I enjoy the humanities; it's an interest that goes back to the classes I took in college. I've been to the Louvre several times, Bernini's doors, the Parthenon. In Brazil the site to see is the Christ statue. It's the oldest art deco statue on the planet, and it's so high up that when you visit, you feel like you have a view of the whole world.

Is there anything else you'd like to see us nick from Brazilians?
Soccer volleyball! Two men, one ball, no hands. You only use your knees, feet, head, and chest. And they were damn good at it.

Sounds like they're not nearly as menacing outside the cage.
Nope, the locals are very open and very friendly. Overall, the trip was just a blast.

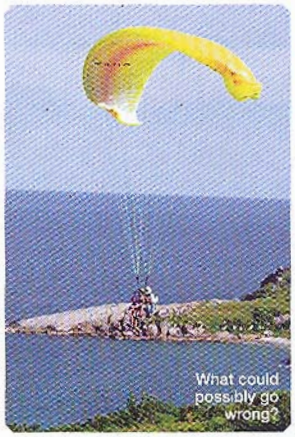
THE NATURAL'S PICKS

Three musts for visitors, as mandated by Couture

Must See "I don't think there is a single video of South America that doesn't involve a shot of the statue of Christ the Redeemer. You just can't go to Rio without seeing it."

Must Do "Parasailing—even if you're afraid of heights. It's as close as you'll ever get to feeling like a bird."

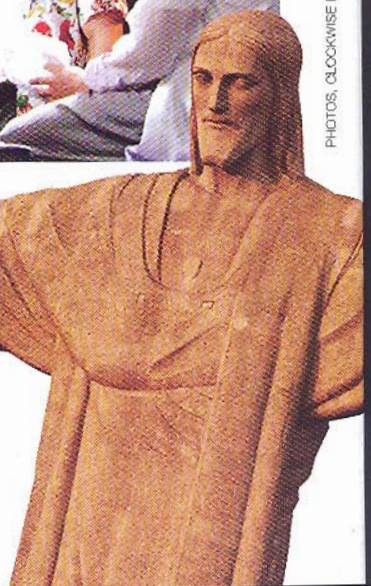
Must Eat "Brazilian barbecue, *churrasco*, is pretty remarkable and a good chance to really indulge."


What could possibly go wrong?


Couture (third from left), filming with Jason Statham, Sylvester Stallone, and Jet Li.




"THE LOCALS ARE VERY OPEN AND VERY FRIENDLY."



PHOTOS, CLOCKWISE FROM BOTTOM RIGHT: SOUTHERN STOCK/GETTY IMAGES; COTO ELIZONDO/GETTY IMAGES; SAMBA PHOTO/GETTY IMAGES; EVERETT COLLECTION









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THE CONTENDERS: WATERING HOLES

Eight fighters talk up their favorite place to get a cold one from San Diego to Orlando *By* DEBBIE LEE





Matthew Riddle
CHERRY POOL AT RED ROCK CASINO
Las Vegas
702-797-7180

"I know this bar is in a casino, but on Sundays it's actually pretty grimy and full of locals. You won't meet one person who's on vacation. It's all tatted-up Las Vegans and strippers who are there for the free drinks. You could probably pick one of them up, but I haven't, as I am a gentleman. I just go with guys from the gym to drink some cheap cranberry-and-vodkas."





Tim Credeur
MOONDOGGIES
San Diego; 858-483-6550

"My wife is a dance teacher, so I get dragged to clubs sometimes, but I prefer casual bars. When I'm in San Diego working on my jiu-jitsu training, most of the locals and tourists I see are gathering at Moondoggies. It has a cool, divey atmosphere with great food, chill music, and cool people. Everyone is very casual to the point of just getting out of the ocean. Don't miss it if you're ever visiting the area."





Spencer Fisher
O'MALLEY'S
Sylva, N.C.; 828-631-0554

"I'm from a dry county in North Carolina, so to drink a beer, you have to drive 45 minutes into the next town. This is where I go. One time I took Tim Sylvia, and some guy walked by and realized who he was, only he kept calling him 'Tim the Sylvia.' It got even funnier when the guy asked him to make out with his girlfriend. Tim said, 'Hell no.' Between that guy and pregnant women at the bar, it gets all walks of life."



Dan Lauzon
OUR PLACE/ BOGART'S OF BRIDGEWATER
Bridgewater, Mass.
508-697-9456

"Bogart's is a cool place to hang out and get down. The only problem is I got banned from the bar and can't go back there for a year. I swear it was a misunderstanding! But you can bet I plan to be back there at the end of next May, when the ban expires."



Ben Saunders
WAITIKI
Orlando, Fla.
407-481-1199

"The bar's got a tropical tiki hut theme, and it airs some of the UFC fights on Spike. It's not really a dive; it's just a chill place to drink my Bacardi-and-Diet. But maybe I'm just a little biased—before I was a fighter, I used to be a barback there."



Frankie Edgar
CAPTAIN HOOK'S
Seaside Heights, N.J.
732-830-0006

"This is a good dive if you're ever at the Jersey Shore. It's the kind of bar you go to play Ping-Pong or shuffleboard and drink a draft beer, nice and cheap, out of a plastic cup. It's not really where you'd go to try to pick up ladies."



Clay Guida
MURPHY'S BLEACHERS
Chicago
773-281-5356

"The bar is right across the street from Wrigley Field. It's not the most high-class place—it's swarming with bums and ticket scalpers—but it's a real good time. Personally, I like to enjoy an Old Style [beer] at the plastic picnic tables. I'd tell anyone from out of town to visit."



Pat Barry
COOTER BROWN'S TAVERN & OYSTER BAR
New Orleans
504-866-9104

"If you aren't from New Orleans, you wouldn't even know this place existed. I've been going forever. If anyone's causing a bar fight, it's probably a tourist, and we take care of them. But if you're from out of town and just want good food and beer, this is the first and last place I'll take you."

LEFT, FROM TOP: COURTESY OF NAPKINNIGHTS.COM; COURTESY OF MOONDOGGIES; COURTESY OF O'MALLEY'S; INSET FIGHTER IMAGES: JOSH HEDGES/UFC (8)

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- TITO ORTIZ

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HOW TO PLAY THE ODDS

Fill your wallet with our guide to betting on the fights in Las Vegas

By BRANDON GUARNERI *Illustration by* QUICKHONEY

One of the best ways to add some action to a live UFC event on the Vegas Strip is by legally placing bets on the fights. But before you reach for your ATM card in anticipation of a huge payout, make sure you know what the hell you're doing. We talked to Jay Rood, MGM Mirage race and sports book director, to show you how to handle yourself in a Vegas sports book.

READING THE BOARD

When you get to the sports book, you'll see the match-ups available for wager on the board. To the right of each fighter's name you'll see a three-digit number preceded by a plus or a minus sign. That's the money line, and it determines how much you'll stand to win, depending on how much you bet. All lines are based on a $100 wager. You can bet more or less, but the odds remain the same. Favorites get money lines with minus signs, and underdogs get lines with a plus. In the above example you would have to bet $400 on Randy Couture to win $100. Conversely, a $100 bet on Mark Coleman (a +300 underdog) would win $300. Betting on an underdog gives you a better potential payout, but you're betting on an upset.

SAMPLE BOARD FOR UFC 109

UFC 109

BET #	FIGHTER	ODDS
60205	RANDY COUTURE	-400
60206	MARK COLEMAN	+300
60207	MATT SERRA	-145
60208	FRANK TRIGG	+115
60209	MATE MARQUARDT	-300
60210	CHAEL SONNEN	+240

BITTER-SWEET SCIENCE

Boxing promoters often toss competitors in the ring with no-names in hopes of building up the next big thing. "The UFC doesn't worry about developing a 25–0 guy," says Rood. "They're not worried about the zero. They don't make matches that are going to be walkovers, they make a match that's going to sell pay-per-views." The rise in MMA's popularity means more fights have been getting odds in Vegas. Rood estimates that at least eight fights at last year's UFC 106 had odds attached and says he routinely posts odds on the undercard bouts. "The UFC fight fans go early," says Rood. "If the gate opens at four, they're here at three. They want to see every fight."

TEASE THE ODDS

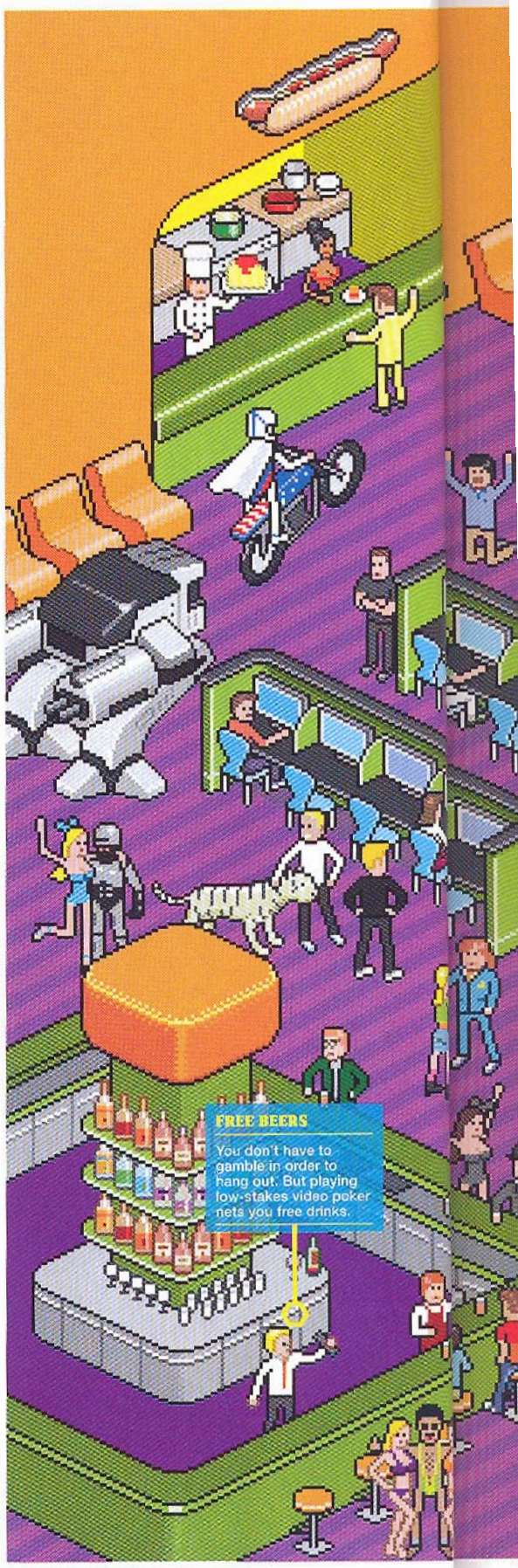
If you're not happy with the odds you see posted, there are other ways to set yourself up for a big payday. You can try making a parlay bet, which means combining several individual bets into one wager. The catch is you need to pick correctly in every wager in order to win. "Parlays are a way of making a smaller wager," says Rood, "with the aim of correctly predicting multiple outcomes in order to increase your payout." The more bets you include in your parlay, the bigger the potential payday, and the bigger the odds against you. Ask any of the attendants at the counter to calculate your possible payout. They won't laugh at you for picking more than four fights—but they should.

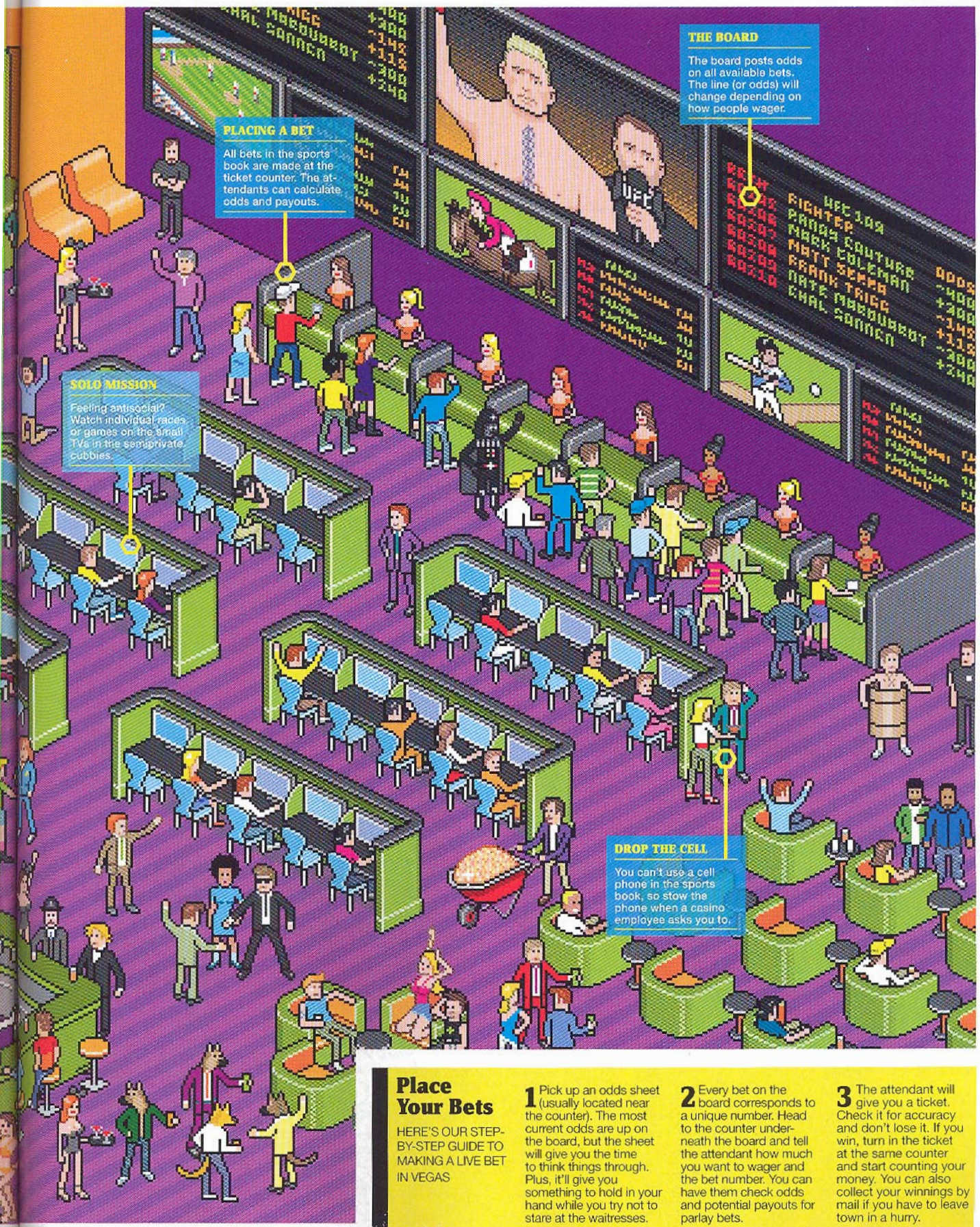
PICK A WINNER

Starting with Griffin/Ortiz 2 at UFC 106, bettors were able to make proposition bets, or "prop bets," on how the fight would end, not just who would win it. Griffin may have been an early favorite (-150) to win the fight, but if you had bet on the method of victory (K.O., submission, or decision), you'd have gotten much better odds. "We were paying 5–2 if you had Forrest with a decision," says Rood. That means the house would have paid you more than twice what you bet. Just betting on Forrest without an outcome, you'd have to risk $150 to win $100. But if you were getting 5–2, you'd win $250 for every $100 you laid on the line. Expect to see more prop bets in the future, but no more than one or two fights per card.

TAKE IT LIKE A MAN

There's just no way to account for eye pokes, injury stoppages, or flukes. Even favored fighters getting moderately big odds are far from sure things. When it goes to the judges, a draw will get you your money back as a break even on a money-line bet and will reduce the payout on your parlay. If bad luck strikes, try not to cry in front of the attendants at the counter—it's uncomfortable for everyone involved.





Place Your Bets

HERE'S OUR STEP-BY-STEP GUIDE TO MAKING A LIVE BET IN VEGAS

1 Pick up an odds sheet (usually located near the counter). The most current odds are up on the board, but the sheet will give you the time to think things through. Plus, it'll give you something to hold in your hand while you try not to stare at the waitresses.

2 Every bet on the board corresponds to a unique number. Head to the counter underneath the board and tell the attendant how much you want to wager and the bet number. You can have them check odds and potential payouts for parlay bets.

3 The attendant will give you a ticket. Check it for accuracy and don't lose it. If you win, turn in the ticket at the same counter and start counting your money. You can also collect your winnings by mail if you have to leave town in a hurry.



"FOR THOSE ABOUT TO ROCK" AC/DC

FIGHTING MUSIC

"The truth of the matter is that I'm always so focused by the time I'm walking to the Octagon that the song that's playing has made little difference. But at the USA vs. Canada show (UFC 58), 'For Those About to Rock' started and I got chills as I was walking out. The title alone is a metaphor for fighting in the Octagon." –RICH "ACE" FRANKLIN

SEPT. 19, 2009
RICH FRANKLIN VS. VITOR BELFORT

Feed Your Ears

IF AC/DC MAKES THE CUT, HERE ARE 10 MORE ROCK TUNES TO ADD TO YOUR ROTATION



FAITH NO MORE
"Epic"

UFO
"Only You Can Rock Me"

NEW YORK DOLLS
"Personality Crisis"

PAT BENATAR
"Heartbreaker"

SYSTEM OF A DOWN
"Toxicity"

THEM CROOKED VULTURES
"No One Loves Me and Neither Do I"

SOUNDGARDEN
"Spoonman"

DEF LEPPARD
"Pour Some Sugar on Me"

THIN LIZZY
"Jailbreak"

THE RUNAWAYS
"Cherry Bomb"

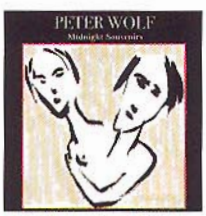
Sonic Assault

FIVE NEW DISCS TO PICK UP THIS SPRING



Drive-By Truckers
THE BIG TO-DO
ATO

With references to getting shot in the back, "four-day benders," and a song called "This Fucking Job," the Truckers' eighth album doesn't skimp on the trailer-park debauchery or sob-into-your-whiskey sentimentality that has earned them such die-hard fans. No band sounds better so worn down.



Peter Wolf
MIDNIGHT SOUVENIRS
Verve

Eight years after his last solo album and 28 years since his group J. Geils Band scored the schlocky chart-topper "Centerfold," Wolf sounds like he can still get it up. His voice is Botox-smooth on these perky tunes that blend pop, country, and R&B yet safely dodge the label of dinosaur rock.



She & Him
VOLUME TWO
Merge (release date: April 6)

Zooey Deschanel, a pixie-ish actress, and M. Ward, a nerdy indie songwriter, are an irritatingly precious couple. But as a retro-rock duo, they're tough to hate. This second disc, less polished than their debut, sounds perfect on a jukebox—as pleasantly lightweight as the White Stripes are heavy.



Sharon Jones & the Dap-Kings
I LEARNED THE HARD WAY
Daptone Records

Jones shows plenty of attitude on this fourth album (she goes hoarse praising cash on "Money"), which adds some welcome edge to what is basically an old sound. Still, with a band so practiced and tight, "old" seems damn sexy.



Gorillaz
PLASTIC BEACH
Virgin

This collective, led by Blur's Damon Albarn, might have silly-ass cartoon characters as a front, but their rap-influenced pop is utterly original for radio. "Stylo," the lead single off their third disc, proves this once again with a slinky beat and fiery vocals from soul great Bobby Womack.

Reviews and Playlist by NICK CATUCCI

JOSH HEDGES/UFC. INSET: KEVIN MAZUR/WIREIMAGE.COM

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The last words that Maximus uttered were, "You're a licensed chiropractor, right?"

GOD OF WAR III

Kratos returns for a third installment of kicking divine ass *By* SCOTT JONES

With a talent for fighting mythological creatures and a face tattoo that only Mike Tyson would love, gaming's baddest—and baldest—sociopath returns in what's supposedly his final game. The good news: He's still angry, and he's still holding a grudge against the gods.

Waging a war against the denizens of Olympus, as you might imagine, is no small task. To help him along in what initially appears to be one of his trademark suicide missions, Kratos has the severed head of the god Helios, a pair of death-dealing gloves known as the Cestus, and the ability to commandeer a nearby Cyclops and steer him around with the same care most joyriding gutter punks show to a stolen Oldsmobile.

As they say on TV ads, "But wait, there's more..." Kratos also has a race of legendary stone behemoths known as the Titans working for him. (*God of War II* ended with Kratos hitching a ride on the back of one of these massive things.)

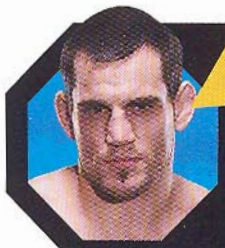
PUBLISHER Sony
FORMAT PS3
RELEASE DATE Available now
PRICE $59.99

You want blood? This game features several oceans' worth of the stuff. You want dismemberment? You'll get more than you bargained for, because nothing ever merely "dies" in a *God of War* game. A chimera expires only after you've (A) busted off both its horns and (B) driven them clear through its head. You can only finish off a cyclops by relieving it of its eyeball—X button, X button, X button—by hand.

Grim, stylish, and surprisingly literate, *God of War III* packs more was-it-good-for-you-too moments into its 15-hour experience than any other game in recent history. It somehow, some way, manages to top itself again and again, until the story, and the series itself, finally comes to one hell-unleashing, utterly satisfying conclusion.

Here's hoping this isn't the last we'll see of Kratos and his bad attitude.

WHAT I'M PLAYING



Jon Fitch, UFC Welterweight

"I'm still playing *Borderlands* and *Assassins Creed 2*. I've got a GameFly membership for rentals. It works out pretty good. If I'm playing a game too much, I can send it away and get my life back."

Three More Rounds

THE BEST OF THE REST THIS SPRING



JUST CAUSE 2
Square Enix, *Xbox 360, PS3, PC*
RELEASE DATE: March 23

After assuming the role of CIA agent Rico Rodriguez, your objective is simple: Infiltrate the island of Panau and destabilize its iron-fisted dictator, leaving as many smoldering craters and corpses as possible.



RED STEEL 2
Ubisoft, *Wii*
RELEASE DATE: March 23

You may be playing as a cowboy-hat-wearing hero but first-person sword fights are the focal point here, with the occasional gun battle mixed in for good measure. If you're in the mood for some violent and adult fare, this M-rated experience is definitely worth your time.

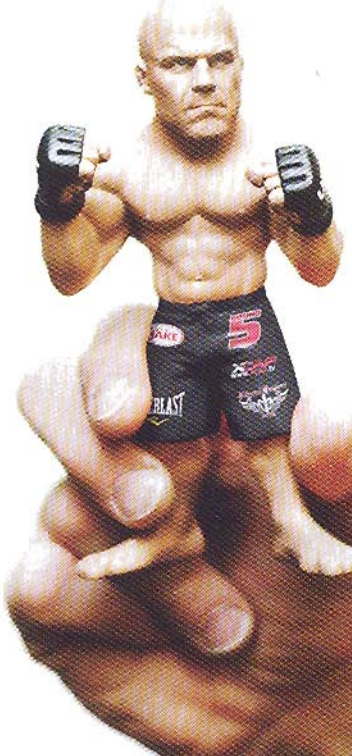


SPLIT/SECOND
Disney Interactive
PS3/Xbox 360, $59.99
RELEASE DATE: May 1

Gamers play as reality show racers, speeding through bomb-laden courses. Time your corner correctly, and the competition goes "boom."

COURTESY OF GAME MANUFACTURERS (5); JOSH HEDGES/UFC

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face the

pain

MEET THE NEW CONTENDERS



NEW JERSEY TO THE CORE

Frankie "The Answer" Edgar gets his shot at the title, and all the haters. Step aside MTV, meet the real star of the Jersey Shore.

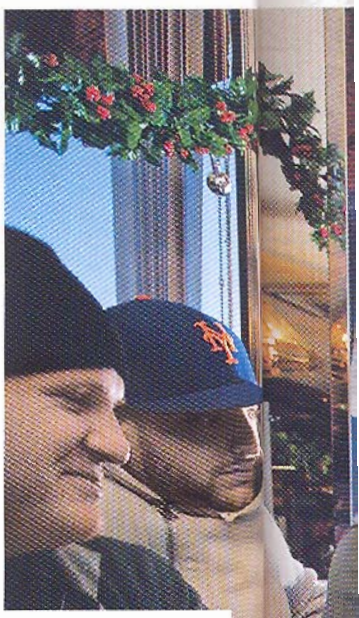
By **TIM STRUBY**

Photographs by **SAM BASSETT**

Frankie "The Answer" Edgar remembers the precise moment that cemented his ascension to MMA's main stage. It was the night of Dec. 5, 2009. The Palms Casino in Las Vegas. Spike TV's *Ultimate Fighter Season 10* finale. His scheduled opponent, Kurt Pellegrino, had withdrawn due to a back injury, so the 28-year-old Edgar was facing fellow lightweight Matt Veach (11-0). The first round had not ➲

JAN. 14, 2010
FRANKIE EDGAR
SEASIDE HEIGHTS, N.J.

frankie edgar

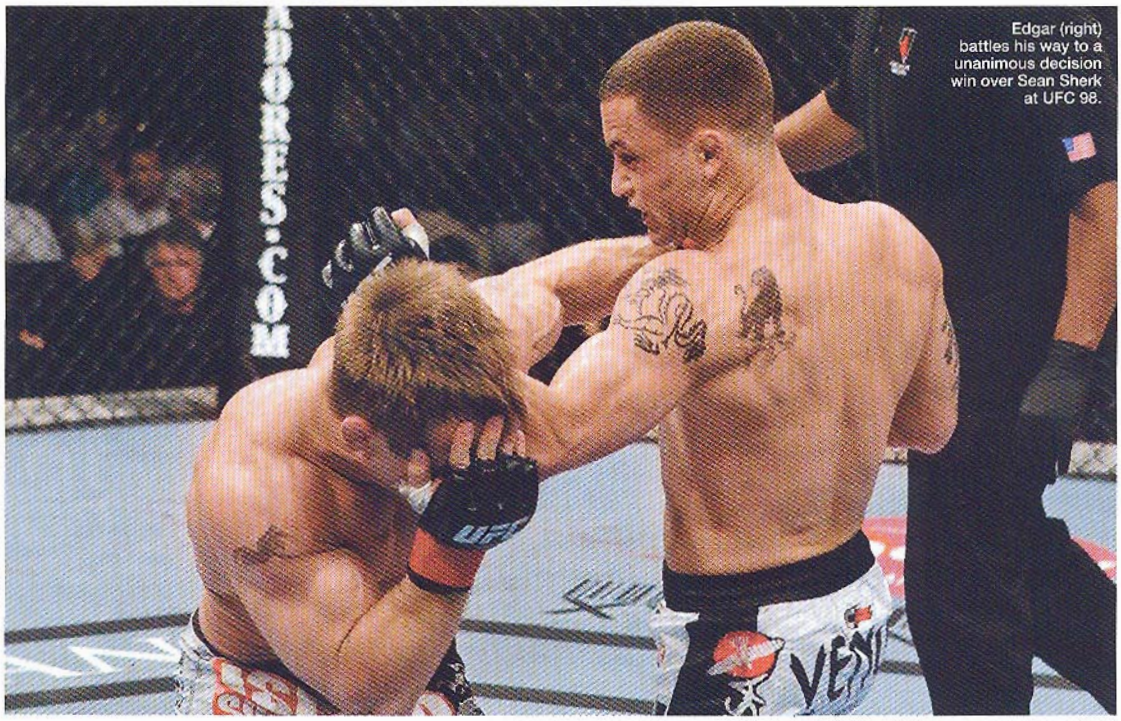


proceeded as Edgar had planned. "He's big and strong and slammed me twice," says Edgar with a New Jersey accent that speaks of his working-class roots. "The second slam was pretty exciting, so I could see how the judges felt he was in control." Midway through the second round, however, Edgar slipped Veach's left jab and connected with a right. "It didn't have tons of mustard on it," explains Edgar, "but he didn't see it coming, and he was dazed." Within a minute, Edgar had taken Veach's back and submitted him with a rear naked choke.

Less than a month later, while he was watching the close fight between Gray Maynard and Nate Diaz, UFC president Dana White decided that Frankie Edgar, now 11–1, was officially going big-time: He'd be heading to Abu Dhabi for UFC 112, where he'd challenge B.J. Penn for the lightweight title.

finishing second in the 2000 high school nationals and setting the all-time wrestling takedown record at his Toms River East High School. In four years at Clarion University, in Clarion, Penn., he qualified for nationals and was one match away from earning All-America honors (he lost in triple overtime).

It wasn't until his senior year of college that he'd ever considered a career in MMA. Growing up, the only stand-up fighting experience he'd had was of the after-hours, spontaneous sort, often in nearby Seaside Heights. "You know that MTV show everybody's talking about," Edgar says with a laugh. "Well, I was the guy from the Jersey Shore who beat up those types from the *Jersey Shore*." But he'd followed the successful MMA start of Josh Koscheck, an All-America wrestler who attended Edinboro University, a regular Clarion U.



Edgar (right) battles his way to a unanimous decision win over Sean Sherk at UFC 98.



VITALS

FRANKIE EDGAR

FIGHTING OUT OF Toms River, N.J.

AGE 28

WEIGHT 155 lbs.

RECORD 11–1

NO HYPE, NO PROBLEM
"Odds are you won't hear much in the way of prefight trash talk from "The Answer." Heeding the advice of Randy Couture, Edgar prefers to let his performance speak for him. "I've always been a real grounded dude," Edgar says.

TWITTER
Follow him @FrankieEdgar

That a right-hand solidified his title shot might have surprised MMA faithfuls who have followed Edgar, a fighter best known for his ferocious ground game. Born and raised in the Jersey township of Toms River, the UFC star began wrestling as a seventh grader with the Toms River Wrestling Club. "Raw and gritty," as he describes himself, Edgar caught the eye of wrestling coach Steve Rivera, owner of Elite Wrestling in nearby Hamilton. "He had perseverance and the ability to follow a game plan and stick with it," Rivera explains. "But he'd get really nervous. When he was younger, I felt as if I were part-trainer, part-therapist." Yet under Rivera's tutelage (and therapy) the then-135-pound Edgar overcame his anxiety,

opponent. After graduating in May 2005, Edgar began training with Rob Guarino, of the Rhino Fight Team. In October, without an iota of nerves, he recorded a first-round submission (guillotine choke) over Mark Getto in Ring of Combat 9.

Following a string of five victories, Edgar's big break came in the form of a bad break. In late 2006 he'd auditioned for Spike's *Ultimate Fighter* series. "I made it to the final cut," he explains. "I thought I impressed Joe Silva enough to get a callback, but I didn't. I was bummed at the time." Yet he had impressed the UFC brass enough to get a different type of invitation—an offer to fight Tyson Griffin at UFC 67. "Nobody else wanted to fight Tyson," says Rivera. "Frankie jumped at the chance." Near the end of the bout, Griffin caught Edgar in a deep kneebar, but the tough kid from Toms River refused to tap out. The result? A unanimous decision in Edgar's favor and Fight of the Night honors. More important, it put Edgar on the map.

On April 2, 2008, at UFC Fight Night 13, Edgar didn't "keep

JOSH HEDGES/UFC (2); SAM BASSETT



winning." He dropped a unanimous decision to underdog Maynard. "He'd improved a lot from what I'd seen of his other fights," Edgar says. "I didn't think I'd never lose. I just didn't think I'd lose that fight. I was so disappointed." Yet Dana White didn't lose faith in him. And instead of losing faith in himself, Edgar reconnected to his trade. He stopped "jumping from gym to gym" and began rolling every day under Renzo Gracie protégé Ricardo Almeida. He increased boxing sessions from two to four times weekly. Following a July 2008 unanimous decision over Brazilian Hermes Franca, Edgar upset Sean Sherk with a dazzling stick-and-move stand-up game. It was a victory that shocked the entire MMA world, including Edgar's boss. "I didn't think there was any way Edgar would win that fight," admits White. "Sherk was the bigger, stronger guy. But Edgar literally picked him apart."

The Sherk performance, combined with a well-timed right hand to the face of Matt Veach, has earned Edgar a shot at the golden goose, a.k.a. B.J. Penn. But not all MMA disciples agree with the decision. Since White set up the fight, chat room dissenters claim "The Answer" raises a lot of questions. Does Edgar have the pedigree to deserve a shot against Penn? Has he fought enough top contenders? Does he have a possible chance to beat the all-mighty Hawaiian? "B.J. looked like a beast his last fight. A scary individual," White says. "Can Frankie beat B.J.? I have no idea. Does he deserve a shot? Hell, yeah. Without question. And there's no fan or fight writer who can argue with that."

Taking Penn's title will be a tall order. "I can't blame fans for making me out to be a huge underdog," Edgar admits. "But it's not like I have nothing to lose. There's a title on the line, and I'm going to utilize my strengths as I've done in all my fights."

If Edgar does upset Penn, he says he won't be making any significant lifestyle changes. "I've got everything I need right here in Jersey," he says. "I'll always hang out with my old high school buddies. We're blue collar, tough, and hard-nosed. And that's just the way I like it."



JAN. 2, 2010
DOS SANTOS BACKSTAGE FOLLOWING HIS UFC 108 WIN OVER GILBERT YVEL.

RACE TO THE TOP

From selling ice cream to selling out arenas, it's been a short trip to title contention for **Junior "Cigano" Dos Santos**

By MARCELO ALONSO
Photograph by JIM KEMPER

Look through Junior Dos Santos' résumé and you'll find it littered with names like Mirko "Cro Cop" Filipovic, Gilbert "Hurricane" Yvel, and Fabricio Werdum. Dos Santos stopped them all in their tracks. But closer inspection of that record reveals something even more impressive. This kid, at 6'4" and 238 pounds a monolith of a kid, took his first fight fewer than four years ago. In a sport that usually demands years of discipline to compete at the highest level, Dos Santos is already making waves in the deep end of the heavyweight division. ➲

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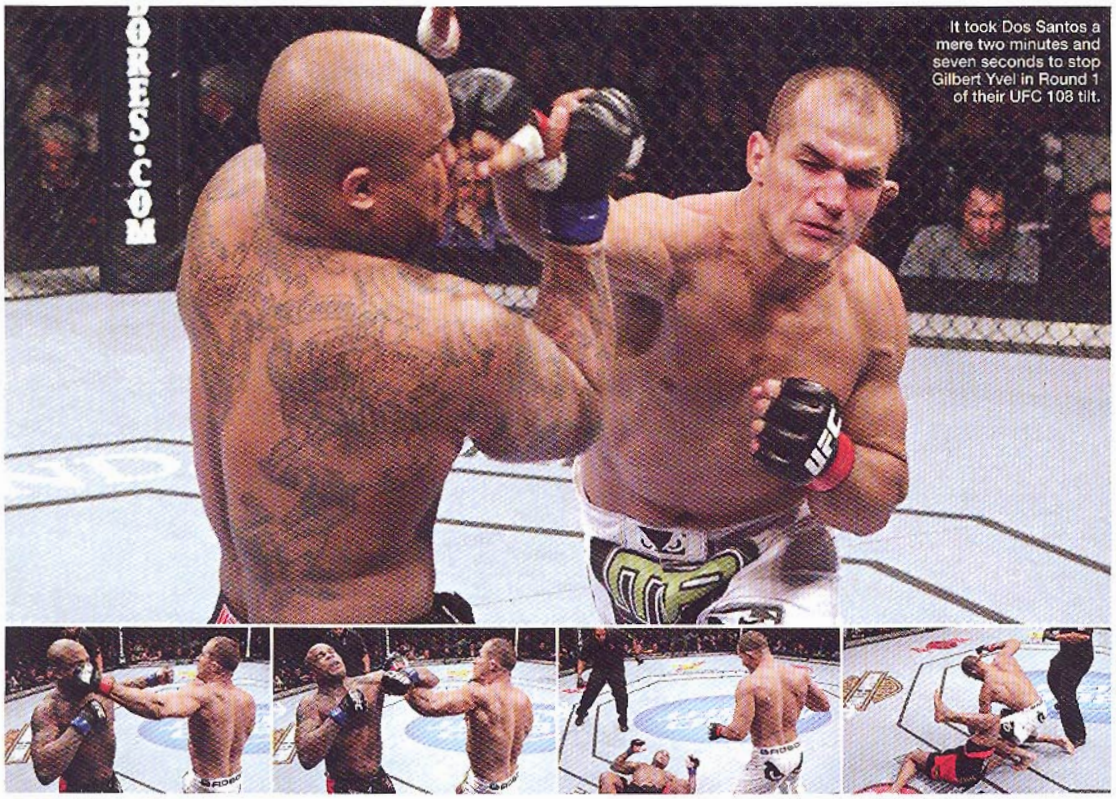
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It took Dos Santos a mere two minutes and seven seconds to stop Gilbert Yvel in Round 1 of their UFC 108 tilt.

The road to the Octagon was not an easy one for Dos Santos. Seeing how hard his parents, a mechanic and a cleaning lady, had to labor to support him and his three siblings, Dos Santos left his home of Catanduvas in southern Brazil in 2004. Along with a group of friends, he moved to Salvador, Bahia. "All I had was the money for the bus ticket. When I got there, I had to work hard. I washed dishes in a restaurant and sold ice cream at the beach," says Dos Santos.

After four months of living in Salvador, a friend invited Dos Santos to train jiu-jitsu in Yuri Carlton's academy. "From day one, I gave the more experienced guys a tough time, so master Yuri invited me to take the afternoon MMA lessons," recalls Dos Santos, who received the nickname "Cigano" at the academy because of his then-long hair. "There was a famous soap opera at the time where one of the characters was a gypsy and had long hair just like mine. One guy thought I looked like him and started to call me Cigano [Portuguese for "gypsy"]. My biggest mistake was showing that I didn't like it, because that made the nickname only more popular."

Just five months after beginning his training, Dos Santos caught the attention of current UFC light heavyweight Rogério "Minotoro" Nogueira. "Cigano was a white belt back then, and although I rolled with him for 10 minutes, I tapped him only once. I was really impressed with his strength and advised Yuri to take him to Luiz Dórea [the coach for the Brazilian national boxing team] to teach him boxing and prepare him for MMA," Nogueira says.

"I HAVE A LOT OF FAITH IN MY HANDS. I TRULY BELIEVE I CAN KNOCK LESNAR OUT."

Training every day at Dórea's Champion gym in Salvador, the same facility frequented by Rodrigo and Rogério Nogueira and Anderson Silva, Dos Santos discovered his true passion. "I liked jiu-jitsu a lot, but boxing was much more exciting. Once I got started, I began training boxing every day and soon became much more confident on my feet than on the ground," says Dos Santos, who is now a jiu-jitsu purple belt and "a black belt in boxing," in the words of Dórea.

Dos Santos' combination of punching power and laid-back personality made him a regular training partner of fellow heavyweight and MMA legend Rodrigo "Minotauro" Nogueira. It also meant frequent trips to Nogueira's training camp in Rio de Janeiro. Training every day alongside the Nogueiras, Dos Santos began to grow as a mixed martial artist, but it came at a price. "In the beginning, it was very hard for me to train with such an intense tempo like Rodrigo's and Rogério's. Some days I could not sleep because of injuries," Dos Santos says. "It was hard to follow their pace, but I never gave up because when I believe in something I really dedicate myself and that makes me evolve faster."

Dos Santos has his eyes on the heavyweight belt, but not if it means taking it from Rodrigo Nogueira. "There is no money or desire in this life that could make me fight Minotauro," says Dos Santos. The respect is mutual.

"If you consider that five years ago he never even put a glove on, and now, at 26 years old," says Nogueira, "He is among the best heavyweights in the world, then imagine how far this guy can go."

Of course, Dos Santos welcomes a chance to take the belt from Brock Lesnar and already has the game plan in place. "I would attack him with my boxing. Brock is a heavy guy who is very dangerous on top, but the fight starts on the feet and I have a lot of faith in my hands. I truly believe I can knock Lesnar out," says Dos Santos.

Additional research by Eduardo Ferreira



VITALS

JUNIOR DOS SANTOS

AGE 26

WEIGHT 238 lbs.

RECORD 10–1

PLAYING THROUGH THE PAIN

"Demian Maia was here in Bahia training a lot in the ground with me. It was a great experience for me, and I trained so hard that I injured my [left] ear two weeks before the Yvel fight. But I could not stop training, so I just drained it every day."

JOSH HEDGES/UFC (6)

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PRAY FOR THE COMPETITION

Jon "Bones" Jones' unlikely combination of faith and an ability to pummel opponents has put the light heavyweight division on notice

By **MYATT MURPHY**

Photograph by **OLUGBENRO OGUNSEMORE**

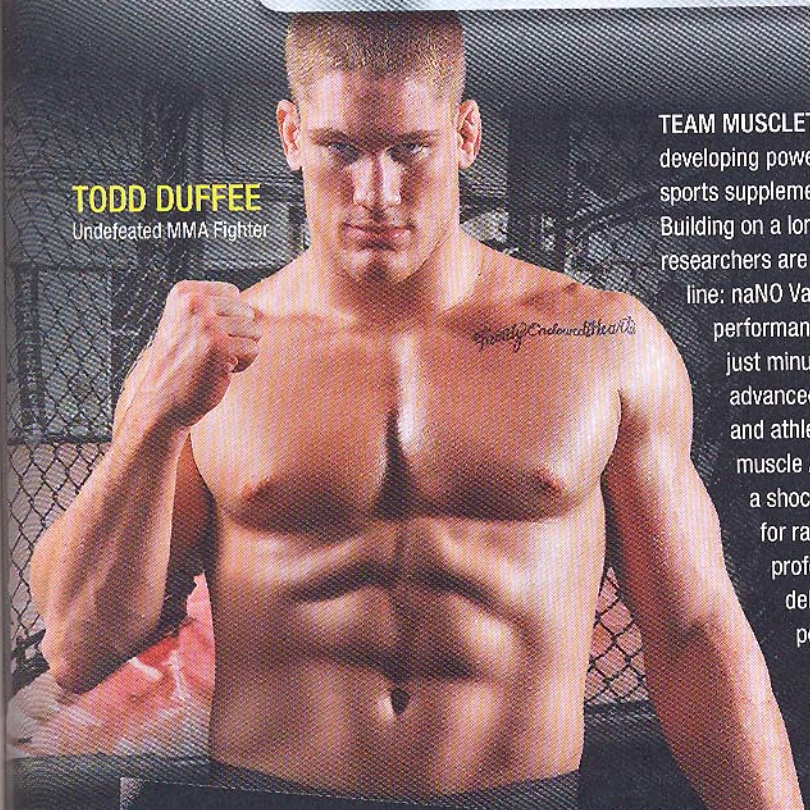
Immediately before each and every fight, Jon Jones thumbs through a weathered notebook he's written in for years. Inside is a categorized series of his favorite fighting techniques to remind himself of the ever-evolving repertoire he's got in his arsenal. "I'll just sit there and read that book to remind myself about some of the ways I've fought in the past," says Jones. "So whenever I'm in the Octagon, certain techniques will randomly come to me a lot of times, right when I need them the most." ➔

JAN. 13, 2010
Jones at his father's Pentecostal church in Binghamton, N.Y.

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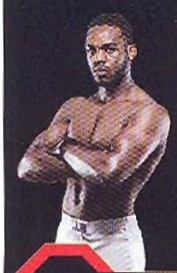
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face the pain

jon jones



VITALS

FIGHTING OUT OF Endicott, N.Y.

AGE 22

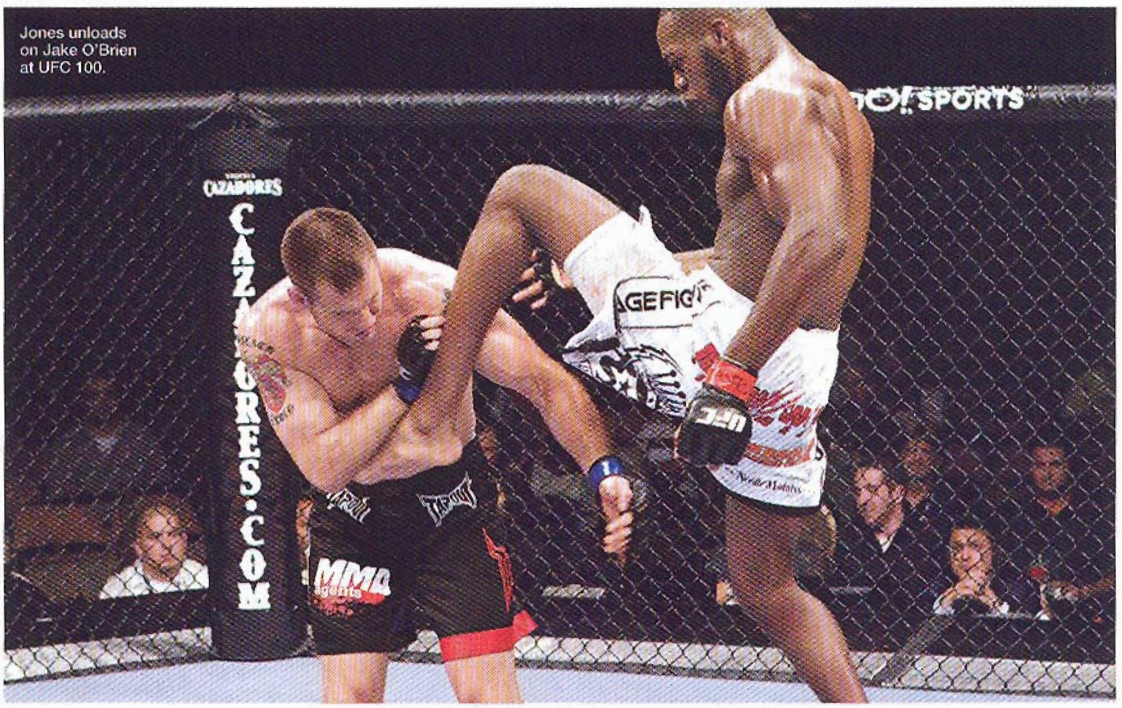
WEIGHT 205 lbs.

RECORD 9-1-0

Long before he made his way to the tutelage of Greg Jackson and Firas Zahabi, Jones developed his striking techniques by watching videos on YouTube.

TWITTER Follow him @ Jonnybones

It's that book of Jones' "throws and blows" that kept his skills sharp enough to submit Jake O'Brien in UFC 100 and win by unanimous decision against Andre Gusmao and Stephan Bonnar. It's also what mentally warmed him up enough to rain the pain—and unfortunately, several illegal elbow strikes—down on Matt Hamill during the Ultimate Fighter 10 Finale last December, leading to Jones' disqualification and first career loss.



Jones unloads on Jake O'Brien at UFC 100.

The lesson learned from that controversial bout is one reason Jones' career continues to skyrocket. "After destroying a guy [Hamill] that was meant to be my first official test and beating him worse than anyone else I had ever fought before then, it made me believe in myself more than ever before."

One of the UFC's youngest fighters, the 22-year-old Jones is also blessed with the longest reach in the history of the Octagon (an untouchable 84.5 inches). It's an asset that's strangely ironic, since his career path before the UFC was studying criminal justice in hopes of eventually becoming the long arm of the law. "I always knew that I wanted to use my athleticism to make it in life and do something hands-on—a job that wasn't behind a desk," says Jones.

The decision to go from nailing crooks to dropping hooks came unexpectedly when his longtime girlfriend (and now fiancée) told him she was pregnant with his first child. That's when Jones, a onetime state champion high school wrestler and junior college national champion, put law enforcement on hold to use his athletic skills to make enough money to buy a house and support his soon-to-be family. "Any time things happen in my life that change the direction I'm going, I always try to look at them positively, and thankfully," says Jones. "Having a kid in the middle of my college career could have been the worst thing possible when it came to planning for the future, but having that responsibility put everything into place for me and still keeps me focused today."

Since emerging on the fight scene in 2008, the now father of two has relied on his All-America Greco-Roman wrestling skills—and the extensive training he's absorbed throughout his career (from his Team Bombsquad roots to his most recent trainers: Greg Jackson and Firas Zahabi)—to rack up an impressive 9-1-0 MMA record. But if you think his fondness in battering opponents with spinning elbows is something he developed only later in life, think again.

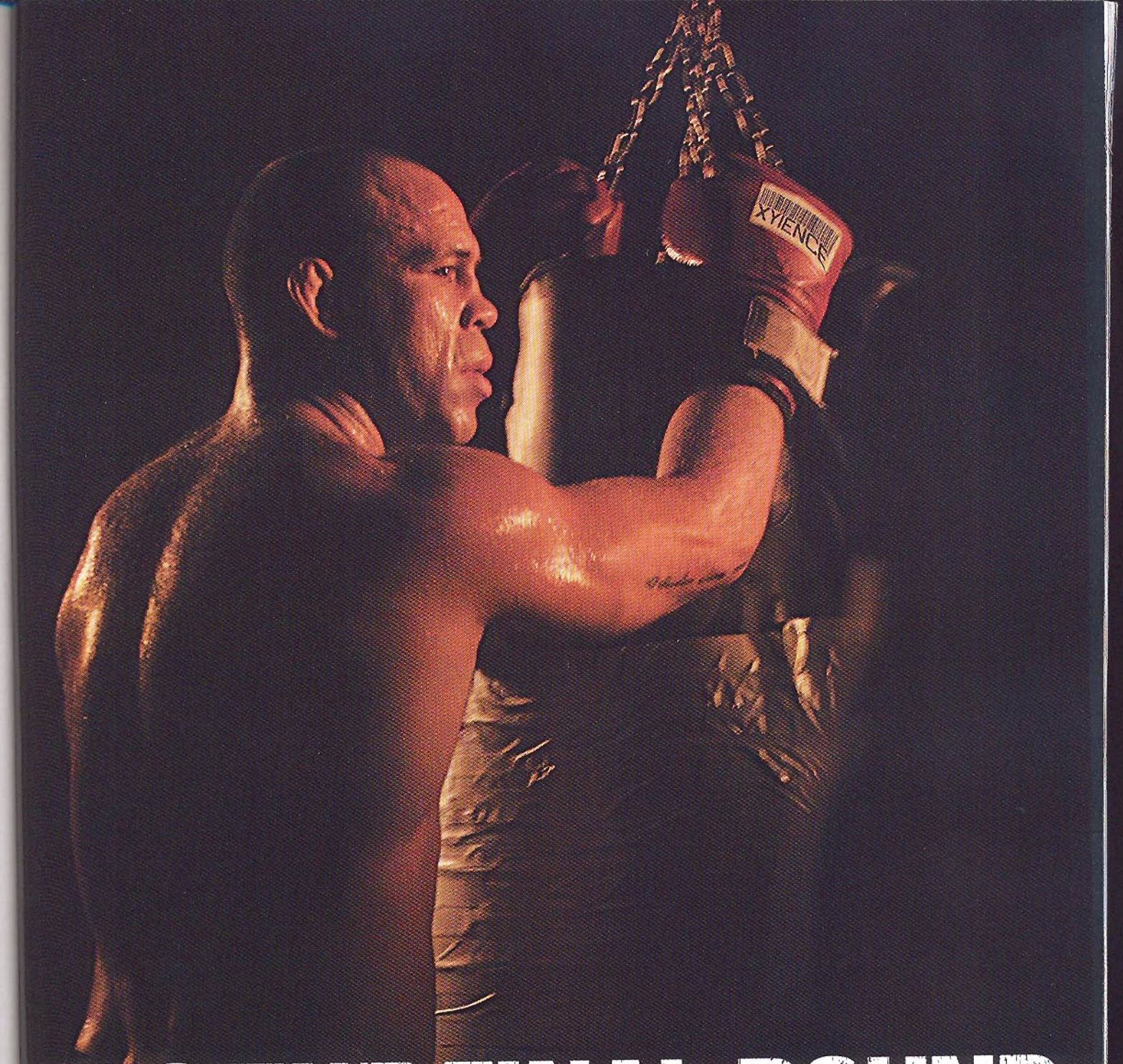
"Growing up, me and my brothers would meet other kids behind the school and slap box each other," remembers Jones. "That's where my brother would do this spinning open-hand slap that would always catch guys, no matter how fast they were. Seeing how effective that was is definitely why I'm always looking to do some type of spinning technique in the Octagon."

"PEOPLE SAY I'M THIS **FREAK ATHLETE WHO CAN GENETICALLY DO ALL THESE THINGS**. BUT IT'S REALLY ABOUT HAVING THE RIGHT MIND-SET TO PULL THE RIGHT TRIGGER AT THE RIGHT TIME."

Jones, the son of a Pentecostal pastor, admits he's not perfect by any means, but that religion is still his base. "There are so many other guys who could have fought the fights that I've been in, and I know that God has helped place me in a lot of these opportunities," he admits. "I honestly don't think I'd have gotten this far this fast in my career—and pulled through all of the hard times that I've gone through throughout my life so far—without faith."

It's his competitive brain and faith in himself that sustains him. "A lot of people say I'm this freak athlete who can genetically do all these things," he says. "But it's really about having the right mind-set to pull the right trigger at the right time." The right mind-set, and a well-placed backfist.

JOSH HEDGES/UFC (2)

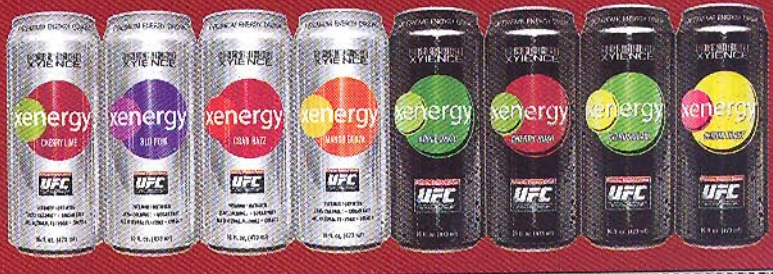


IT'S THE FINAL ROUND

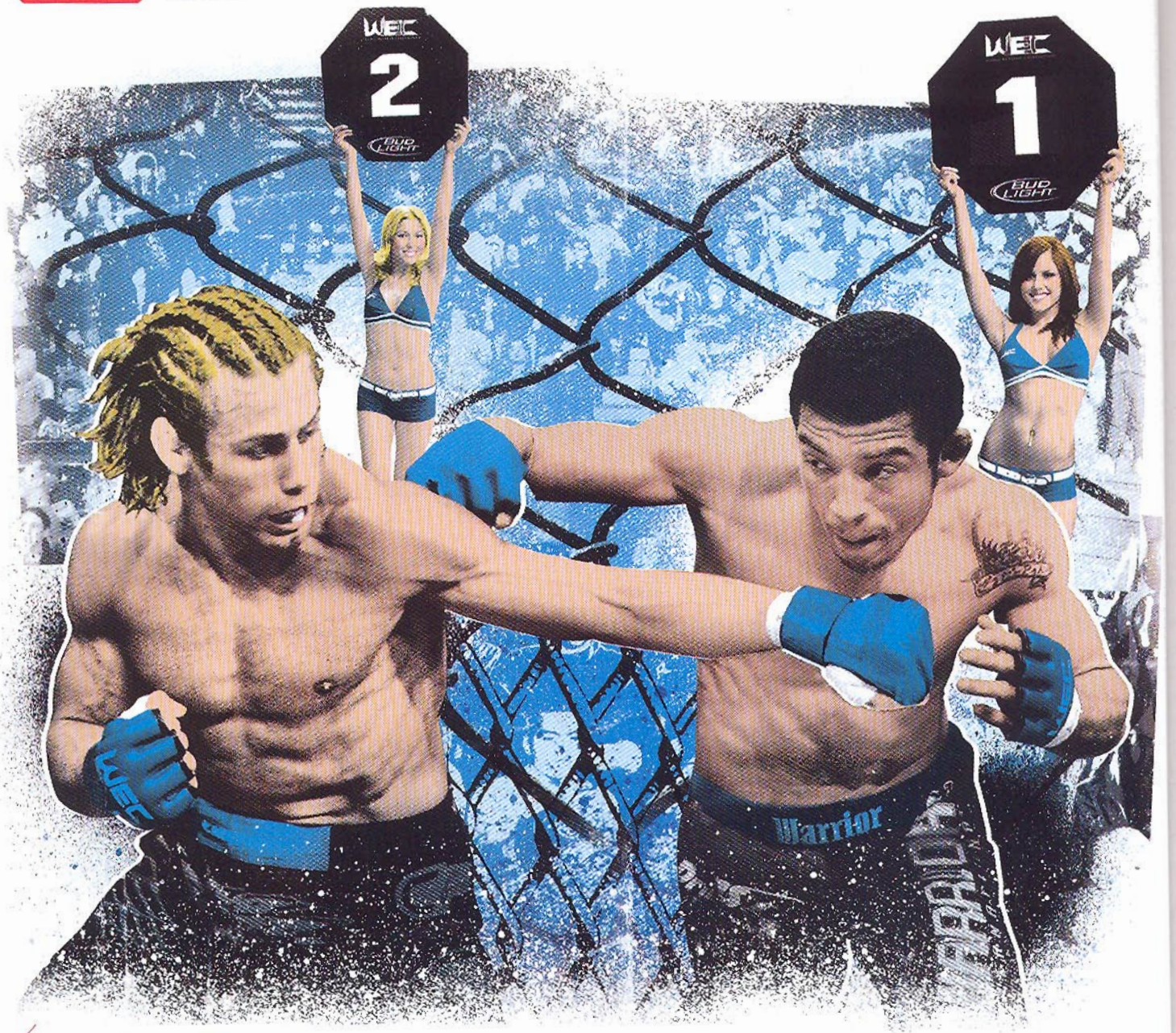
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THE WEC'S FEATHERWEIGHTS

Featherweight champ Jose Aldo will face Urijah Faber in the biggest fight in WEC history on April 24. The winner gets the belt and a pack of hungry contenders. *By* THOMAS GERBASI *Illustration By* GLUEKIT

Sometimes former two-time UFC heavyweight champion Frank Mir wishes he could cut to 145 pounds. "I'm truly a little guy stuck in a big guy's body," says Mir, who has studied the division in his gig as the WEC's color commentator. "I love the techniques and movements that featherweights are able to employ." Those moves have made the featherweights must-see TV. This spring, the stakes get higher when 145-pounder Jose Aldo defends his crown against former longtime titleholder Urijah Faber in what promises to be the biggest fight in the WEC's nine-year history.

"FIGHTERS GO ON RUNS AND IT LOOKS LIKE **WE'RE IN AN ERA OF JOSE ALDO.**" —FRANK MIR

Aldo, a Brazilian wunderkind unbeaten in the WEC, has plowed through Alexandre Nogueira, Cub Swanson, and Mike Brown. His overwhelming striking combined with an underutilized ground game have some describing Aldo as the next Anderson Silva. "Fighters go on runs. Chuck Liddell had a run, Anderson Silva's on his, and it looks like we're in an era of Jose Aldo," says Mir.

Faber's own "unbeatable" mystique was shattered by Brown in 2008. Since then, "The California Kid" has submitted Jens Pulver, gone five torrid rounds (with injured hands) in the Brown rematch, and finished off Raphael Assuncao. Faber could just be the one 145-pounder with the style to vex Aldo. "Every time you have an argument about what could possibly beat Aldo—taking him into the late rounds, taking him down—Faber is phenomenal in those categories," says Mir. "If he doesn't do it, I don't think anybody else is for a while."

JOSH HEDGES/UFC (5)

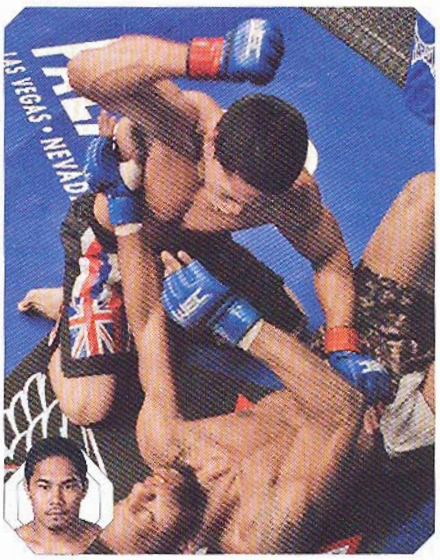
The New Recruits

FIVE RISING FEATHERWEIGHT STARS ON THE PATH TO TITLE CONTENTION



LC DAVIS **RECORD:** 15–2

LC Davis was the Miletich Fighting Systems' best-kept secret, a training partner to the stars who waited patiently for his time to shine. "I gained so much experience and knowledge following behind Jens Pulver, Spencer Fisher, Josh Neer, and Jason Black. It was a great foundation learning from guys who were already in the UFC." Davis' only problem was that he was too small to compete on a level playing field at lightweight. That changed when the WEC called in 2009, and at featherweight, Davis is carving out his own niche with wins over Javier Vazquez and Diego Nunes.



BRANDON VISHER **RECORD:** 13–0

When Brandon Visher's WEC debut got put in jeopardy after his opponent withdrew, he didn't have to worry for long. "The Viper" dispatched replacement Courtney Buck in one round with a stirring display of power. Yet despite scoring his 13th consecutive victory, Visher isn't calling out the big names in the division. "I've got a long way to go, but this is where I want to be, and I don't plan on moving."



CHAD MENDES

RECORD: 5–0

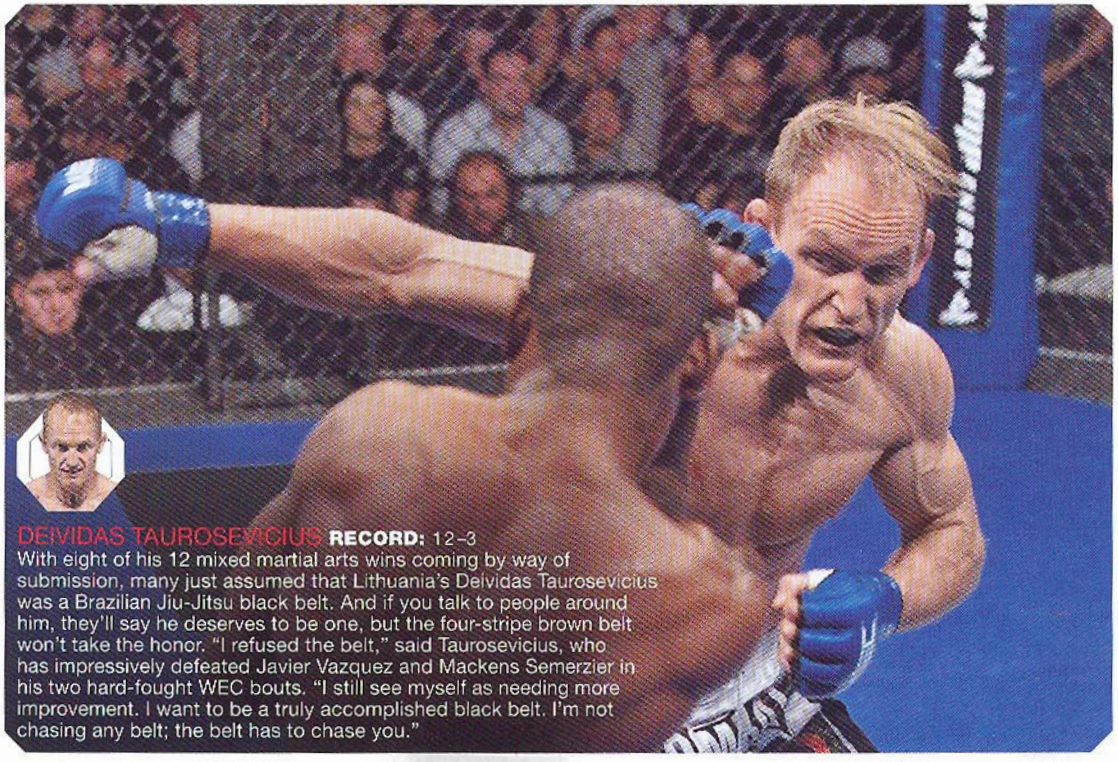
With a stellar college wrestling résumé, an unbeaten MMA record, and the endorsement of training partner Urijah Faber, Chad Mendes has made plenty of noise even before stepping into the WEC cage. "To be the best," he says, "you've got to beat the best, and I've prepared myself for it."



JOSH GRISPI

RECORD: 13–1

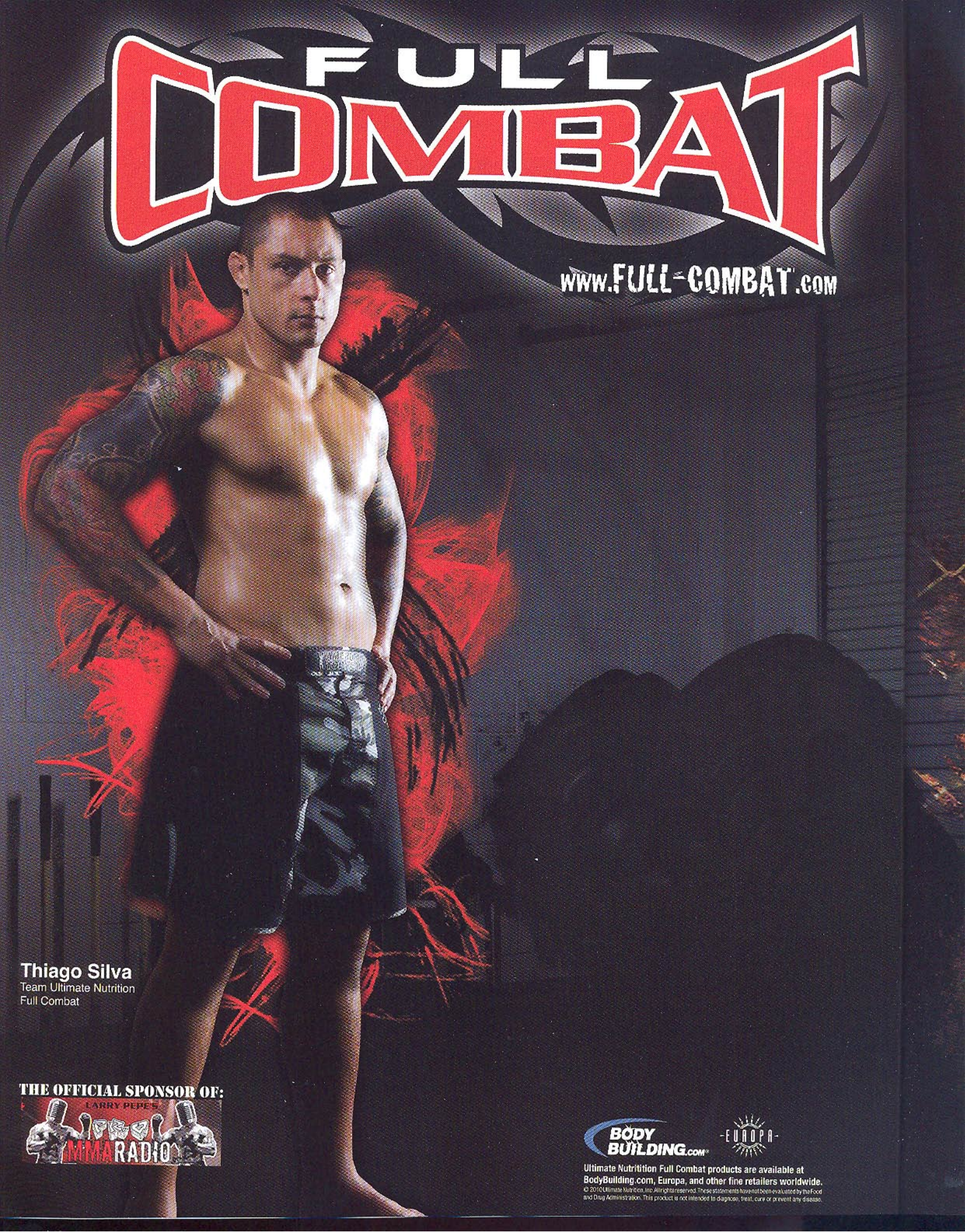
New England prodigy Josh "The Fluke" Grispi showed his nickname isn't so apt by tearing through Mark Hominick and Micah Miller in less than four combined minutes. But his next fight against Jens Pulver was to be the real test. "One minute I wanted to ask him for his autograph," Grispi said. He submitted Pulver in 33 seconds. Now what does he do for an encore?



DEIVIDAS TAUROSEVICIUS **RECORD:** 12–3

With eight of his 12 mixed martial arts wins coming by way of submission, many just assumed that Lithuania's Deividas Taurosevicius was a Brazilian Jiu-Jitsu black belt. And if you talk to people around him, they'll say he deserves to be one, but the four-stripe brown belt won't take the honor. "I refused the belt," said Taurosevicius, who has impressively defeated Javier Vazquez and Mackens Semerzier in his two hard-fought WEC bouts. "I still see myself as needing more improvement. I want to be a truly accomplished black belt. I'm not chasing any belt; the belt has to chase you."

JOSH HEDGES/UFC (7); CHAD MENDES BY TRACY LEE/COMBATLIFESTYLE.COM

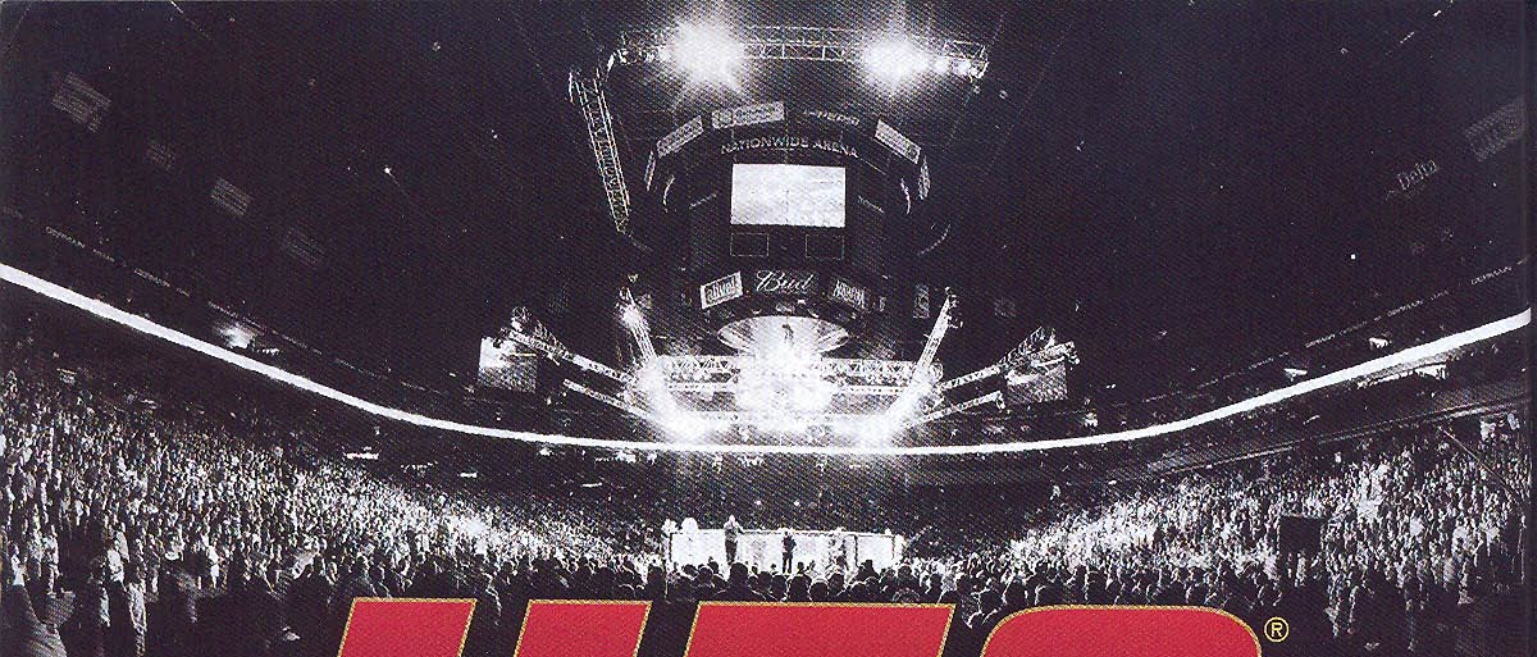

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technical knockouts

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I WEAR MY SUNGLASSES AT FIGHTS

Give sunlight the beatdown with a new pair of shades this spring.

Photograph by **JARED RYDER**

"Filthy" Tom Lawlor minutes after his split-decision loss at UFC Fight Night 20.

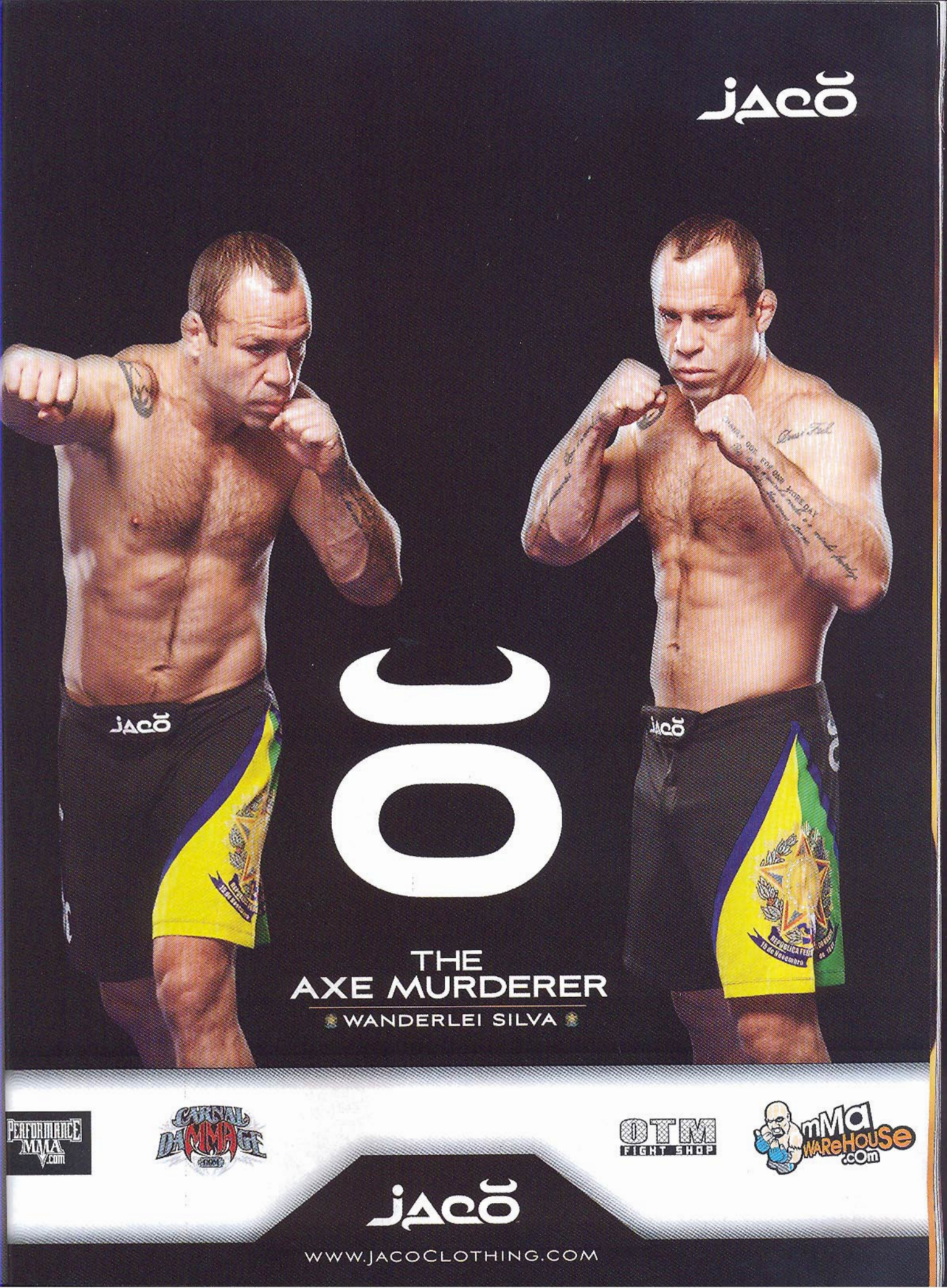


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Photograph by JONATHON KAMBOURIS

Styling by RENÉE MARCHIONE


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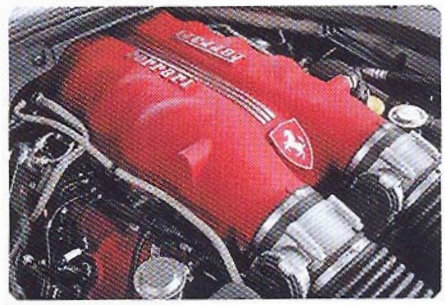
CALIFORNIAN STALLION

A surgically enhanced social climber that will drop its top after the slightest gesture—it might sound like a stripper, but we're talking about the latest Ferrari *gran turismo* By MARTY PADGETT

On paper and in pictures, the new 2+2 (that's shorthand for a four-seat coupe) Ferrari California sounds a lot like the Lexus SC 430, which is the car you'd drive with the top up until your nose job healed. So we begged Ferrari for a few hours of top-down pleasure, and after that, they gave us a car to flog around Malibu and Mulholland Drive.

Envy is never far away, if you're in the California's driver's seat. While some folks at the Starbucks drive-thru will try to lock on and figure out if you're a celebrity, most people will fill in the blanks: "Holy ____, that's the new Ferrari!" The California makes the word "hot" sound like the stupid oversimplification it is. Every detail screams speed, from the dainty chrome ribs on its grille to the shrink-wrapped aluminum panels that melt away from its big, round taillights. Those claw marks down the sides flex from convex to concave, housing the extra heft of the convertible top better than a stretchy pair of soccer mom pants.

The Cali's milfy bod scores, but the barely bridled engine underhood is the showpiece, tweaked with direct injection up to 460 hp. It hooks into the rear wheels through a dual-clutch gearbox—basically two automatics working side by side, alternating gears for blink-quick shifts minus any kludgy clutch pedal. Put the two together and the California vaporizes the 60-mph mark in four seconds, and won't let up until it hits an aerodynamic wall at 193 mph. It sticks to the earth with massive 19- or 20-inch tires, and its electronic suspension switches from sport to comfort modes. It leaps from apex to apex like anything in its sticker price range, with beautiful steering feel and strong, fade-free Brembo brakes. If you like, those brake calipers can be dipped in red paint—a sort of Passover ritual to ward off random Kias from getting too close, we think.





VITALS 2010 Ferrari California



THE BASICS
A folding-hardtop 2+2 seater, and Ferrari's new "base" model

THE NUMBERS
- 460 horsepower V-8
- 7-speed dual-clutch automatic
- 0-60 mph in 4.0 seconds
- top speed, 193 mph

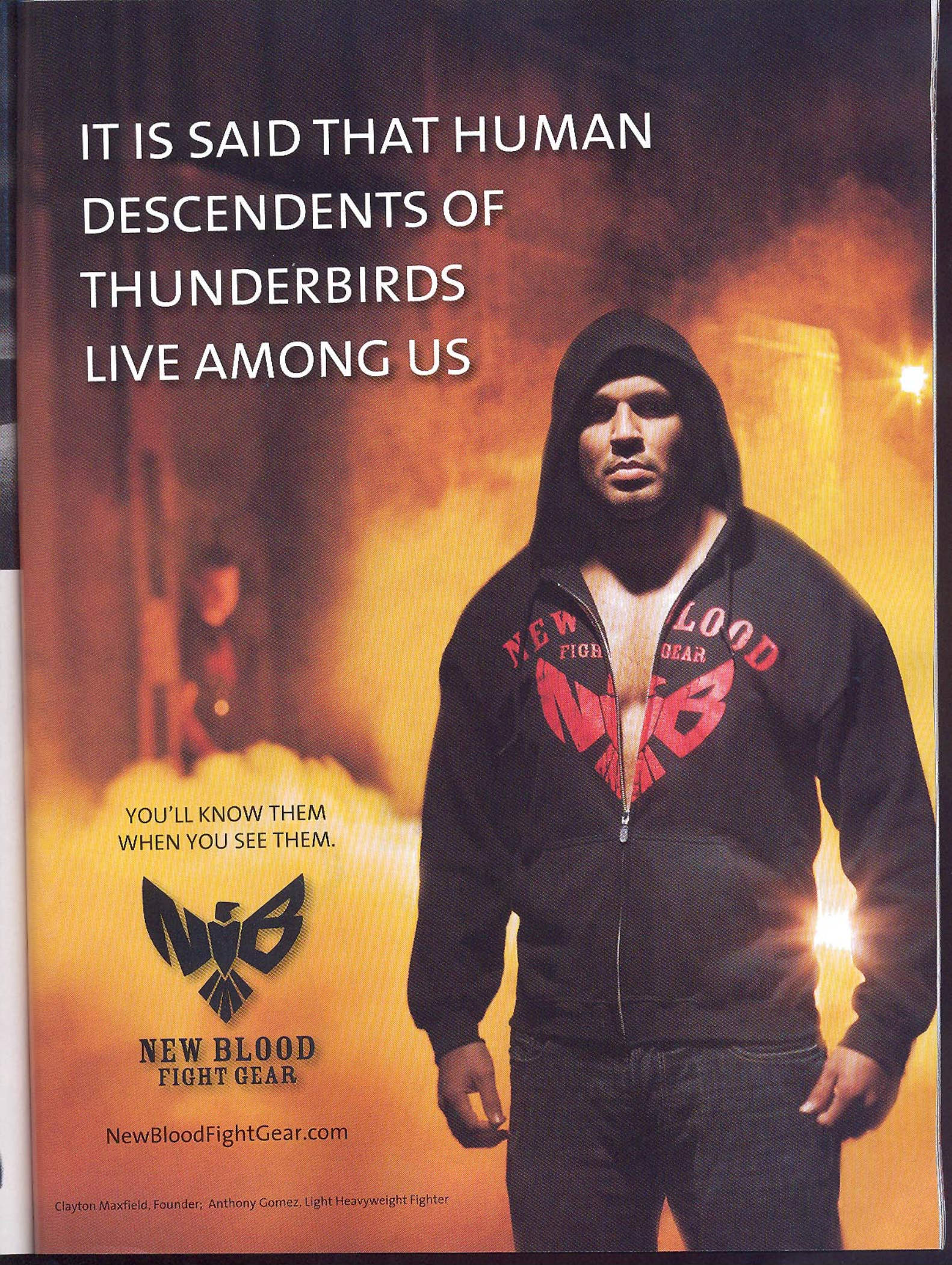
THE PRICE
$200,000, and that's before you've splurged on the custom-leather trim packages

THE DEAL
Even with a Kardashian-size ass needed to house its folding hardtop, the Cali is a Pininfarina-penned purebred stallion.

Cheap(er) Thrill Infiniti G37 Convertible

OK, so at $44,000 base it's not all that cheap. But the new Infiniti G37 Convertible is the best-looking hardtop convertible in its class, and it's a real GT-style cruiser with tight handling, 325 horsepower, and a paddle-shifted automatic. A 0–60 mph run takes about 5.5 seconds, and the folding hardtop takes 20 seconds to get out of the way.




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TOP-SHELF PROSPECTS

Five shots to the head no one will complain about

By MARTY PADGETT *Photograph by* JONATHON KAMBOURIS

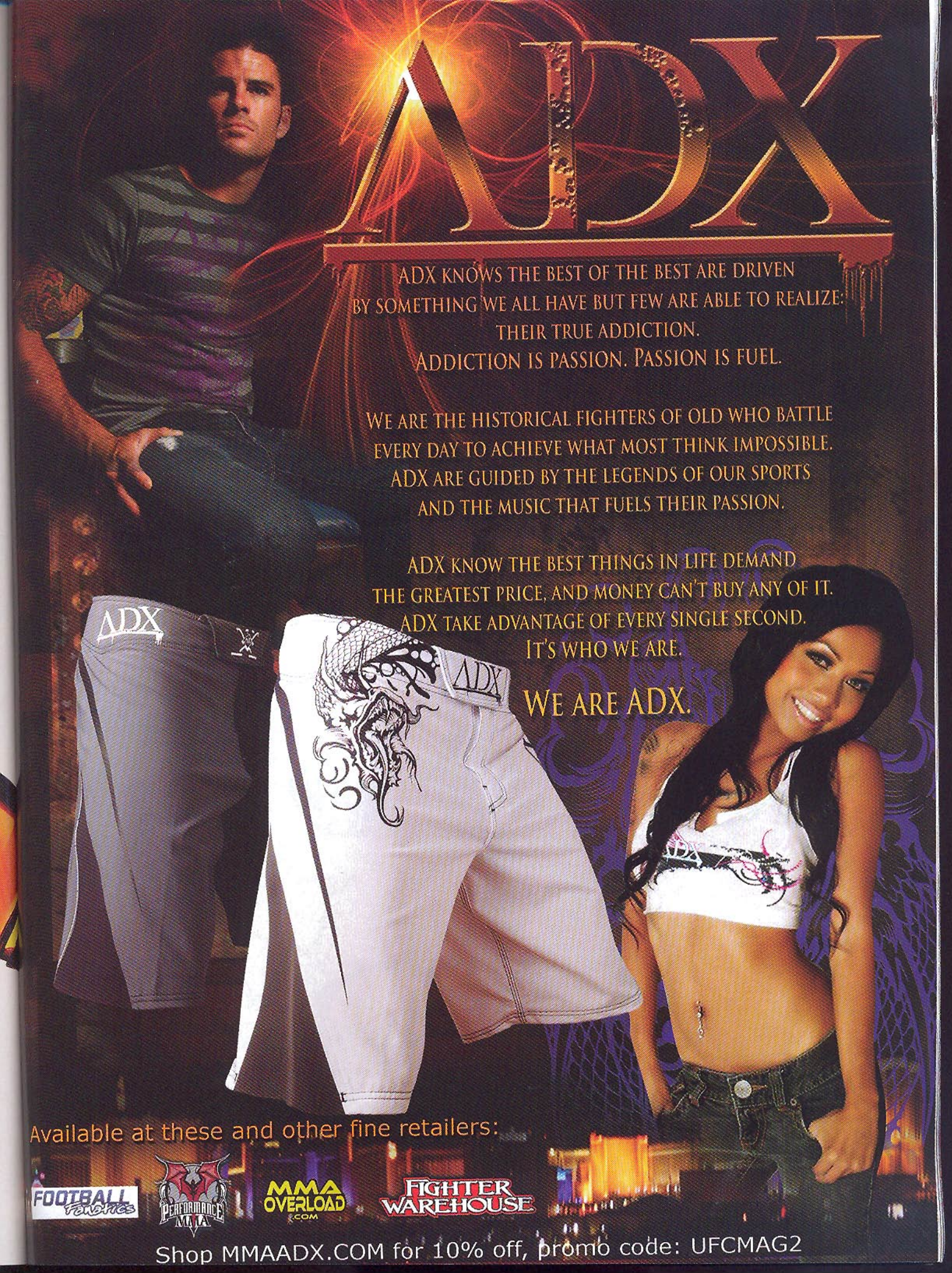
WILD TURKEY RARE BREED
A mellow red-gold concoction, Wild Turkey, a.k.a. "the kickin' chicken," is barrel proofed. That means distillers never add water to this blend of six-, eight-, and 12-year-old bourbon. It's light and toasty, with smoky and citrus notes—sort of like listenable modern jazz, if such a thing existed. **$40**

WOODFORD RESERVE
There's tradition written all over this one. It's the official bourbon of the Kentucky Derby, and it's refined in small batches in a stone warehouse in Versailles—the one in Kentucky, without the hall of mirrors. Our sip: a pleasant blaze of oak and smoke, with enough proof to ready your mouth for the inevitable cigar chaser. **$25**

BASIL HAYDEN'S
A touch milder than most eight-year-olds, Hayden's sports a hint of peppermint, making it the perfect base for your girlfriend's mint julep. Or, just skip the mint and simple syrup and pour a few fingers (or more) on the rocks. **$45**

BULLEIT BOURBON
First distilled by August Bulleit in the 1840s, this bourbon disappeared during the Civil War. Revived by a descendant a century later, Bulleit packs the lightest touch of sweet honey to offset a stronger bite than bourbons featuring less rye in the mash. **$25**

1792
Aged for eight years in oak barrels, Moore hits your palate like Sugar Ray hits your frontal lobes—nothing, then a pleasant buzzing, with almost no aftertaste. And here at least, zero chance of lingering too long on *Access Hollywood*. **$30**


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IT'S ALL DOWNHILL FROM HERE

The 2010 mountain bikes have arrived. Bring a helmet and try to avoid the trees. By STAN HORACZEK



THE MOUNTAIN KING GIANT REIGN X0
With 6.7 inches of rear-suspension travel complemented by a Fox 36 Talas fork that offers 120mm, 140mm, or 160mm of movement up front, the Reign can adjust to any trail. The hydraulic Crank Bros. Joplin-R seat post even lets you automatically bring your seat up for climbing or slam it down for gnarly descents. The only reason for dismounting will be your lack of cardio. **$5,650** *giant-bicycles.com*

THE UTILITY PLAYER CANNONDALE F5
With its fat tires and simple-but-sturdy aluminum frame, the F5 is what you think of when you hear "mountain bike." But unlike the junk sold in cheapo stores, it comes equipped with an RST Deuce suspension fork, a 27-gear SRAM drive train, and disk brakes, making it burly enough for local trails but comfortable enough for beer runs. **$869** *cannondale.com*



THE WILD CARD **SPECIALIZED P.1**
Most mountain bikes have no business at a skate park, but this "progressive hardtail" is built for tricks. Like an overgrown BMX bike, it has a short wheelbase, Avid BB5 mechanical disk brakes, and a Marzocchi DJ3 suspension fork with 80mm of travel, making it ideal for urban riding or dirt jumping. **$940** *specialized.com*



THE CONTORTIONIST **TREK FUEL EX5**
The Trek's Evo suspension, designed to smooth out rough terrain without sucking the power from your pedal strokes, makes uphill travel easier on the quads. Plus, the extra-low standover won't punish your groin if you end up straddling the frame. **$1,589** *trekbikes.com*



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With more than eight inches of suspension on each wheel and superslack frame geometry, this hefty downhill race machine is capable of handling steep, rocky terrain and sheer cliff drops that would turn most bikes into twisted piles of aluminum and rubber. **$2,999**
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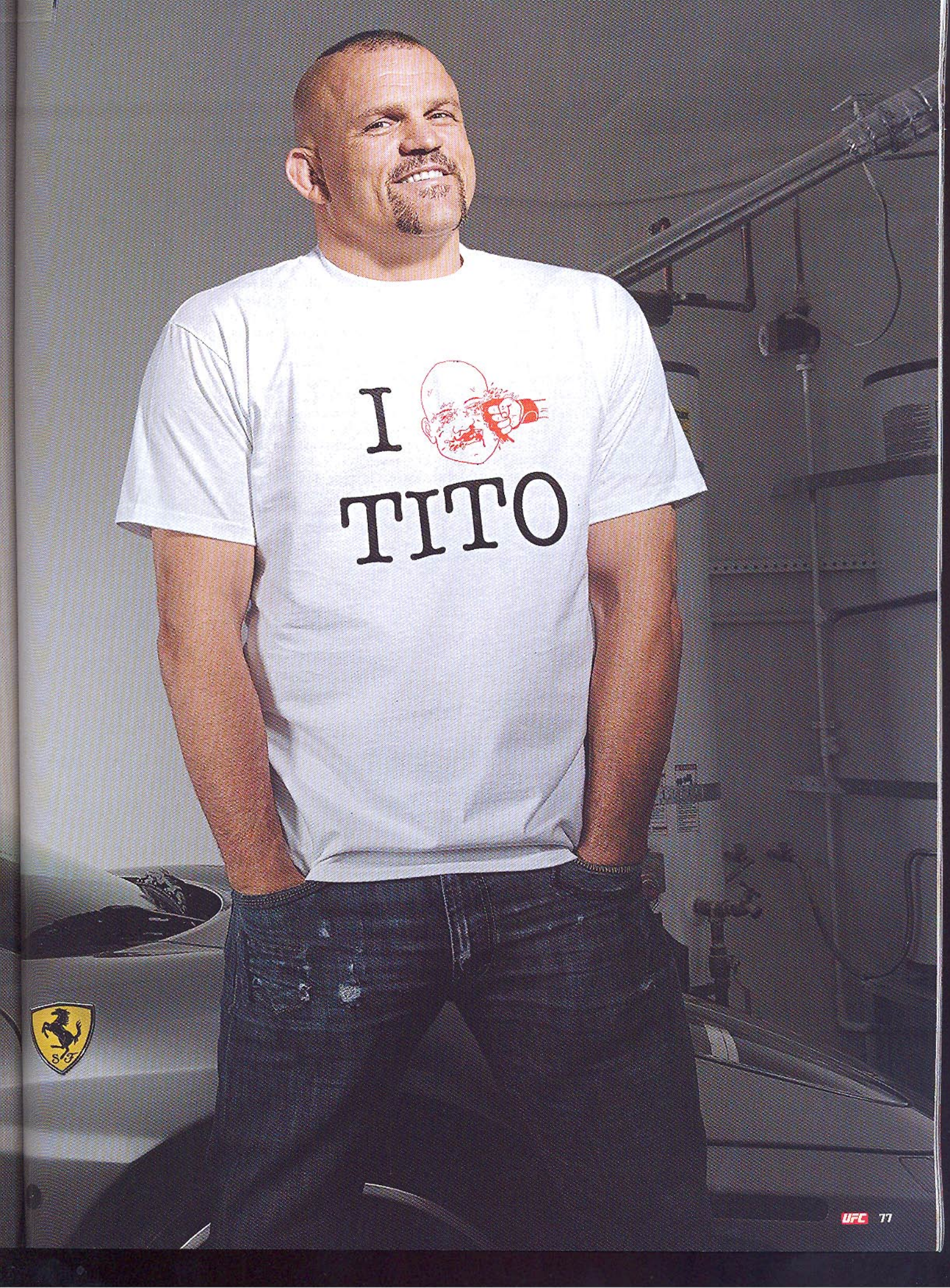
PUNCHING TITO HAS ITS REWARDS

CHUCK LIDDELL STOPPED TITO ORTIZ twice, and all he got was this stupid T-shirt. Well, he got three T-shirts…and a Ferrari, an acting career, and a chance to go three-for-three versus Ortiz after coaching against him on the upcoming season of *The Ultimate Fighter*. Some might say this is a comeback, but The Iceman never went anywhere.

By **CHUCK MINDENHALL**

Photographs by **NATHANIEL WELCH**

From the exterior, Chuck Liddell's two-story spread doesn't stand out from his suburban San Luis Obispo neighbors. A blacked-out Dodge Ram pickup in the driveway with "The Pit" emblazoned across the tailgate is the only thing that says "fighter." Inside, a leather sectional sofa, currently occupied by a bulldog quietly humping a pillow, fills the living room. His walls have more square feet dedicated to housing his collection of flat-screen televisions than art. ➲


I
TITO

But, if visitors make it past the foyer, which is decorated with framed stills from his appearance on *The Simpsons* and a picture of former Dodger's manager Tommy Lasorda throwing a looping punch at him, they'll see rare shots of Liddell's family. He has pictures of himself and his grandfather, "Pops," the male figure in his life growing up. There are photos of Liddell wearing football pads, wrestling gear, and a Cub Scout uniform, decades away from developing his textbook stare down, and, of course, photos of his two kids—daughter Trista and son Cade. It's a nice house, and one that sees a lot of visits from family, old friends, and extremely new ones. The traffic explains the incongruous grouping of objects. The portable stripper pole upstairs was a gift, according to Liddell. But he isn't quite sure where the small concrete bunny in the front yard came from. People come and go. Just about everywhere is a social area, but there are security keypads on his bedroom and office doors, perhaps a metaphor for how Liddell will let you in only so far. "We like to have fun," says Liddell. The deep grooves that are cut into the base of the pole upstairs, the work of a particularly sharp pair of stilettos, testify to the validity of that statement.

Liddell has just come back from New York City, where he spent a couple of nights with actor Mickey Rourke. "He told me to stay in his room and run the light show he has set up in there, but to leave the smoke machine alone. Apparently it makes a mess," Liddell says. The two have been shooting a movie called *Passion Play,* in which Liddell plays a mob guy who eventually gets shot. "It's the first time I've had blood exploding from my chest," he mumbles. This is the everyday around here. WEC fighter and friend Antonio Banuelos says life around Liddell is "a nonstop adventure." Acting is one of Liddell's side gigs, but just trying to catch everything he says is already an adventure unto itself. When he's animated, he's easy to understand. When not, he sounds like Don Corleone mumbling through lines.

He tells his younger brother Dan to go out and get him an Americano with five shots of espresso, something to wake him up. His smallest dog, a Chihuahua named Bean, jumps up in his lap with a sense of entitlement. The other dogs—Pumpkin (a small mutt) and Handsome Henry (a rescued bulldog)—mope a little bit, but they are just as happy to see the slow-striding mohawked Hun walk through the door and settle in.

Liddell is in good spirits. In two days he will begin shooting the 11th season of *The Ultimate Fighter,* in Las Vegas, where he'll coach against his longtime rival, Tito Ortiz. Five years ago, he coached the groundbreaking first season—the one that put the UFC on the map for good. Better still, he gets to "punch Tito's big mouth" afterward, and nothing could be finer. It has been nine months to the day since Liddell lost to Shogun Rua, leaving everyone to wonder if they had just seen the last of him.

It's laughable now. When the word "retirement" is brought up, Liddell furrows his brow and says, "I never retired. If I'd retired, I'd have told everybody. But, sure, it's been weird. I've always had a fight coming up, ever since I started this. It was strange not having one for a while. But I wanted to take some time off. I was getting hurt by stuff I shouldn't have been getting hurt by."

After a record seven knockout victories in a row, it was Quinton Jackson, Keith Jardine, Rashad Evans, Shogun Rua—each fighter hurt Liddell in one way or another. The 2007 slugfest victory over Wanderlei Silva in between remains a classic, especially for stand-and-bang fetishists, but those four fights set off the alarm bells for fans. "This is the most fickle sport," Liddell says. "You can be God one week, and the next, you just got lucky in the fights you won. It's that quick."

And now he's hoping that, in weeks to come, it's closer to God again.

"I'd like to fight any of those guys who beat me, and I'd like to fight whoever's got the title," he says. "That would be my ultimate goal—to win a couple of fights and prove to Dana [White] that I'm rededicated and ready to go."

What's been going through his head since White declared him "through" after UFC 97?

"Look, we're friends," he says. "He doesn't always agree with what I do, and I don't always agree with what he does. I look at it from his side; it's not from a promoter's standpoint that he doesn't want me to fight. He can still make money off me, and he knows that. It's more from the friend side of things that he doesn't want me to fight. Still, when it comes to retirement, I need to make that decision."

"THIS IS THE MOST FICKLE SPORT. YOU CAN BE GOD ONE WEEK, AND THE NEXT, YOU JUST GOT LUCKY IN THE FIGHTS YOU WON. IT'S THAT QUICK."

Liddell really does seem like a born-again fighter. He walks around shadowboxing and texting and bustling about. When his phone rings—to the sound of Hank Williams Jr.'s "Whiskey Bent and Hell Bound," which he sings along with—he answers it and talks about a trip to Miami. Later tonight he will go to Los Angeles to see his girlfriend before heading to Vegas. He manages his own Twitter page and says, incredulously, "There are 153 Chuck Liddell imposters out there" in cyberspace. This fact simultaneously freaks him out and amuses him—just a part of the fame. His chiropractor will be over shortly to adjust his back. Despite all this, he is the most relaxed man who has ever been pressed for time. As Banuelos puts it, "Chuck's the coolest motherfucker alive."

But Liddell clearly has his focus on his future fights. The electronic calorie counter on his arm never comes off. He says one day he burned 5,300 calories while training. In fact, Liddell seems neurotically conscious of his caloric intake—if you ask, he can tell you how many calories you burn during sleep. When he opens the fridge, there's a door full of hot sauces, dozens and dozens. "This is what I like to do," he says, as he twists the cap off of one, throws his head back (making the Japanese characters tattooed there horizontal), and dashes some down his throat. He does this again with another brand, then another. It's not clear if the habit is a low-cal indulgence or just because The Iceman loves a little heat.



Bean, Liddell, and Pumpkin at home in San Luis Obispo, Calif.

The screensaver on Liddell's remote control



Win one of these signed shirts!

THE ICEMAN AUTOGRAPHED THREE OF THE SHIRTS USED FOR HIS COVER SHOOT.

Tell us why you deserve to own one of these shirts via e-mail to **ufcmag@ufc.com** and include "Iceman" in the subject line. We'll pick three winners.



"This is pretty funny."



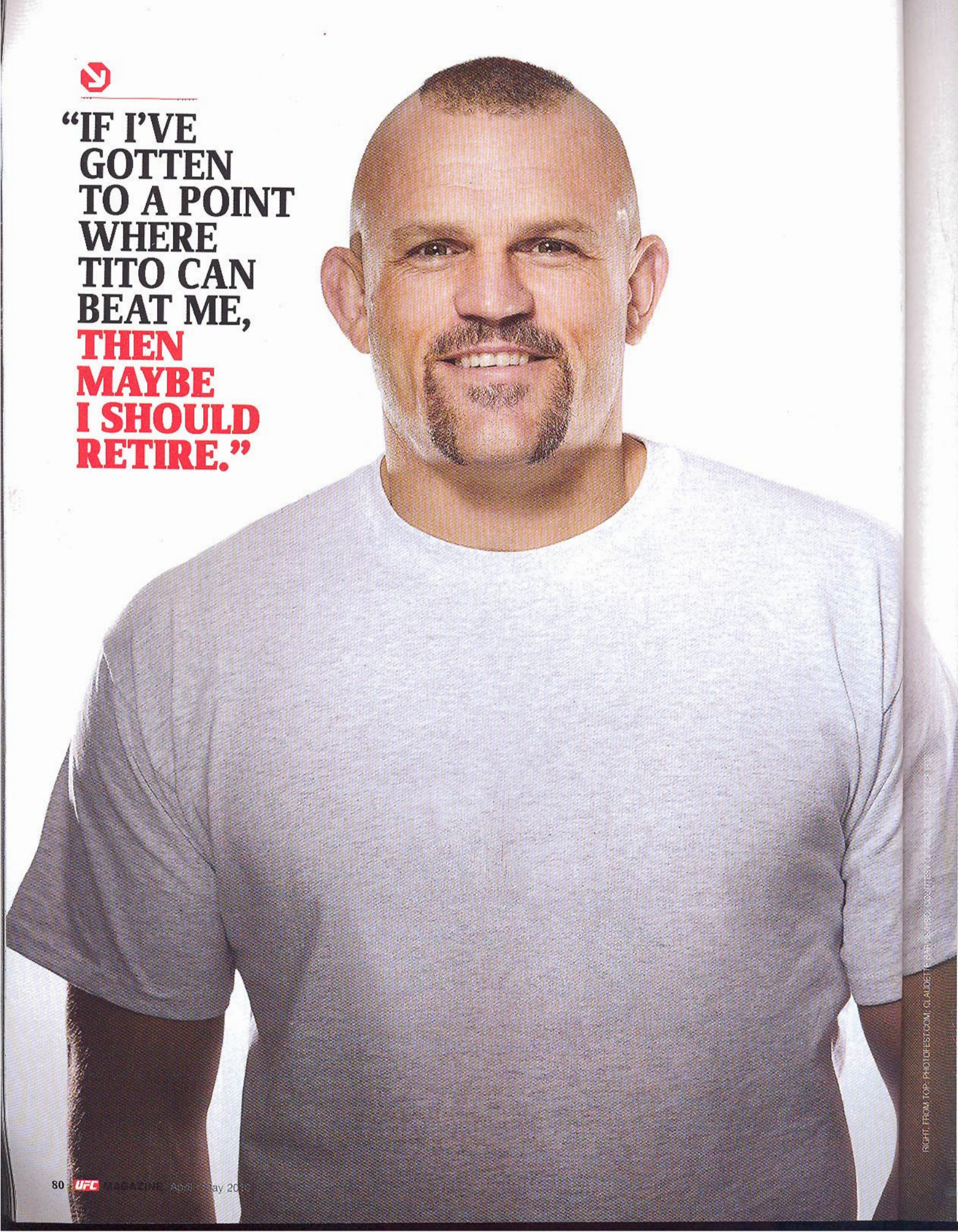
"There's one thing wrong with this shirt: Tito's head isn't big enough."



"This one I'll wear during the first fight while we're taping *TUF*, if the producers will let me."

BUY YOUR OWN

Limited edition versions of these T-shirts are available on *UFCstore.com*



"IF I'VE GOTTEN TO A POINT WHERE TITO CAN BEAT ME, THEN MAYBE I SHOULD RETIRE."

RIGHT, FROM TOP: PHOTOFEST.COM; CLAUDETTE BARIUS/SHEG; COURTESY OF [illegible]



Bean, the alpha dog

It's hard to believe, looking at Liddell in this environment, that he's come all that way. From being one of four kids raised by a single mom and practicing Koei-Kan karate, to wrestling, to the occasional brawl in the streets in the Isla Vista section of Santa Barbara where he grew up, to a collegiate wrestling career at Cal-Poly, in San Luis Obispo, to embracing Hackleman's kempo style at The Pit, to the pinnacle of mixed martial arts—all of it ultimately ending up here in the House of Peace and Prosperity. That's what Koei-Kan means, and that's the tattoo written down the side of his head. Seems not only prescient but also fitting for a guy who came from a place of struggle and hard knocks.

But one thing's clear within 15 minutes of talking to Liddell—all the acting and his stint on *Dancing with the Stars* and clock-punching as the "director of fun," a title cooked up by Dana White for the UFC, has been nothing more than a contemplative interlude. Just filler.

There's a reason why Chuck Liddell has an action figure on sale at Wal-Mart and a $260K Ferrari F430 Spider in his garage. It's exactly the same reason why he paints his toenails any color he pleases and has a penchant for lap dogs and dancing. He's a guy with an accounting degree and a sense of humor who established himself as an all-around badass long before he ever stepped into the Octagon. The money and fame didn't change anything about Liddell, besides maybe opening up the door to acting and making him a target of TMZ.com.

He is a legend already—the quintessential brawler. He's the biker dude with the big roundhouse right and the mohawk that he got specifically for a Slayer concert in 1992 and never got rid of. The mean stare. The loose, heavy hands. The seven straight knockouts. The series of fights with Couture and Ortiz. The championship belts. The predatorial pursuit. He wants to fight anybody and everybody. He wants to fight, period. He'll get his chance to go three for three against Tito Ortiz at the UFC's first event in Vancouver this June.

"The thing I noticed about Tito's game [against Forrest Griffin] was that he had no conditioning," he says. "He gassed midway through the second round. I hope he's not planning on showing up like that with me. He does that with me, and I'll kick his head up into the 10th row."

The 10th row?

"The eighth, maybe the 10th," he says. With a chuckle, Liddell shows off the remote for his television. Every time he shuts down the system a screensaver shows The Iceman landing a left on Ortiz accompanied by the words "Lights Out." It's fun having Liddell back.

When it comes to interviews, he doesn't give a damn about the delicacy of the record, though he doesn't particularly like recorders, either. The worst form of punishment his mother could think of for him growing up was to force him to have a long talk with her. That was excruciating. Ask him a question that bores him, and things get still. But, just let him introduce a subject and away you go.

On Kimbo Slice: "Nothing against him, he sold himself and made some money—but he's not much of a fighter. People always ask me if I'd fight him. I'll fight him any time they ask me to. At a catch-weight of 215, fine. That's a gimme fight. I might even submit him, just for fun, just to get a submission on my record."

On his five cars—the Ferrari, the Hummer, the Porsche Cayenne, the Volvo Xc70, and the pickup: "The Volvo's a piece of shit, honestly. That Ferrari was a gift from Dana and the Fertitta's; at first I was nervous to drive it, but I don't think about it anymore."

About the San Quentin hat sitting on his counter: "I visited the prison, and no—hell no." He extends his arms to show you how much space a lifer has to live in. "From here to here, the walls are too close. I couldn't do it. I'd hang myself. No freedom? No women? No way."

He knows that people want him to come back and look like the Liddell of old. He appreciates that they want to see him throw his arms to his side, lean back, and scream after a victory. He'll tell you that you're going to see vintage Iceman. "You have to continue to evolve to stick around this sport," he says. "That's what I'm doing. I can still fight."

There's no more talk about retirement. But when asked how long he'd keep it up if he were to lose against Ortiz, he does show some immediate signs of vintage Iceman.

"Come on, against Tito? If I've gotten to a point where he can beat me, then maybe I should retire."

VITALS

CHUCK LIDDELL

AGE 40

WEIGHT 205

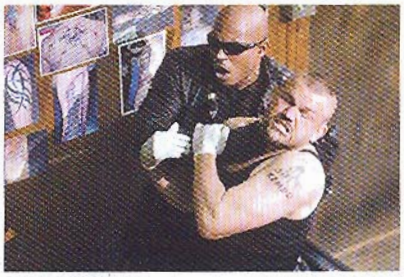
FIGHTING OUT OF San Luis Obispo, Calif.

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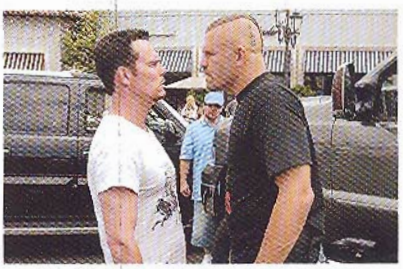
STALK CHUCK ON TWITTER @chuckliddell

LIDDELL'S OTHER HIGHLIGHT REEL

A few of The Iceman's many pop culture appearances that helped pave the way for MMA to hit the mainstream



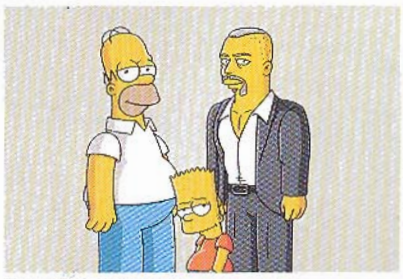
JUNE 2006 Chuck makes his television acting debut playing the role of Graft on the adaptation of ***Blade***.



APRIL 2007 The Iceman offered to smack Johnny Drama around for a charity benefit on an episode of ***Entourage***.

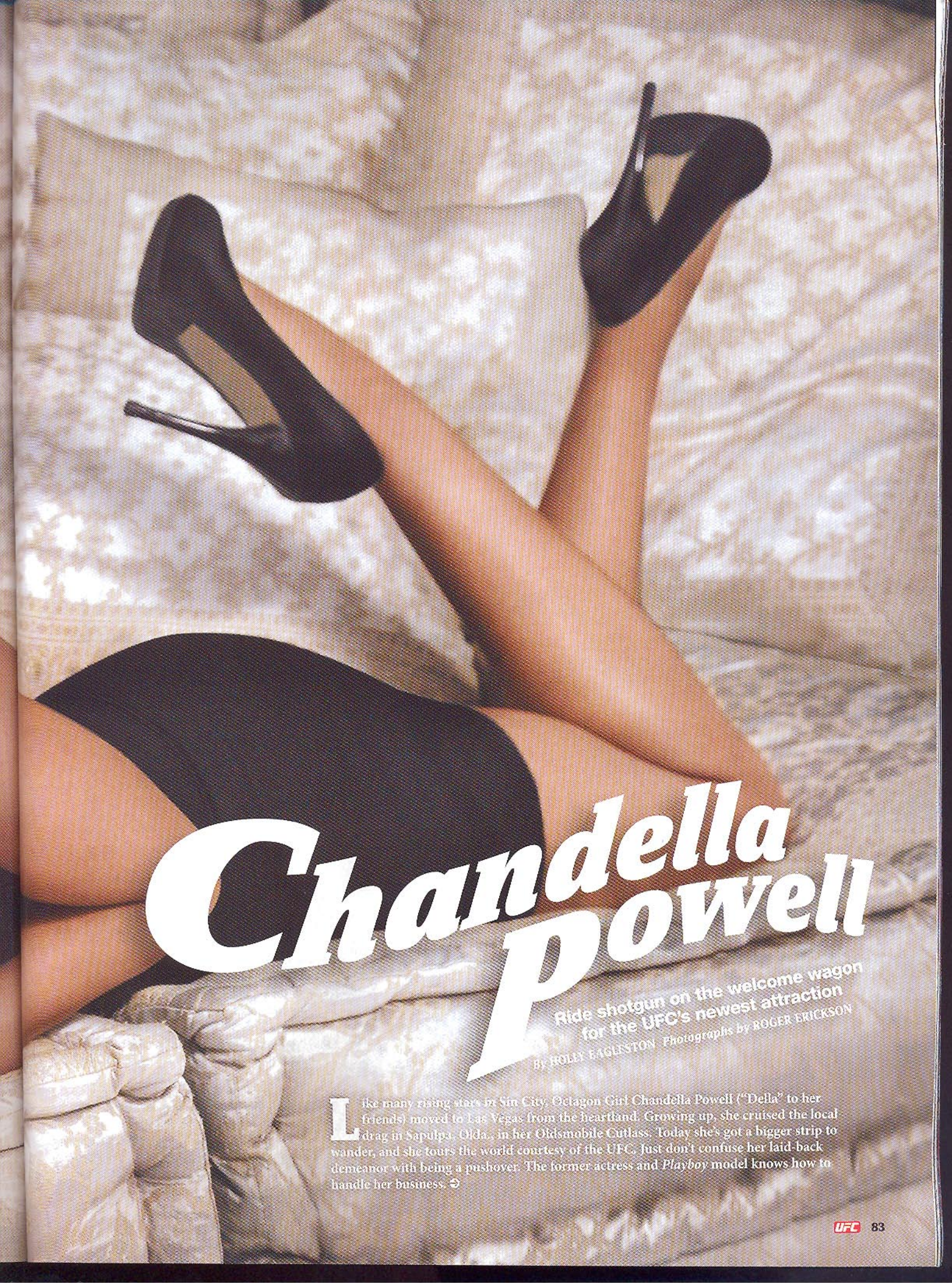


SEPTEMBER 2009 Alongside Anna Trebunskaya, Liddell outlasted notables such as former House Majority Leader Tom Delay and supermodel Kathy Ireland on *Dancing with the Stars*.



OCTOBER 2009 Liddell makes his debut on *The Simpsons* in the cartoon's first MMA-themed episode, "The Great Wife Hope."





Chandella Powell

Ride shotgun on the welcome wagon for the UFC's newest attraction

By HOLLY EAGLESTON *Photographs by* ROGER ERICKSON

Like many rising stars in Sin City, Octagon Girl Chandella Powell ("Della" to her friends) moved to Las Vegas from the heartland. Growing up, she cruised the local drag in Sapulpa, Okla., in her Oldsmobile Cutlass. Today she's got a bigger strip to wander, and she tours the world courtesy of the UFC. Just don't confuse her laid-back demeanor with being a pushover. The former actress and *Playboy* model knows how to handle her business. ➲

Chandella Powell



A lot of Octagon Girls have had a girl-next-door cuteness, but it seems as if you bring a lot of sex appeal to the ring. Do you agree?
I bring a little ethnicity. I don't think I look like the girl next door. But some people call me that, so I could be wrong.

How would you describe your personality outside the ring?
Confident. Secure. Some people think that because I'm such a happy person, I might be weak. But I'm very strong.

You look as if you like showing off your body.
I've always been the swimsuit-model type, but I work hard for it.

What's the biggest thing you've learned about men from working in the industry?
When guys go on vacation, some of them go out of their freaking mind. Working in clubs, there's always at least one guy in the group calling for a "time-out." *[Laughs]*

What are some of the worst jobs you've had so far trying to make it in the biz?
I've worked as an extra on movie sets for 10, 12 hours, which sucks. You do anything to get your agent to give you work, to get a résumé. I did *Entourage* one time, and a few movies. I can never remember the title of this one independent film because it never went anywhere, but it had Coolio in it.

What's next when you're done walking the Octagon?
I want to be a youth counselor or maybe a financial consultant. I'd be good at it because it's what I do now, helping people.

Are you the kind of girl who runs the show and pays the bills in a relationship?
Oh, yeah. But I date around. It's hard to date in Vegas. There are so many tourists that come through the city. And with my job, people who work in the club industry, we work sometimes until six in the morning. You have to find somebody with the same hours.

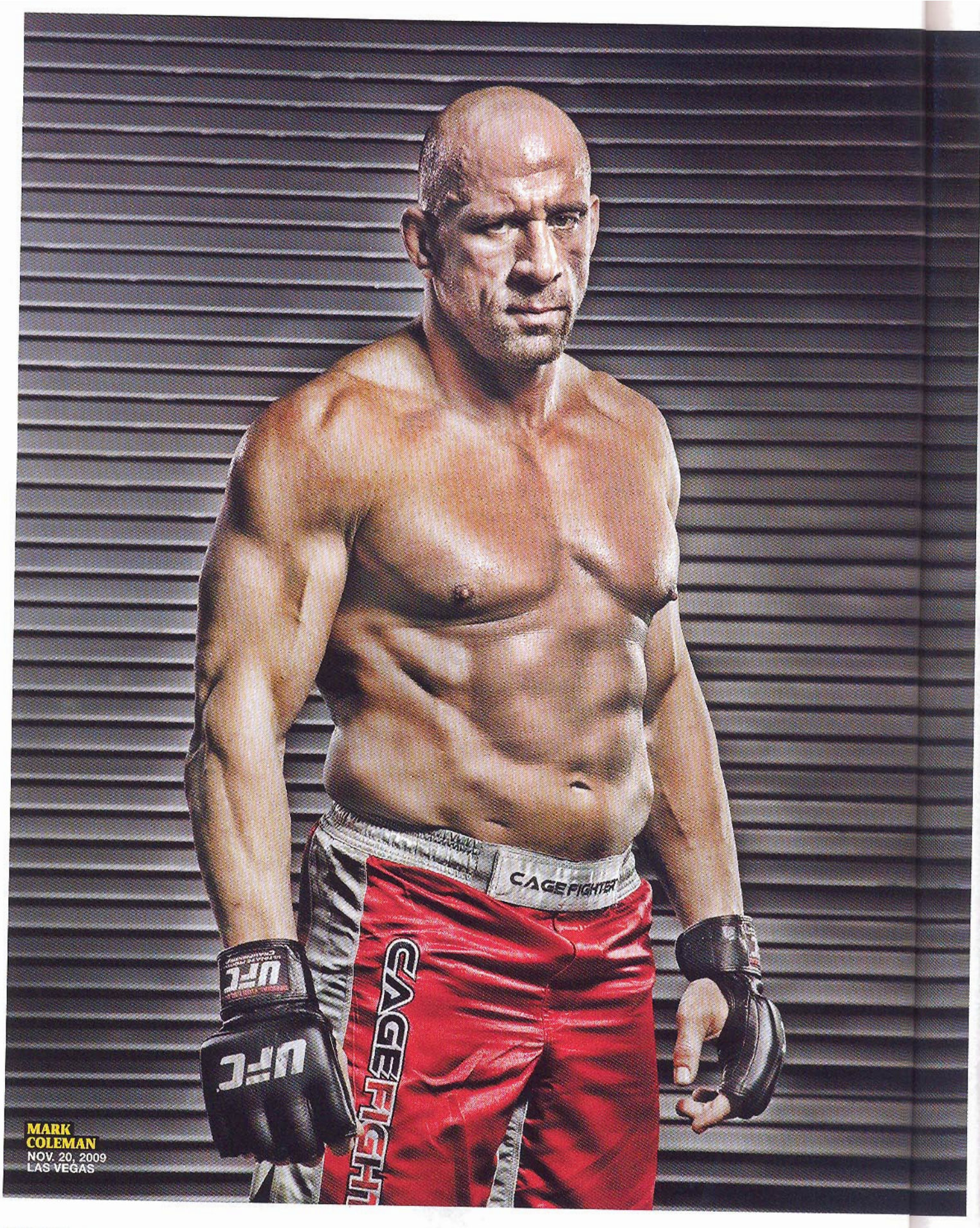
You must have met a few stars while working at the Playboy Club.
At Playboy, everybody: Justin Timberlake, of course Hef, Samuel L. Jackson, a lot of people.

Do you go for regular guys or the supersuccessful types?
I go for regular guys; I'm not a big fan of "supersuccessful." It's different if I'm with that person, and they become successful. But I've been around men with a lot of money in the industry for so long, it doesn't do too much for me.

Do you ever make the first move?
Oh, yeah, I definitely would be the one to say something. Sometimes I'm like, "Yeah, let me see if I can get him," and I give it a shot. There were some guys I couldn't get, but it was worth trying. No shame in my game!



"Sometimes I'm like, 'Yeah, let me see if I can get him,' and I give it a shot."



MARK COLEMAN
NOV. 20, 2009
LAS VEGAS

THE ORIGINAL CHAMPION

Ten years after winning the **PRIDE Grand Prix 2000**, the biggest tournament in mixed martial arts history, **Mark Coleman** is still defying the odds, silencing critics, and staying true to his wrestling roots

By **CHAD DUNDAS** *Photograph by* **JIM KEMPER**

For a few seconds, the greatest fighter in the world completely lost his mind. The moment the referee stepped in to wave him off, Mark Coleman forgot there were 50,000 people at the Tokyo Dome. He forgot that cameras were rolling and that a broadcast team was calling the action for a worldwide television audience. He forgot it all and just…freaked.

Everything else fell away and, for a heartbeat, he was alone with one of the most memorable accomplishments of his career. Coleman screamed in triumph and charged across the ring as if to hurdle the ropes. He leaped, but once airborne seemed to change his mind. His body went horizontal in midair, his feet got hung up on the top rope, and he crashed back down to the canvas in a pile of flailing limbs. So jacked on adrenaline, he didn't even feel the landing. He simply hopped up, dove out between the ropes, and plunged into the stands to share the moment with his screaming fans.

It was May 1, 2000, almost midnight in Japan, and Coleman had just won the biggest tournament in the history of mixed martial arts. The open-weight PRIDE Grand Prix began ➲



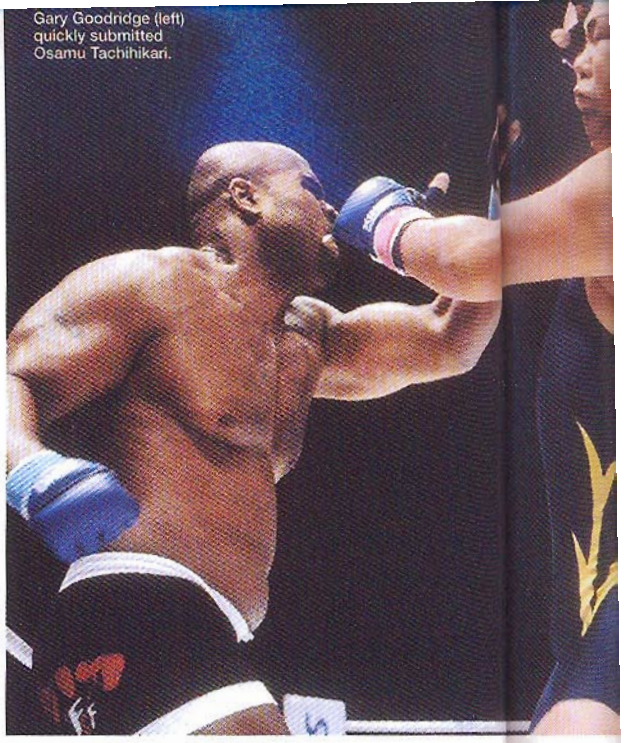
a can opener to Satake.



(left) trades with Otsuka.



Shoji (left) battled to a decision win over Braga.



Gary Goodridge (left) quickly submitted Osamu Tachihikari.

four months earlier with 16 of the world's best fighters competing for a winner's purse of $200,000 and the title of top MMA combatant on the planet. Two PPV events and four consecutive wins later, it ended with Coleman holding the belt.

Even "The Hammer" admits it wasn't the world's most graceful celebration. But this is what it looks like when one of the toughest guys ever to strap on five-ounce gloves is beside himself with joy. Even 10 years later, he struggles to explain the feeling.

"Needless to say, I was overwhelmed with just about every emotion that can come across," Coleman says. "I definitely lost control for a second. I can't imagine being any happier."

Winning the tournament tasted doubly sweet because of where Coleman had been a little more than a year earlier: injured and out of work, riding a three-fight losing streak, and considered by many to be washed up at age 33. Cut by the UFC after that string of difficult losses, he says he packed up and went to the PRIDE organization because, well, he didn't have any other choice.

"People had already counted me out," Coleman says. "I knew by winning that tournament, I had just shut a lot of people up."

The one thing that never wavered, he says, was a belief in himself. "The Hammer" made a career out of coming back from the depths of defeat and proving wrong his many doubters and detractors. That night in Tokyo, he confirmed to the rest of us what he'd known all along: That he still had plenty of fight left.

He had faced the strongest field ever assembled for an MMA tournament and come out on top and, for that, Mark Coleman could celebrate any way he pleased.

THE GODFATHER OF GROUND AND POUND

Don Frye says he didn't really want to fight Coleman in the final of the eight-man UFC 10 tournament. Even though he was the undefeated ruler of the Octagon at the time, "The Predator" had suffered through a pair of brutal fights to reach the championship match. Frye was dehydrated and exhausted and his coach recommended that they pull out rather than step in the cage against the 6'2", 245-pound former Olympic wrestler who had breezed into the last bout without a scratch.

But when Frye looked around at the motley collection of alternates the UFC had scrounged up for the event at the state fairgrounds in Birmingham, Ala.—the men who would have to fight in his place if he quit—he says he didn't have the heart.

"No way was I going to let one of these monkeys walk in there with this animal, Mark Coleman," Frye says. "So I picked myself up, walked out there, and got a hell of a beating. All I remember is a bunch of leather and knees and head butts hitting my face. It was like a freaking nightmare."

That nightmare was July 12, 1996, and it was Coleman's professional debut. Back then, the sport called "no holds barred" fighting was still mired in an awkward adolescence. Gloves were optional. There were no rounds and no weight classes. The few rules in place at the time disallowed biting and eye-gouging but very little else. In his first fight that day, Coleman dismantled an Israeli karate champion named Moti Horenstein, who listed his fighting style simply as "Survival."

But by the time Coleman destroyed UFC regular Gary Goodridge in the tournament semifinals, it was clear that something significant was happening. Coleman's wrestling ability and hardnosed fighting style, which he dubbed "ground and pound" in an early interview, were dragging mixed martial arts into its modern era, one brutal beating at a time. He came to the cage 30 days removed from the U.S. Olympic freestyle wrestling trials and, though the sport had attracted notable wrestlers before, MMA was just flat not ready for Coleman's terrifying blend of size, brute strength, and world-class grappling ability.

"Mark Coleman had an amazing double-leg takedown," Goodridge remembers. "[Wrestlers] posed a huge problem for me.

TOURNAMENT OF CHAMPIONS

*The 16 men who began the open-weight **PRIDE Grand Prix** in January 2000 were a motley crew of MMA elite, fan favorites, and total long shots. Together they comprised the greatest tournament in the sport's history.*

ROYCE GRACIE
The father of modern MMA, his 90-minute-long loss to Sakuraba in the GP is legendary. Gracie got revenge with a unanimous decision win over his nemesis in 2007.



NOBUHIKO TAKADA
A former professional wrestler and PRIDE bigwig. Finished with a 2–6–2 record, not surprising considering that he faced Rickson and Royce Gracie, Vovchanchyn, Kerr, and Mirko Cro Cop.



KAZUSHI SAKURABA
Nicknamed "The Gracie Hunter," Sakuraba is a superstar in Japan. At 40, he's still an active fighter, with his latest win coming in October 2009.



GUY MEZGER
This Lion's Den fighter faced UFC stars Tito Ortiz, Chuck Liddell, Bas Rutten, Wanderlei Silva, and Antonio Rogerio Nogueira during a nine-year career. Though retired from fighting, he still works behind the scenes in MMA.



IGOR VOVCHANCHYN
The headhunting Ukrainian retired in 2005 with a record of 49–10–1 (1 NC). He now teaches martial arts and runs a small restaurant.

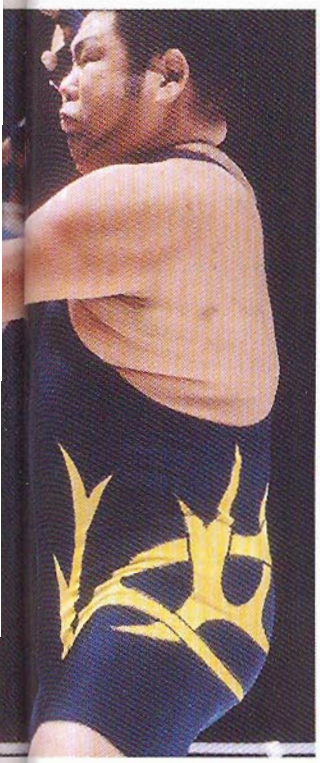


ALEXANDER OTSUKA
"The Diet Butcher" lost to Vovchanchyn in the tournament's opening round. Though he retired with a losing record of 4–13, his last fight ended in a submission victory in 2006.



SUSUMU NAGAO (10)

SUSUMU NAGO (4)





Kazushi Sakuraba (standing) triumphed over Royce Gracie in a 90-minute war of attrition when Gracie's corner threw in the towel.

They could just get on top of me and pound, and I couldn't do anything about it. Then, as soon as we'd stand up, I was afraid to strike because they'd just take me down again."

"Mark totally revolutionized the sport," adds manager Mike DiSabato, who has been friends with Coleman since they wrestled together at Ohio State. "They had to put rules in place because of him.... They had to change the game, because it was so easy for him." Maybe too easy, at first.

After his UFC 10 win, he rolled through UFC 11 similarly unscathed and then became the company's first official heavyweight champion by defeating Dan Severn at UFC 12. In three events Coleman scored six wins by stoppage. He was just too big and too skilled and it was becoming increasingly difficult for anyone, including Coleman himself, to imagine a scenario where he might lose.

"I started reading what everybody was saying about me and I started believing it," he says. "I did not handle being the champion very well. I started having some fun and slacking off in my training." DiSabato estimates that Coleman trained "about two days" in the month leading up to his first title defense against Maurice Smith at UFC 14. Smith, a heavy underdog, shocked the world by defeating Coleman by decision. In the wake of the loss, Coleman says he committed to training with a renewed zeal, but tore his ACL after just a week back in the gym.

It's impossible to sugarcoat what happened next.

"That was the beginning of my fall in the UFC," Coleman says.

Without giving the injury proper time to heal, he went back to the cage and suffered a highlight reel knockout by Pete Williams. His next fight ended in a decision loss to Pedro Rizzo and in response, Coleman says, the UFC washed its hands of him.

"They had given up on me," he says. "I really didn't have a lot of options. I was just fortunate to get the phone call from PRIDE."

THE BATTLE OF TOKYO

While MMA in America was under fire from politicians and watchdog groups, business was booming across the Pacific. Much of the UFC's top talent—guys like Mark Kerr, Royce Gracie, and Ken Shamrock—chased the money to Japan, where PRIDE was playing to sold-out arenas and enjoying a national television deal. For Coleman, the money was attractive, but the driving force behind his overseas trek was a competitive spirit that wouldn't rest until he'd reclaimed his place at the top of the pack.

The 2000 Grand Prix gave him that chance. For the first time in a long while, Coleman says, he was healthy and properly trained headed into an event. He'd spent two weeks working with then current UFC lightweight champion Pat Miletich, sharpening his boxing, and "pulling it all together." He'd never been more ready.

"Everyone thought he was washed up," DiSabato says. "But one ➲

GARY GOODRIDGE
The longtime journeyman still fights, though he's searching for an exit strategy. "I'm broke as a joke and looking for a job," Goodridge told *UFC* magazine. "As soon as I find a job, my fighting career is done."



OSAMU TACHIHIKARI
A Japanese pro-wrestler, his loss to Goodridge in the opening round was his first-ever MMA fight. He ended his career 0–4 in 2001.



MARK COLEMAN
After a string of losses in America, the GP was make-or-break for the eventual tournament champion. He needed to prove he could still compete, or hang it up for good.



"MY GOAL WAS TO GET BACK INTO THE UFC. IT JUST TOOK A HELL OF A LOT LONGER THAN I THOUGHT IT WOULD."

SUSUMU NAGO (4)

thing I can say about Mark Coleman is never count the guy out. When Mark has time to prepare and is in shape, don't bet the house against him."

Once the Grand Prix's preliminary round whittled the field to eight fighters, the list of remaining entrants read like a who's who of the sport's best. Mark Kerr and Royce Gracie were both in, as were Japanese favorites Kazushi Sakuraba, Akira Shoji, and Kazuyuki Fujita. Coleman's old UFC foe Goodridge was there too, matched up against Ukrainian standup specialist Igor Vovchanchyn.

Undefeated in PRIDE at the time, the kickboxing style Vovchanchyn utilized focused on accurate punches and a dead-eyed aggressiveness that earned him the nickname "Ice Cold." He beat Goodridge and Sakuraba by TKO to make the finals.

Coleman also jetted through the Grand Prix's opening rounds. For starters, he defeated the extremely game Shoji, then caught the biggest break of the tournament when Fujita's corner threw in the towel before their semifinal match even began. Fujita had injured his knee during a punishing decision win over Kerr earlier in the evening and his trainers wouldn't let him continue.

"I KNEW BY WINNING THAT TOURNAMENT I HAD SHUT A LOT OF PEOPLE UP."

The action at the Grand Prix effectively captured the attention of the entire MMA world, and the final fight, Coleman vs. Vovchanchyn, was the crown jewel. It was the classic matchup of dangerous striker and relentless grappler. As fights in Japan often do, it also came with a surprise. At the rules meeting the day before the final event, PRIDE announced that the championship would have no time limit. That news put Coleman in a quandary.

"He was destroying everybody," Coleman says. "At the time nobody had even come close to finishing him. I'm sitting there thinking, 'How am I going to finish this guy off?' Because I knew the guy could go a couple of days, if he had to."

The answer was to stick close to his base. Coleman grounded Vovchanchyn with takedowns and pounded on him for 18 minutes. The striker barely got in a punch. Finally, Coleman pinned Vovchanchyn against the ropes in north-south position and rained knees on his head until the defenseless Vovchanchyn admitted defeat and had to tap.

The celebration afterward is legendary.

THE HAMMER'S RETURN

"My goal from the day I left for PRIDE was to get back into the UFC. It just took a hell of a lot longer than I thought it would to get back," Coleman says.

Ten years and nine days, to be exact. First came another knee injury that scuttled a proposed bout with Brock Lesnar at UFC 87. When Coleman finally did step back into the Octagon, he suffered a hard-fought TKO loss to old PRIDE nemesis Mauricio "Shogun" Rua in January 2009.

Again, the critics lined up to say he was finished. But Coleman simply changed his tactics, turning to trainer Shawn Tompkins to help him prepare to face Stephan Bonnar at UFC 100.

The results spoke for themselves. Coleman controlled Bonnar with his trademark ground-and-pound offense and secured a unanimous decision victory. "I needed that win more than any other win in my career," Coleman says.

Coleman's last outing, against fellow UFC Hall of Famer Randy Couture, ended in a second-round submission loss. Only time will tell if Coleman can make another run in the sport and overcome the odds stacked against him, but his spirit is willing.

"The age is getting up there," Coleman admits. "But as long as I'm willing to take it to the limit, I think I'll be fine."

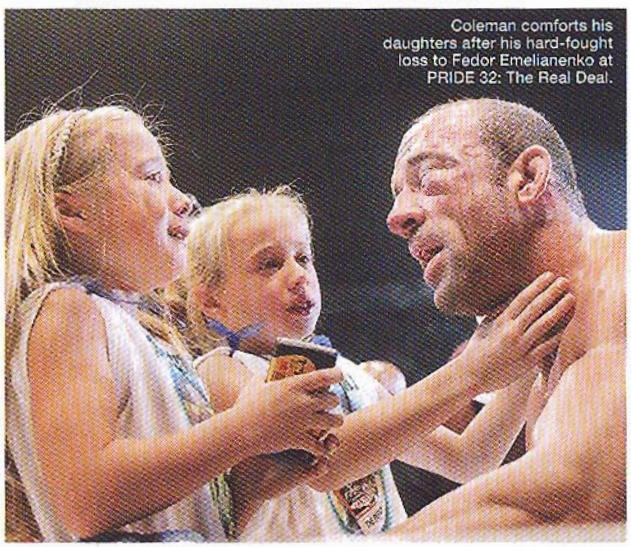
SELF-MADE MAN

MARK COLEMAN HAD ALWAYS TRAINED HIMSELF, BUT TO REMAIN COMPETITIVE, THINGS HAD TO CHANGE

On Christmas Day 2008, Mark Coleman laced up his gloves. His fight with "Shogun" Rua was weeks away.

"Coleman has trained himself his whole career," DiSabato says, "but at times he's sacrificed being prepared for a fight to be a better father. He probably lost some fights that he shouldn't have because he wasn't prepared physically."

For years, Coleman eschewed big-name fight camps to stay close to his kids in Ohio. "That approach probably cost me big-time in my career," Coleman says. "For the Stephan Bonnar fight, I knew I needed some help." He enlisted trainer Shawn Tompkins and had a full, modern camp. The result? Coleman won big, and now preps for every fight in Las Vegas. "It was hard to leave my kids," he says. "But it paid off dearly."



Coleman comforts his daughters after his hard-fought loss to Fedor Emelianenko at PRIDE 32: The Real Deal.

SAM MORRIS/LAS VEGAS SUN (COLEMAN WITH CHILDREN); SUSUMU NAGAO (7)

MASAAKI SATAKE
A wrestler and K-1 fighter, Satake got neck-cranked by Coleman in 1:14. He went on to have more than 50 professional kickboxing fights.

EBENEZER FONTES BRAGA
An old-school veteran of the Brazilian vale tudo scene, Braga's most notable career win was over street-fighting legend Rei Zulu in 1996.

AKIRA SHOJI
Shoji competed in each of the first seven PRIDE events. Small of stature and big in heart, he was famous for updating his last will and testament before every fight.

MARK KERR
Once thought the heir apparent to Coleman in MMA, this former NCAA Division I wrestling champion had a promising career derailed by personal problems. He's currently 15–11 (1 NC), Kerr was undefeated in his four UFC appearances.

ENSON INOUE
A native of Hawaii, Inoue was another well-known vale tudo fighter. He lost to Kerr in the opening round of the GP but is one of just three men ever to submit Randy Couture in an MMA fight.

KAZUYUKI FUJITA
The popular Japanese wrestler holds career victories over UFC vets Ken Shamrock, Kerr, and Gilbert Yvel. He withdrew from the GP at the opening bell of his semifinal match with Coleman due to a knee injury.

HANS NIJMAN
A Dutch freestyle wrestler, Nijman went 9–6 during an unheralded MMA career that ended with a submission loss to Octagon regular Cheick Kongo in 2003.

SUSUMU NAGAO



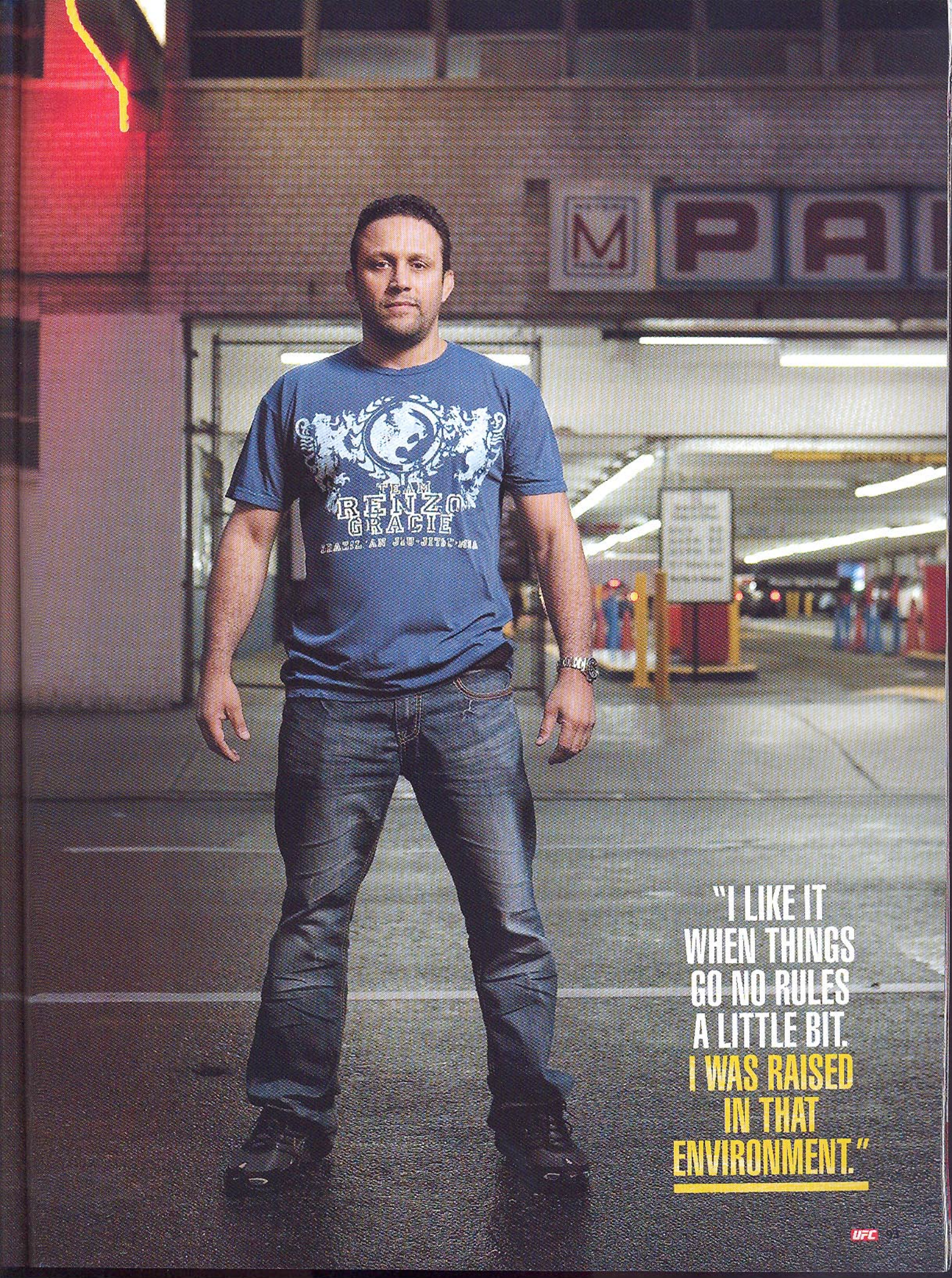
Coleman celebrates his victory over Vovchanchyn.

SUSUMU NAGAO

THE OLD SCHOOL STILL RULES

Renzo Gracie will step into the Octagon for the first time at UFC 112. Just don't expect him to get nervous. *By* **SETH KELLY** *Photographs by* **MATTHEW SALACUSE**

While the UFC grew out of its infancy in the 1990s, Renzo Gracie, cousin of UFC legend Royce Gracie, pioneered the sport of mixed martial arts in other venues. Renzo fought in front of crowds of 200 in Birmingham, Ala., in regional American promotions. He battled beneath the bright lights of Japanese arenas filled with 35,000-plus fans for PRIDE. When he wasn't competing, Renzo ministered to his growing portfolio of Renzo Gracie Jiu-Jitsu Academies near his adopted home of Holmdel, N.J. It was in his New York City school where Sheik Tahnoon Bin Zayed Al Nahyan, a member of Abu Dhabi's royal family, sought him out for the same reason that anyone who has seen a Gracie in action does: to learn the art of jiu-jitsu. The ensuing friendship planted the seeds for mixed martial arts to flourish in the deserts of the United Arab Emirates. At UFC 112 this April, the first UFC event staged in the Middle East, Renzo will step into the Octagon for the first time to face another legend of the sport, Matt Hughes. Renzo's eyes light up at the mention of fighting in Abu Dhabi, where jiu-jitsu has become a national pastime. But it's clear that he would take the fight in an arena or a phone booth. Renzo Gracie is back with a vengeance.


TEAM
RENZO
GRACIE
"I LIKE IT
WHEN THINGS
GO NO RULES
A LITTLE BIT.
I WAS RAISED
IN THAT
ENVIRONMENT."

How did you first meet Sheik Tahnoon?
He came to my first school 14 years ago here in New York to visit and train, and we became friends. He liked it and invited me to come over to visit him in Abu Dhabi. He could not travel much because of his work, so every time that I could, I was there helping him to improve his jiu-jitsu. He became very good; he's a talented guy.

The government of Abu Dhabi added jiu-jitsu to the local school curriculum. Did you play a role in making that happen?
I think part of it is because I was there. We were talking about how it was a dream to have something similar in Brazil, but it never happened because the politicians in my country are more worried about lining their pockets than improving the knowledge of the people. Over the chats that I had with the sheikh, they decided to do that. They brought over 100 Brazilians to run the schools there. The middle school is almost covered, and they're moving on to high schools now. Instead of just physical education, they have a jiu-jitsu program.

You've fought four times since 2005. What's kept you from more regular competition?
I was out organizing academies. We have 1,100 students in this school, and we opened three more schools in the area and one more in Miami. So we were working on that so that I could support all the athletes to be here with us and train with us. Now we can afford to have them just concentrating on training. We have six Gracies training here in my New York City school, and I do plan to bring more to help build them as professional fighters. The only thing I regret is that I am not 21 and able to start all over again, you know?

Did your cousin Royce give you any advice on how to deal with Matt Hughes?
Yes, I was with Royce last week in Abu Dhabi, and he told me the points I should be aware of. For sure I'm going to listen to him—a very experienced guy. For sure I'll emphasize that training for Matt.

Not to look past Hughes, but would you like to have a rematch with BJ Penn? [Gracie lost to Penn by decision in a K-1 bout.]
Honestly, yes. I would love to have a rematch with BJ at 155, and I can reach that weight very easily. I can make that weight. The good thing is I'm like a wild card. I can fight from 155 to the heavyweights.

It could happen at 170; he's been talking about moving up.
I bet. It's hard to keep that diet. I know I've been going through hell to keep the weight low, but the reality is, I can fight at any weight. I've fought at all the weights before. This will be one of the first times that I'm actually fighting a guy in my division, which is 170 or 155. My whole life my weight was 145, and I was fighting guys who were 220, 230. The best was when I went in to fight [Sanae] Kikuta. They introduced me and said my weight in English and Japanese. When my opponent went in, they said his weight only in Japanese. He was supposed to be 205. The moment that we clinched, I knew he wasn't. We fought for 51 minutes. When I saw him in Abu Dhabi at 205, I didn't recognize him, he was so skinny. The Japanese had one rule for themselves and another rule for the foreigners. *[Laughs]*

"I WOULD RATHER BE HIT WITH A BARE KNUCKLE THAN A GLOVE."



FROM TOP TO BOTTOM
Renzo Gracie walks out in PRIDE; Gracie inspects the damage to his elbow following his loss to Kazushi Sakuraba; Gracie looks to finish Carlos Newton; Gracie squares off with BJ Penn.

The PRIDE days were wild. Do you miss it at all?
I do. I like it when things go no rules a little bit. I was raised in that environment, the bare-knuckle fights. But do I believe this is the evolution of the sport, it's the way to bring the sport to the mainstream. To have athletes doing mainstream movies like Quinton [Jackson] is, I think this is the next step—the professionalization of the sport.

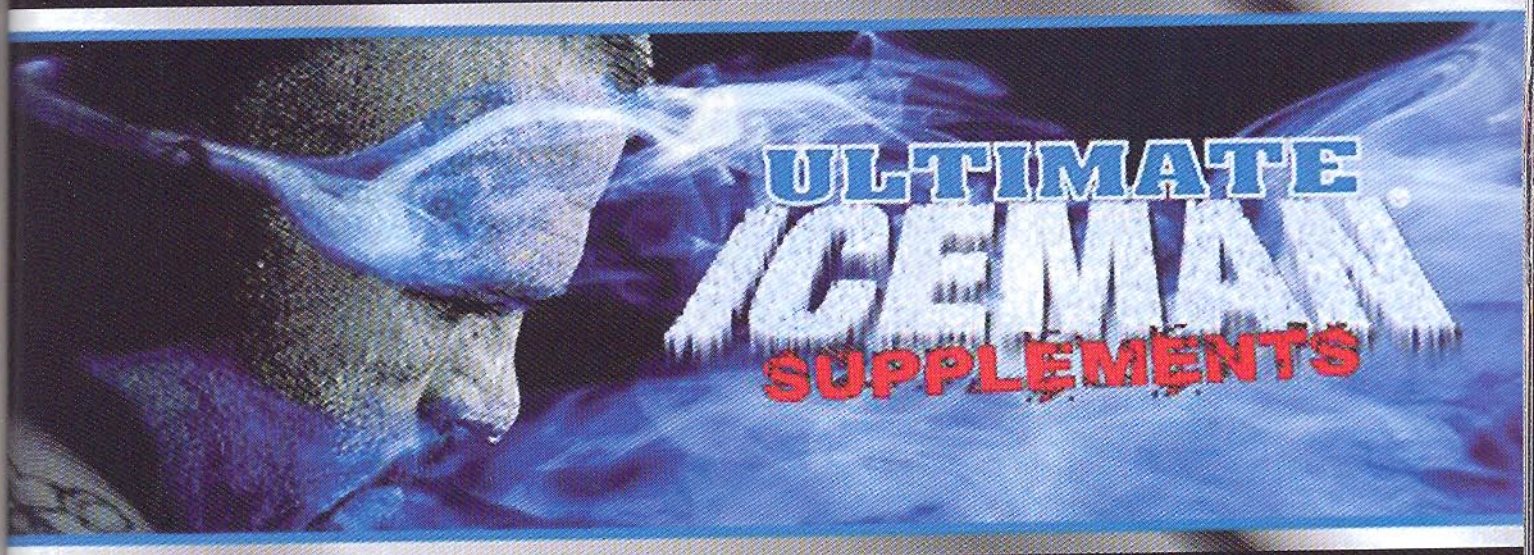
Could the sport have gone mainstream without the rule changes?
You would have to be very special in many aspects because people would have an aversion to it. Most people would see it only as a violent act. They would have to have knowledge about the fighting art to be able to understand, and that would take people a while. You have to understand, a few decades ago Elvis Presley could not be filmed from the waist down. To put two guys in the cage to punch each other with bare knuckles, people would never understand [the sport aspect]. But I would rather be hit with a bare knuckle than a glove. Because the glove does nothing besides protect a guy's hand so he can hit you harder and more often.

You experienced MMA in Brazil, Japan, and the U.S. What do you think held the sport out of the mainstream here in the U.S.?
Here everything is too big. If you go to Japan or Abu Dhabi, you'll notice the cellular phone system is better there. You go, "Why is it that the United States, the No. 1 country in the world, doesn't have a better system?" It's because Japan is an island. It's much easier to change the system, adapt it or renovate it. Here it's a different ball game. I think it's the same thing with MMA. It took a little bit for people to embrace it.

Brazil is huge though.
It's a big country, yes, but it's like a little village compared with the United States. There are more than 260 million people, but the concentration of the people who actually have access to the information are the ones in the major cities. I don't think Brazil has the power to push the sport. Everything Brazil could give, they gave, you know? And they were able to move us to the second market, which was Japan. I think this was all a good process to keep the sport alive until the UFC could break the ice over here and push the sport forward. Now we are mainstream. I can't believe we did that before the porno industry *[Laughs]*. I was expecting Jenna Jameson to do mainstream movies before Quinton Jackson.

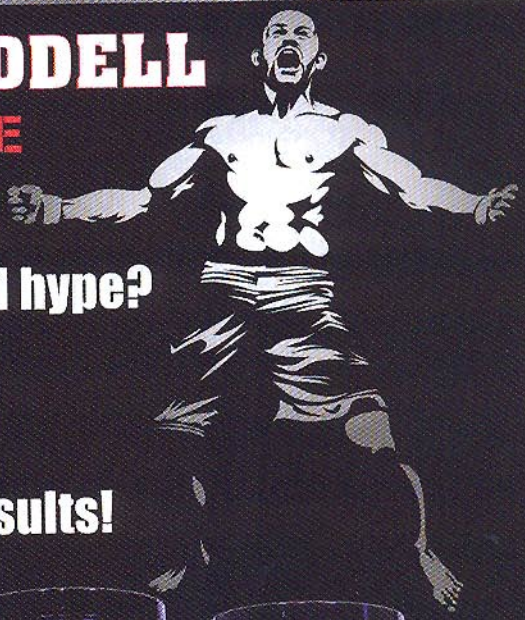
Ten years ago you let Kazushi Sakuraba dislocate your elbow rather than tap. You've said before that it was a way of not showing weakness. Would you do the same thing today?
Of course. Those moments show the difference between an ordinary guy and a special guy in the sport. My whole life I was groomed and prepared for a moment like that. The same thing happened with "Shogun" [Mauricio Rua] a few years later when he fell and his elbow came out exactly like mine. And he completely lost it: He screamed, he cried. It will hurt the same if you scream or not. Your kid may be watching that fight a few years later. This is the good example that you want to leave in this sport, that the mind is stronger than the body in there. That's the reason I'm fighting at 43.

SUSUMO NAGAO (4)



CHUCK "THE ICEMAN" LIDDELL

UFC HALL OF FAME INDUCTEE



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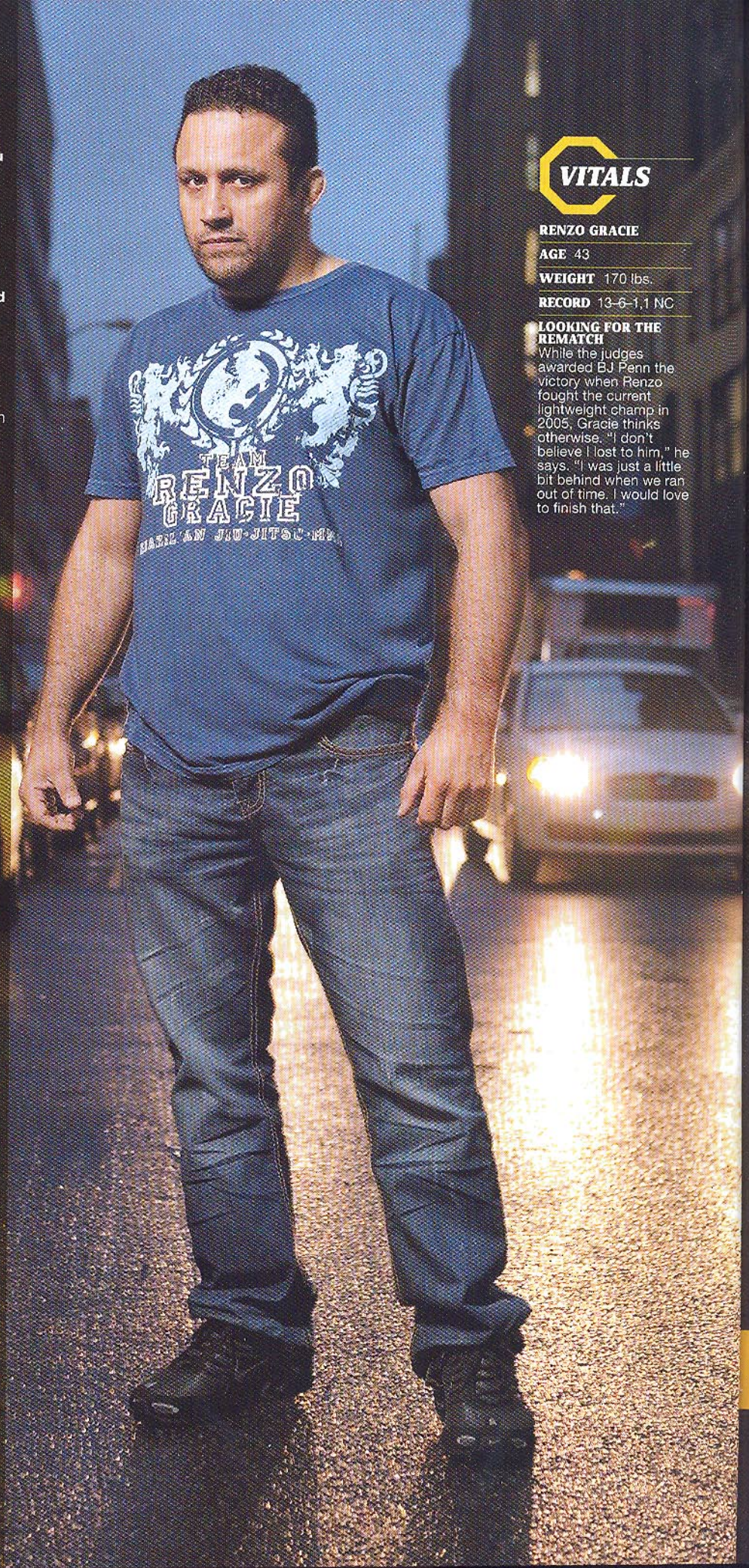
You can say that for yourself, but would you suggest that for another fighter?
I would suggest that even to my son. There is nobody that I love more or want to take care of more. But if he did that, I would be very proud of him.

Even though these guys with the money and the career on the line...
There's no injury that you can sustain in there that will keep you out of the game for more than six months. You're going to lick your wounds for a little bit, think about your mistakes, and get yourself back in there. When you want something, you can do it. I have no tattoos, but I have scars, and those I will bring to my grave; those are my medals.

The first UFC event has been called an infomercial for Gracie Jiu-Jitsu. Would you agree with that characterization?
In the beginning it was. In the beginning people didn't know jiu-jitsu. So it was good, it showed the whole world a new concept. You don't have to be stronger than someone to beat him up, and you don't have to be on top of someone to win a fight. It was a new concept that took a lot of fighters by surprise. A lot of people didn't know how a skinny guy like Royce could be on his back, getting squashed by a bigger guy, and the next thing you know the guy is tapping. Those early years in the UFC were unbelievable for the sport of jiu-jitsu.

You fought in smaller shows in the U.S. and Brazil as well as PRIDE in Japan. What took you so long to make the transition?
Back then the UFC was owned by my cousin [Rorion Gracie], and to him it was better that Royce fought rather than me or Rickson. And Royce did a great job of filling up his school and built the whole Gracie Jiu-Jitsu name. I was competing a lot back then, and I was the champion in Brazil. I was looking to get out there in places like PRIDE and the new shows that came up. I was learning and improving myself, but finally when Zuffa bought the UFC, they asked me to join and fight. But back then I was making good money, and I knew that I needed to set up my schools.

Do you see MMA or jiu-jitsu having an influence on American culture?
I think it's a very positive [influence]. People claim that we are a violent sport and that we're pushing violence onto people. When you see an embargo around Iraq that kills a million kids because they have no access to medicine, that's violence. These are two top athletes going into the ring, a controlled situation, with a referee to pull them apart if necessary. It's a great sport, and let's hope that one day what they call "violence" is only in that ring and nowhere else in the world, you know?



VITALS

RENZO GRACIE

AGE 43

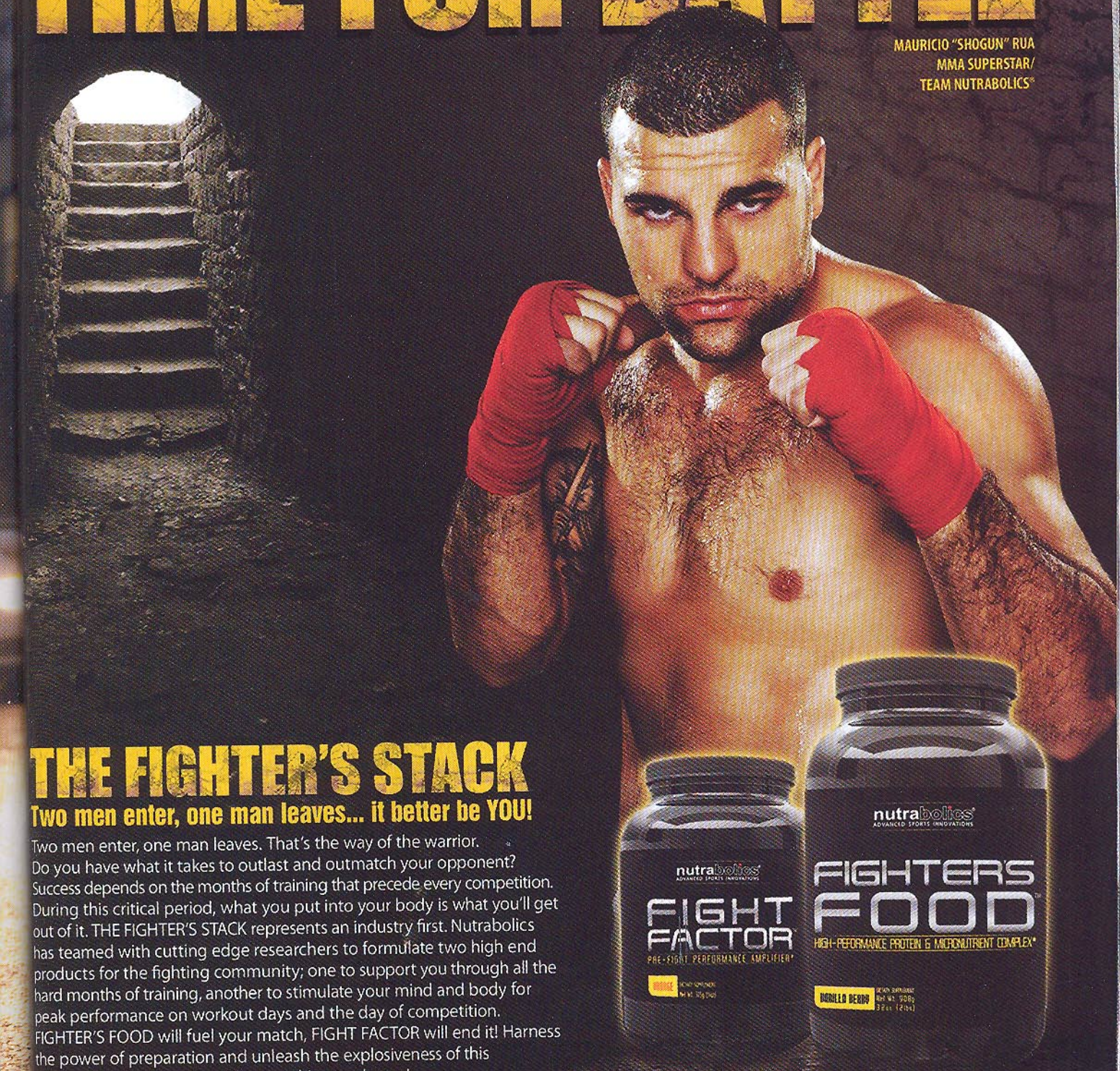
WEIGHT 170 lbs.

RECORD 13-6-1,1 NC

LOOKING FOR THE REMATCH
While the judges awarded BJ Penn the victory when Renzo fought the current lightweight champ in 2005, Gracie thinks otherwise. "I don't believe I lost to him," he says. "I was just a little bit behind when we ran out of time. I would love to finish that."

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Photographs by ROGER ERICKSON

Styling by CONSTANZE LYNDSAY HAN



ON JOSH
Façonnable linen button-down shirt, $248, Façonnable stores nationwide; **The Genetic Denim** Dean boot-cut jeans, $187, *geneticdenim store.com*

ON CIELO
Mimi Holliday demi-cup bra lingerie set, $107, *nancymeyer.com*



ON JOSH
Calvin Klein gray silk suit, price upon request, select Calvin Klein boutiques; **Façonnable** linen button-down shirt, $198, Façonnable stores nationwide; **Hugo Boss** solid black silk tie, $138, select Hugo Boss stores nationwide; **Church's English** shoes, $630, 212-758-5200

ON CIELO
Lee Klabin gray silk and chiffon corset and skirt, price upon request, *leeklabin.com*; **Yves Saint Laurent** Tribtoo pumps, $795, *saksfifthavenue.com*



ON CIELO
Vix bikini, $158, *canyonbeach wear.com*

"I'VE ALWAYS BEEN THE TYPE OF PERSON TO SAY WHAT'S ON MY MIND. **IF YOU DON'T LIKE IT, YOU'D BETTER GET EARPLUGS.** PEOPLE MISTAKE IT FOR COCKINESS, BUT IT'S JUST CONFIDENCE."
—JOSH KOSCHECK



ON CIELO
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Melody lingerie set, $260, Agent Provocateur stores nationwide



"FIGHTING THE GUYS ON THE TEAM ISN'T GOING TO HAPPEN. **ME, MIKE SWICK, AND JON FITCH ARE BROTHERS.** IF ONE OF US GOT THE BELT, IT WOULD ALMOST BE LIKE WINNING THE STANLEY CUP AND HOISTING THAT THING UP AT OUR GYM."
—JOSH KOSCHECK

ON JOSH
AG Adriano Goldshmied dark-wash boot-cut jeans, $249, 818-783-2700

ON CIELO
Agent Provocateur Crystalina lingerie set, $230, Agent Provocateur stores nationwide



ON JOSH
Form silk-trimmed jacket, price upon request, *harrods.com*; **Burberry** light-silk-and-cashmere-blend sweater, $690, Burberry stores nationwide; **AG Adriano Goldshmied** dark-wash boot-cut jeans, $249, 818-783-2700

ON CIELO
Bordelle molded bondage chemise, $590, *nancymeyer.com*; **Wolford** lace trim stay-up stockings, $62, Wolford boutiques nationwide; **Christian Louboutin** patent leather pumps, $735, Christian Louboutin boutiques nationwide

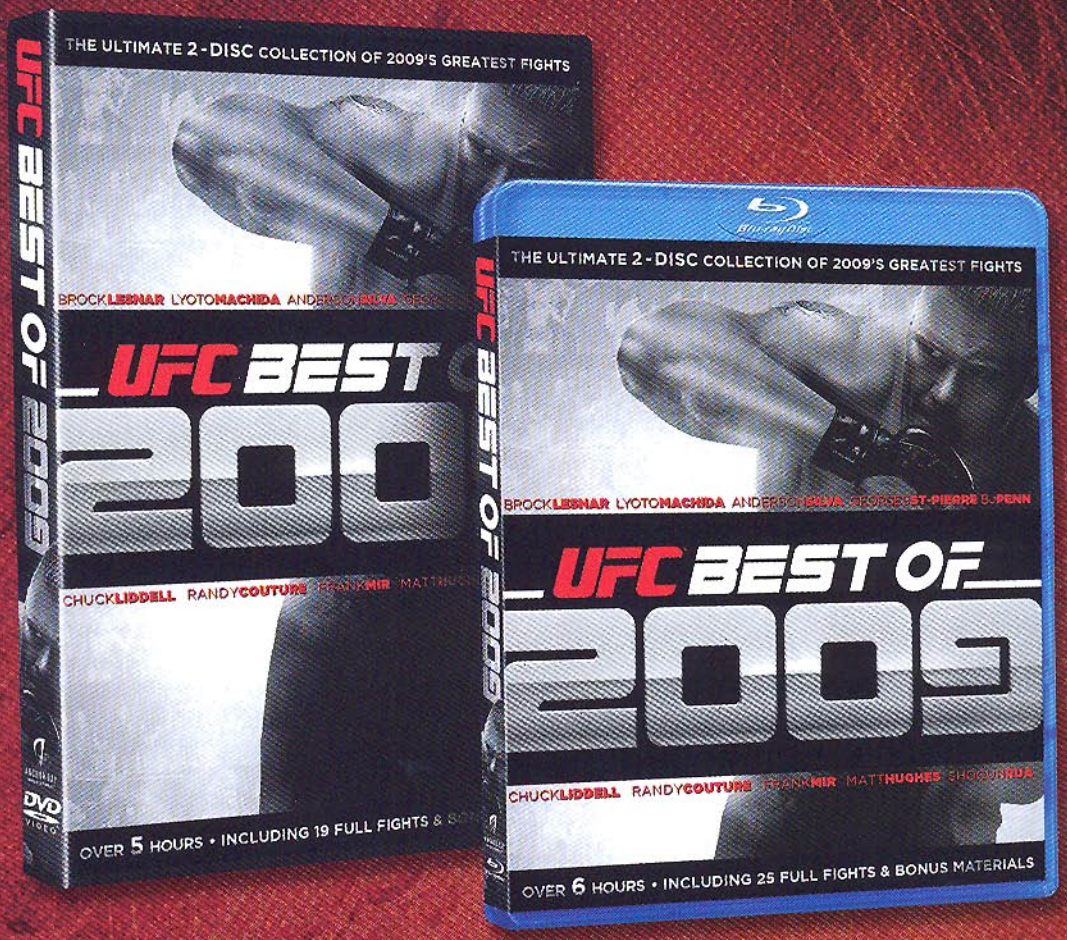
HAIR AND MAKEUP: BRENDA GREEN FOR MARGARET MALDONADO; PRODUCER: DEBORAH BURGH FOR SNOG PRODUCTIONS; MODEL: CIELO/VISION LOS ANGELES

ON JOSH
Perry Ellis Portfolio cotton button-down shirt, $50, Macy's stores; **Polo Ralph Lauren** khaki pants, $265, Ralph Lauren stores; **Pro Keds** high-top leather sneakers, $75, *prokeds.com*

ON CIELO
Wolford lingerie, price available upon request, *nancymeyer.com*; **Christian Louboutin** classic satin pumps, $895, Christian Louboutin boutiques



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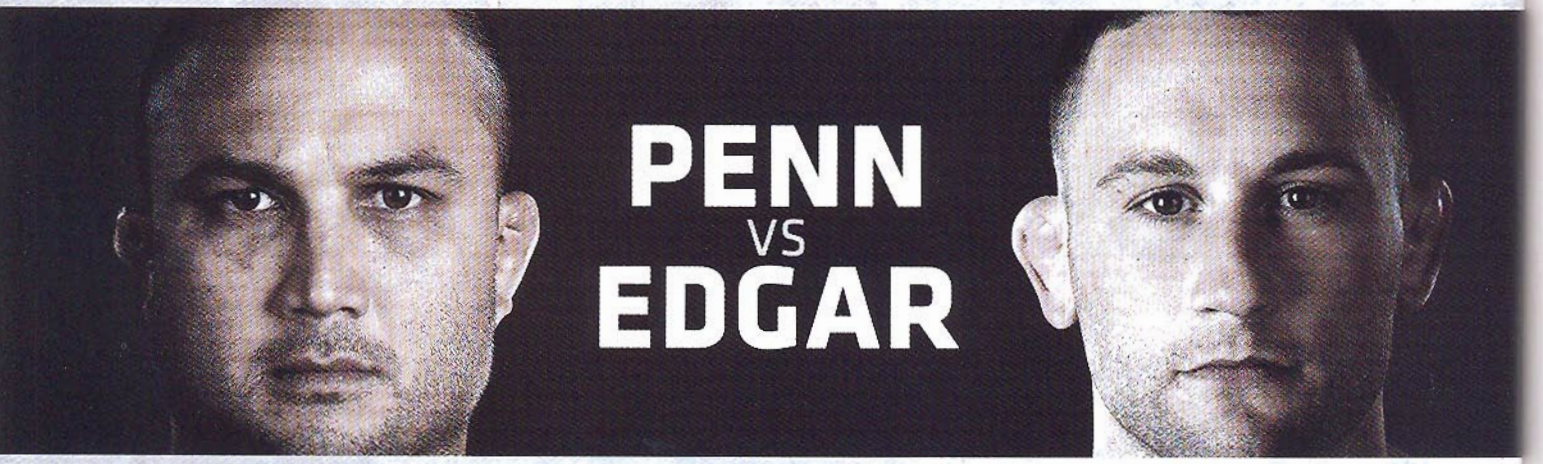
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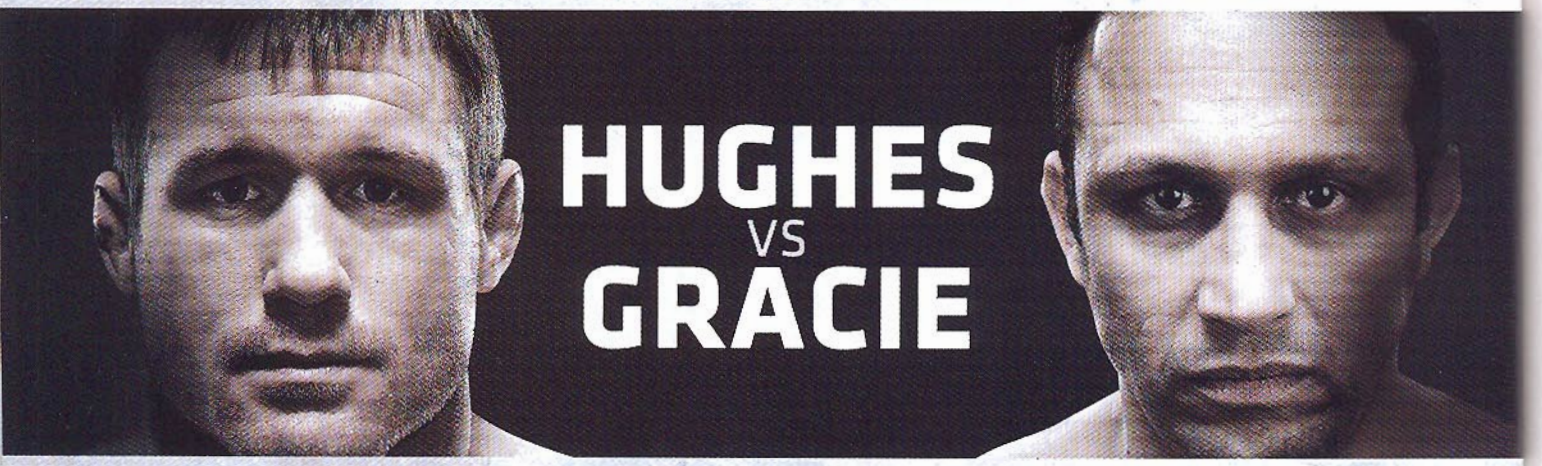
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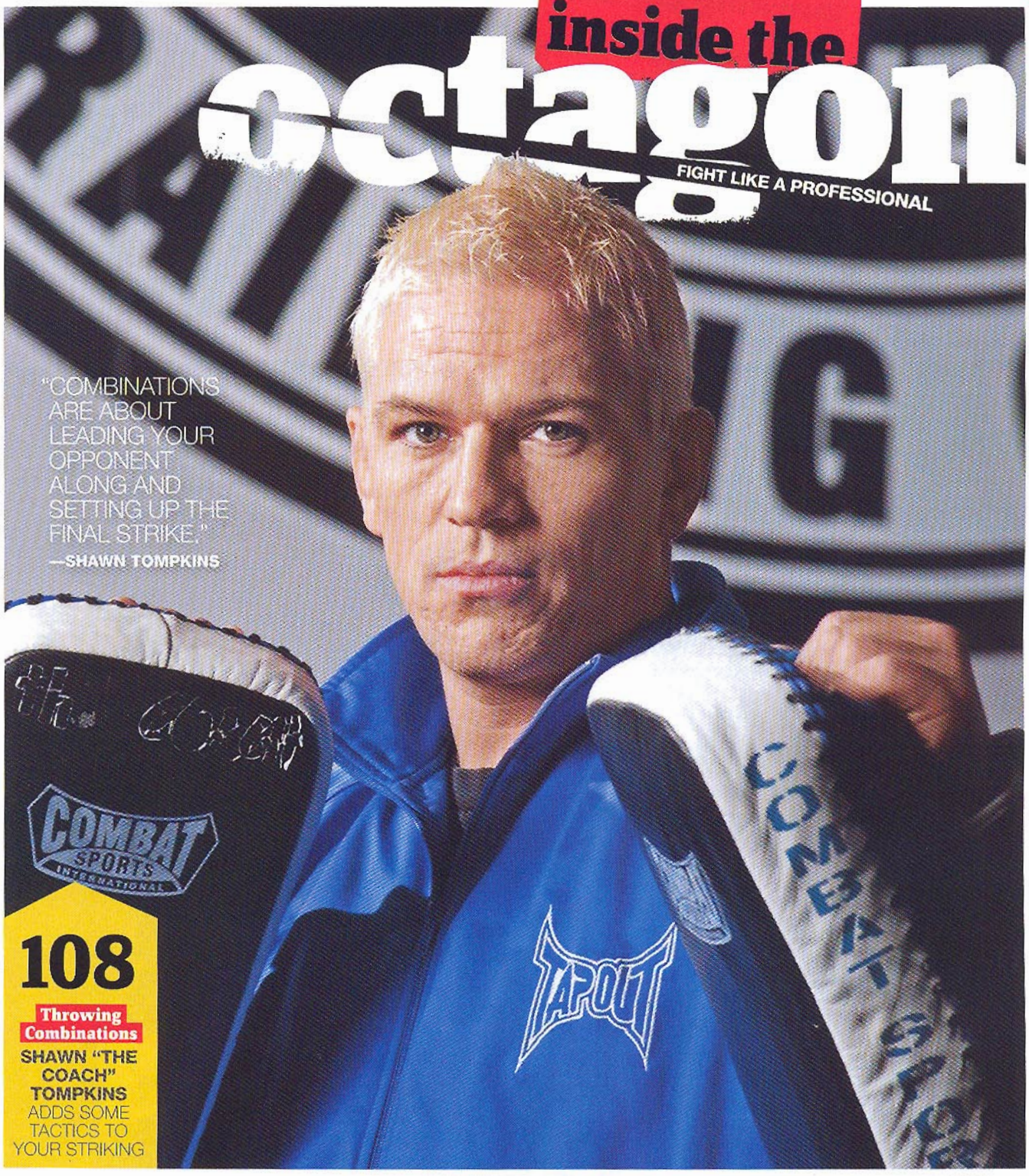
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inside the octagon

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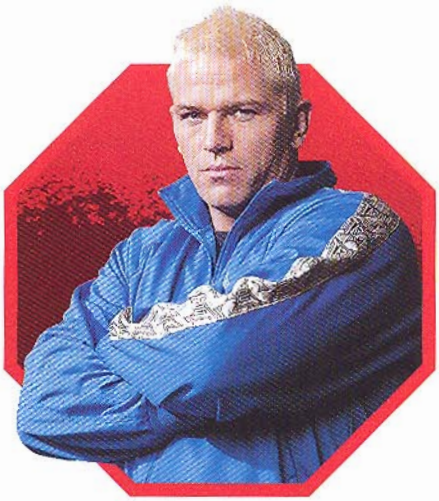
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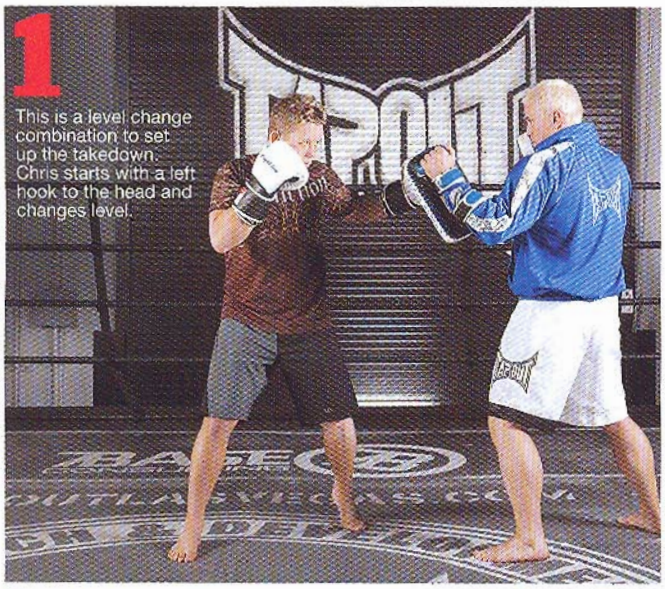
STAND AND DELIVER

Tune up your combinations with veteran trainer
Shawn "The Coach" Tompkins *Photographs by* JIM KEMPER

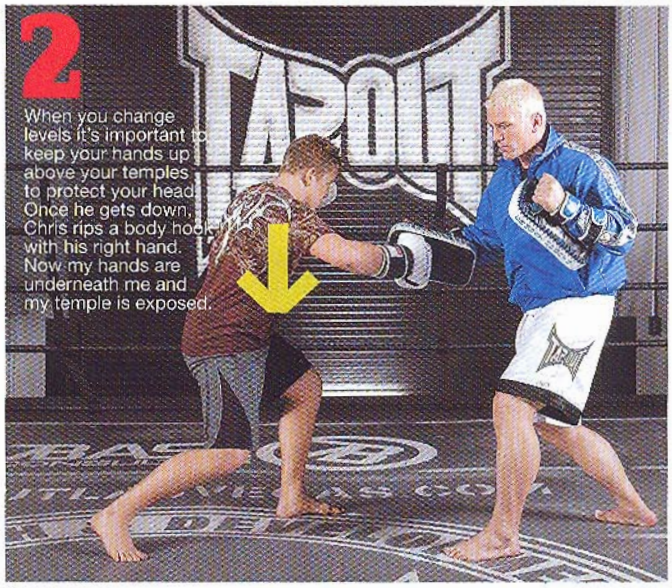


Using combinations effectively takes more than just throwing punches in bunches. Each strike should tactically set up the next technique, steering your opponent around like a marionette until you decide to cut his strings. Shawn Tompkins (right), trainer to pro fighters such as Chris Horodecki (pictured in brown shirt), Sam Stout, Mark Hominick, Evan Dunham, and Vitor Belfort, shows off a few of his favorite combos.

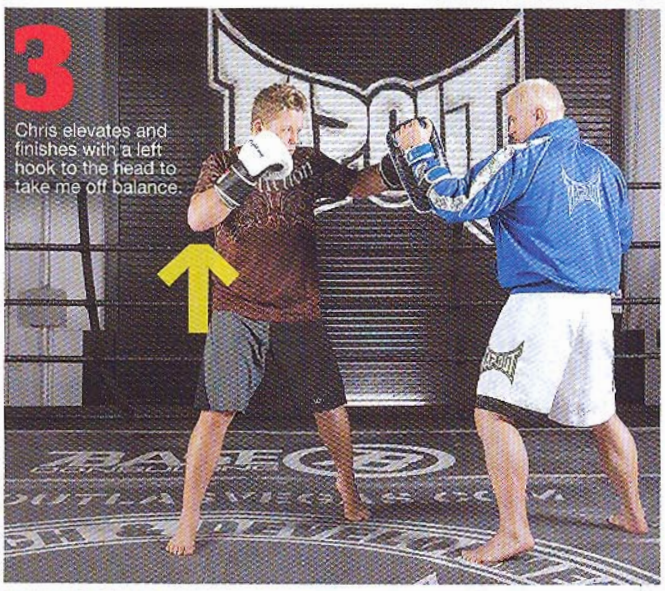
Setting up the Takedown



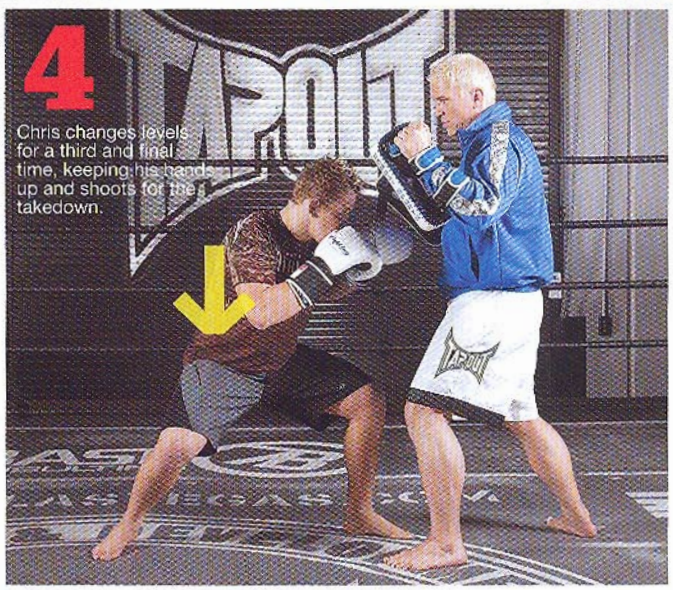
1 This is a level change combination to set up the takedown. Chris starts with a left hook to the head and changes level.



2 When you change levels it's important to keep your hands up above your temples to protect your head. Once he gets down, Chris rips a body hook with his right hand. Now my hands are underneath me and my temple is exposed.

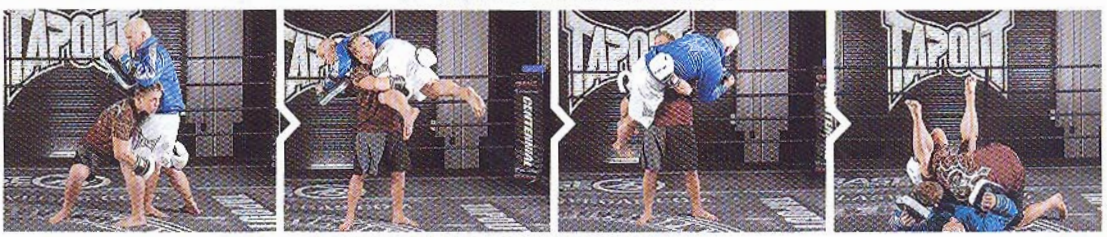


3 Chris elevates and finishes with a left hook to the head to take me off balance.



4 Chris changes levels for a third and final time, keeping his hands up and shoots for the takedown.

5 Secure a grip above the backs of your opponent's knees. Keeping your head up, lift and rotate your opponent and seal your position by dropping him into side control. Drive him into the mat using your shoulder. The resulting impact will knock the wind out of him.



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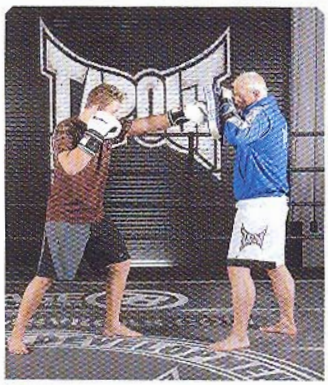
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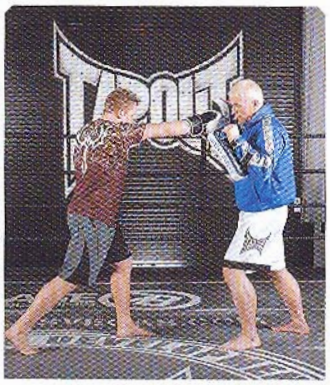
throwing combinations

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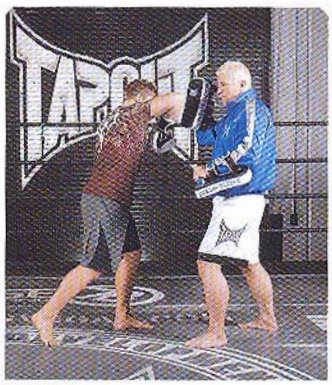
Setting up the Knee



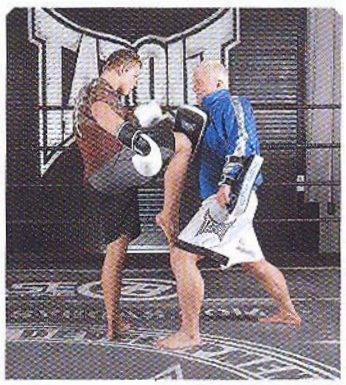
1 From a ready position, throw a lead jab at your opponent.



2 Follow it up with a right cross. The two punches should cause your opponent to cover his face, setting up your next strike.

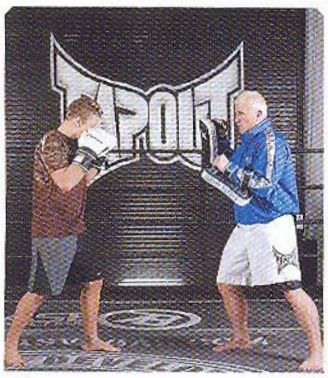


3 Take a quarter step forward, moving both feet to keep your stance for an elbow strike. Your elbow should come at a slight angle downward to make them lean back.

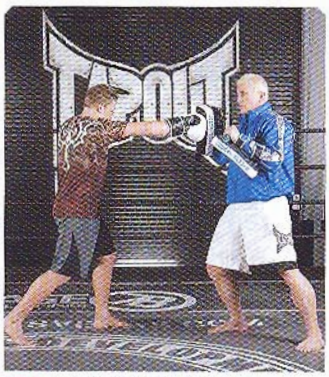


4 Make a complete recoil with your back hip. Then lunge forward on the ball of your front foot, heel off the floor, and drive your knee through your opponent's exposed ribs.

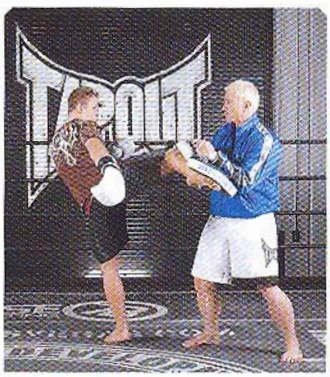
Combination versus a Southpaw



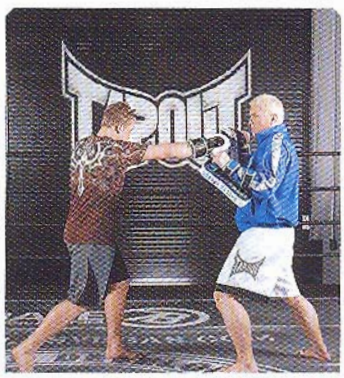
1 When you face a southpaw, your lead leg is susceptible to attack and the jab hands neutralize each other. If you lead with a cross rather than a jab, it'll get through their defense more easily.



2 Chris steps in and throws a right cross, taking the opponent off balance. The cross also causes your opponent to raise his hands and expose his rib cage to attack.

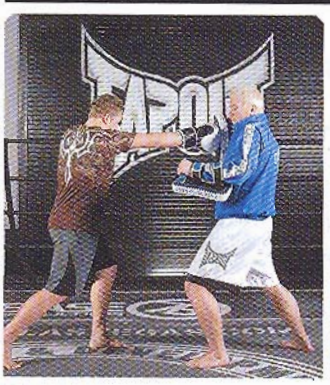


3 Throwing a kick with your back leg is a lot safer than a lead kick versus a southpaw because it's not as easy to catch. Again, you're leading your opponent to the end of the combination, setting up your strike.

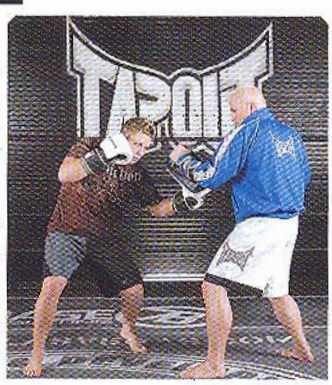


4 When your opponent tries to cover up the kick, the KO punch is there for you with the cross. Stay on the outside of their front foot. It takes their strongest punch away and makes him move into your power.

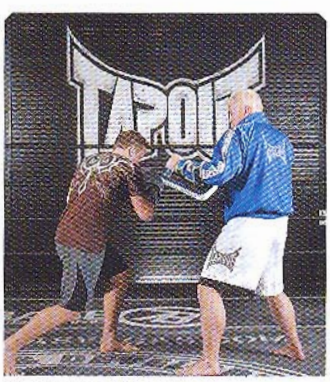
Outside Combination



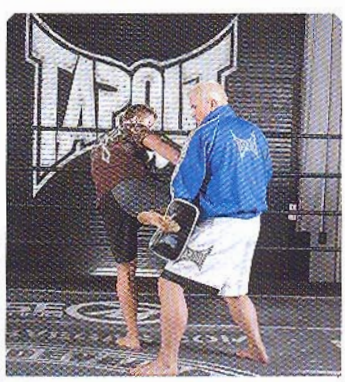
1 Chris starts with the cross. It's a power punch lead thrown to make the opponent withdraw, getting his upper body weight over his rear end so he loses his balance.



2 The cross exposes the liver. Try to visualize the punch connecting with the liver and exiting through your opponent's opposite shoulder. Corkscrew the punch and lead with your hip to develop more power.



3 After the liver shot, take a quarter step out and to the side to avoid counters like an outside kick or a right hand. It also sets up a new angle for more damaging strikes on the top of your opponent's leg.



4 The leg kick should come down on the quadriceps and not the cluster of nerves on each side of the leg. If you hit the nerve, it'll only hurt for a few seconds. If you damage the muscle, it'll change the fight.

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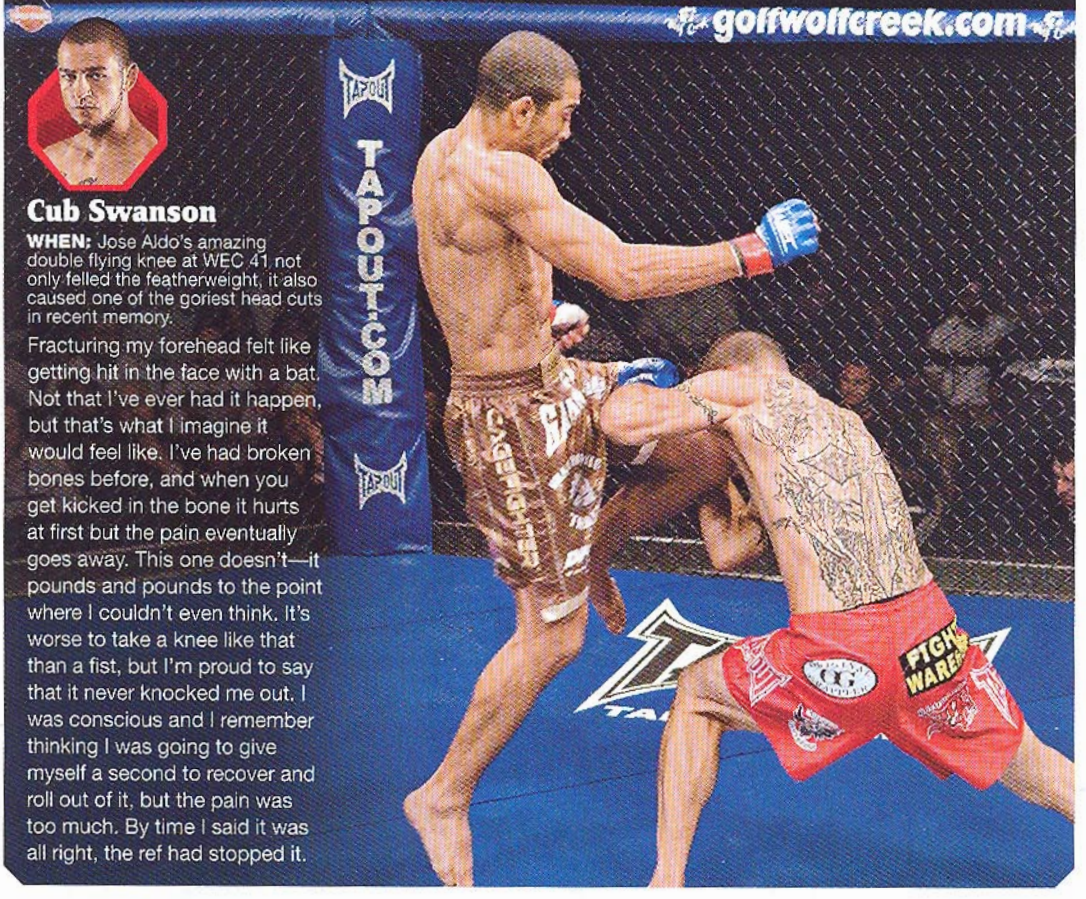
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KNEE-JERK REACTIONS

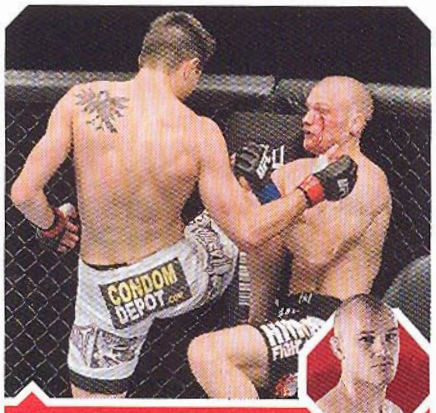
Five fighters describe the feeling you get when you run into a patella (or in some cases, two) moving at high speed *By* DEBBIE LEE



Cub Swanson

WHEN: Jose Aldo's amazing double flying knee at WEC 41 not only felled the featherweight, it also caused one of the goriest head cuts in recent memory.

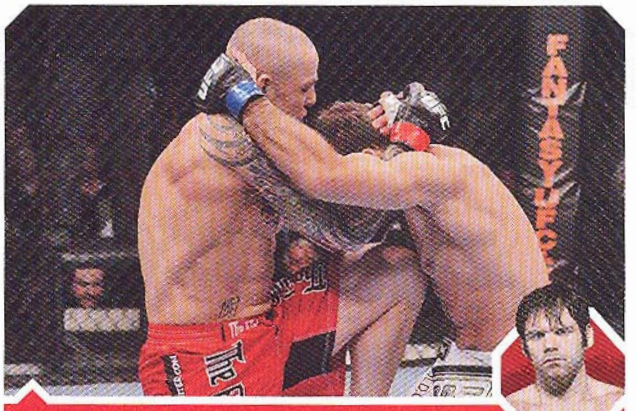
Fracturing my forehead felt like getting hit in the face with a bat. Not that I've ever had it happen, but that's what I imagine it would feel like. I've had broken bones before, and when you get kicked in the bone it hurts at first but the pain eventually goes away. This one doesn't—it pounds and pounds to the point where I couldn't even think. It's worse to take a knee like that than a fist, but I'm proud to say that it never knocked me out. I was conscious and I remember thinking I was going to give myself a second to recover and roll out of it, but the pain was too much. By time I said it was all right, the ref had stopped it.



Martin Kampmann

WHEN: The Hitman took a few knees in his decision win over Carlos Condit's at UFC Fight Night 18.

When getting hit with a flying knee, you feel the impact and it can daze you, but in the fight you just keep going. There's no padding—it's bone against bone. But once the adrenaline wears off, that's when you get sore. Getting hit with a knee sucks.



Aaron Riley

WHEN: A second-round knee by Brit Ross Pearson caused a fight-ending cut on Riley's head at UFC 105.

It wasn't that bad. I suppose it was the adrenaline more so than anything else, because I didn't feel it. Or maybe it was because the knee was more glancing than it was clean. Once I got the cut, it just felt like a bee sting, and the next thing I knew there was blood dripping down. Getting hit is getting hit, but overall it wasn't more or less painful as having sore hands and feet from throwing strikes.



Matt Wiman

WHEN: Wiman's first Octagon outing, at UFC 60, ended with an unfortunate knockout by Spencer Fisher's flying knee.

"Physically, there's no feeling. It's just lights out. You feel punch drunk, like you're intoxicated. I'd say a knee is sometimes worse than a fist. You don't have one bump—you're sore all over.



Efrain Escudero

WHEN: En route to winning the title of The Ultimate Fighter 8, Escudero took a hard knee to the chest from co-finalist Phillipe Nover.

"If I learned any lesson from taking a knee to the chest, it's to make sure you punch him in the face first. I did feel some pain afterward when I woke up, but it was from celebrating the win and not the knee.

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Mark DellaGrotte (left) warms up Marcus Davis at UFC 106.

ASK MARK

Veteran trainer and former Muay Thai fighter **Mark DellaGrotte** answers your burning questions

How old were you when you realized that being a fight trainer was your calling? *–UFC_SD, FightClub member*
I was 22 when I opened my gym, Sityodtong, in 1996. I competed and trained in Thailand, but I never had the aspirations to really become a fighter. I got into the fight game because I wanted to be a better trainer. I knew that actually fighting would make me a better instructor. But I knew at a young age that I would be a teacher, not a fighter.

How do you decide who you're going to spend most of your time training? *–UFCfanChris, FightClub member*
They all get treated equally. I have special techniques and ways that I train each individual fighter, and I try to customize each individual fighter's workout. But if you're with me, you're on my team. Every soldier gets equal rations of food. What it comes down to is scheduling. Who's got a fight. Who's up next. Who we need to concentrate on more. But it's a team that makes that decision.

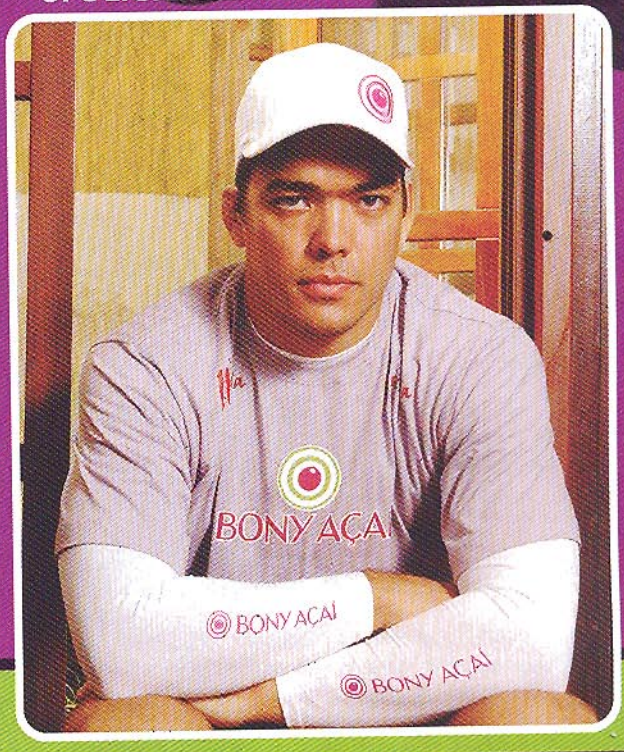
What's your advice to someone who wants to fight professionally but is starting from scratch? *–Rich Essig, Philadelphia, via e-mail*
Avoid getting involved in the hype. People need to go back to the basics. If you're going to train to be a fighter, do it because you love it and not because it's a job, or to be on TV and sign autographs. A true warrior would not do it for any other reason than self-development.

"I LIKE TO UPHOLD THE **TRADITIONAL MARTIAL ARTS VALUES** AT MY ACADEMY."

Is there a particular skill or mind-set that you find is the hardest to teach a fighter? *–Sandro, Boca Raton, Fla., via e-mail*
The most difficult mind-set to teach is respect and loyalty. I believe that the values of martial arts are getting lost. Values like loyalty, courage, respect, and discipline are almost obsolete in this new generation of martial arts. Unfortunately, it reflects on society, it's become like Burger King, "Have it your way." Everybody wants to learn some things from this coach and other things from that one. It's easy to teach somebody how to win fights. It's hard to teach someone values like honor, respect, and tradition. Back in the day, if you went into Burger King and said, "I want a Whopper with no pickles, no onions, light on the mayo,"

The Real Deal From Brazil

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UFC LIGHT HEAVYWEIGHT CHAMPION



BONY AÇAÍ

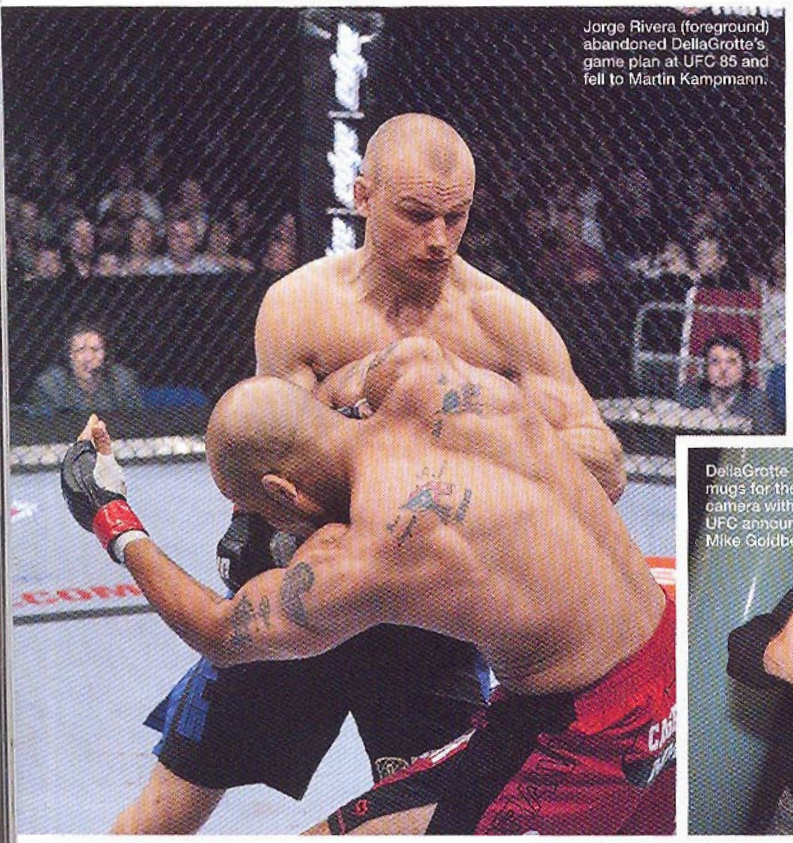
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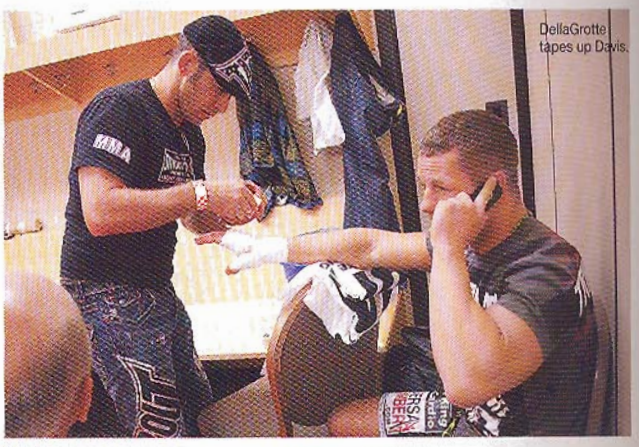
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Jorge Rivera (foreground) abandoned DellaGrotte's game plan at UFC 85 and fell to Martin Kampmann.


DellaGrotte tapes up Davis.


DellaGrotte mugs for the camera with UFC announcer Mike Goldberg.

they'd laugh and say, "Take it off yourself." I like to uphold the traditional martial arts values at my academy. I think if the students have that, the rest of it is easy to teach.

Do you have a speech prepared after a fight that's tailored to whether your guy won or lost? *–Glen Lamour, Tempe, Ariz., via e-mail*

I never have anything prepared, but I go by feel. It's a delicate balance of not only building a fighter's confidence, but also letting him know "you did this wrong." I've had fighters abort game plans. I had Jorge Rivera one time say right before he went out to fight Martin Kampmann, "Listen, coach, I know we had a game plan, but I'm gonna do this and I wanna do that." And I'm like, "Whoa, please don't do that. We studied this. We know what's going to happen. Have confidence and faith in me." In the end, it went terribly wrong and he got subbed by Kampmann. Back in the locker room I said, "You know what? You fucked up." And we had it out. You counter anger with compassion. I like to find the delicate balance of praising them for what they did good, scolding them for what they did wrong, and then remind them that they got better. Even when you lose, you win, because you always learn something.

You and Mike Goldberg show each other a lot of man love at the fights. How long have you been dating? *–Rachel N., Los Angeles, via e-mail*

[Laughs] That bromance goes way back. Kenny Florian introduced Mike to me when Mike was coming into town to do some commentary for a basketball game. We hit it off right away. I've become very close friends with Mike. He's a student of mine and he's really developed his Muay Thai. A lot of people would never think of Mike Goldberg as a fighter, but watch him work the pads. Anyone who's ever seen it is quite impressed.

What are some of the challenges to working with pro fighters that a fan might not see or suspect? *–Barry K., Toronto, Ont., via e-mail*

"ASK FRANK MIR WHAT THE FIRST TRAINING SESSION WITH ME WAS LIKE. **JOE SILVA SAID THAT FRANK LOOKED LIKE PETER PAN** FLOATING THROUGH THE AIR."

It's an emotional roller coaster. Some of them lack confidence. Some of them become emotional. People don't see that. They see the Countdown show and the fighter is training hard and he's got the hunger in his eyes. They don't see the coach being a cheerleader and saying, "You're gonna be fine. Here's the game plan." As much as we're all a team, when that cage door locks, your life, name, and reputation are on the line. It's a lot to deal with. You need to make the fighter feel prepared even if they're not.

You're in shape and you teach fighters. How do you think you would do in the Octagon, or against other coaches like Greg Jackson or Pat Miletich? *–Trent D., Columbia, Md., via e-mail*

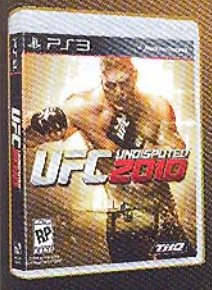
Marcus Davis has told Dana White and Joe Silva that if I were to fight at 155 or 170, I'd be at the top of the food chain right off the bat. I don't know how true that is, but ask anyone who's been in the gym. I give them hell. I'm one of the few trainers who actually gets in the ring with a fighter to spar. Ask Frank Mir what the first training session with me was like. Joe Silva saw it and said that Frank looked like Peter Pan floating through the air. I was throwing him all around with my Thai boxing trips and sweeps. If the money was right, if I was in a position where I needed it, perhaps I would fight. But I would never fight Greg or Pat. I could never have bad intentions for friends that I respect on that level.

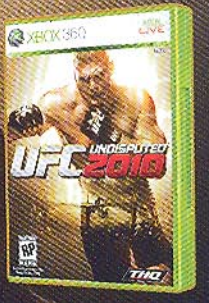
Next issue we'll feature a Q&A with ***Ed Soares,*** *the man at Black House currently steering the careers of fighters like Anderson Silva, Lyoto Machida, and Minotauro Nogueira. Send in your questions to* ***ufcmag@ufc.com****.*

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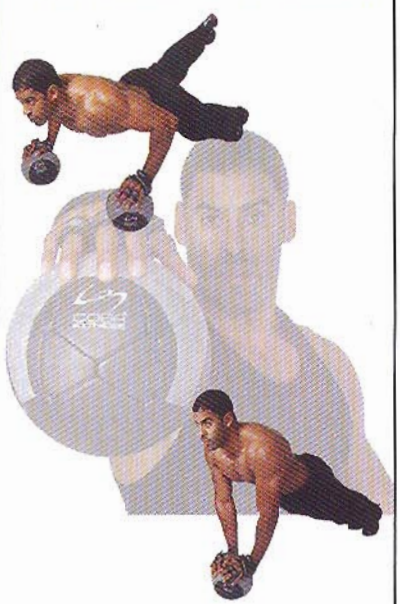


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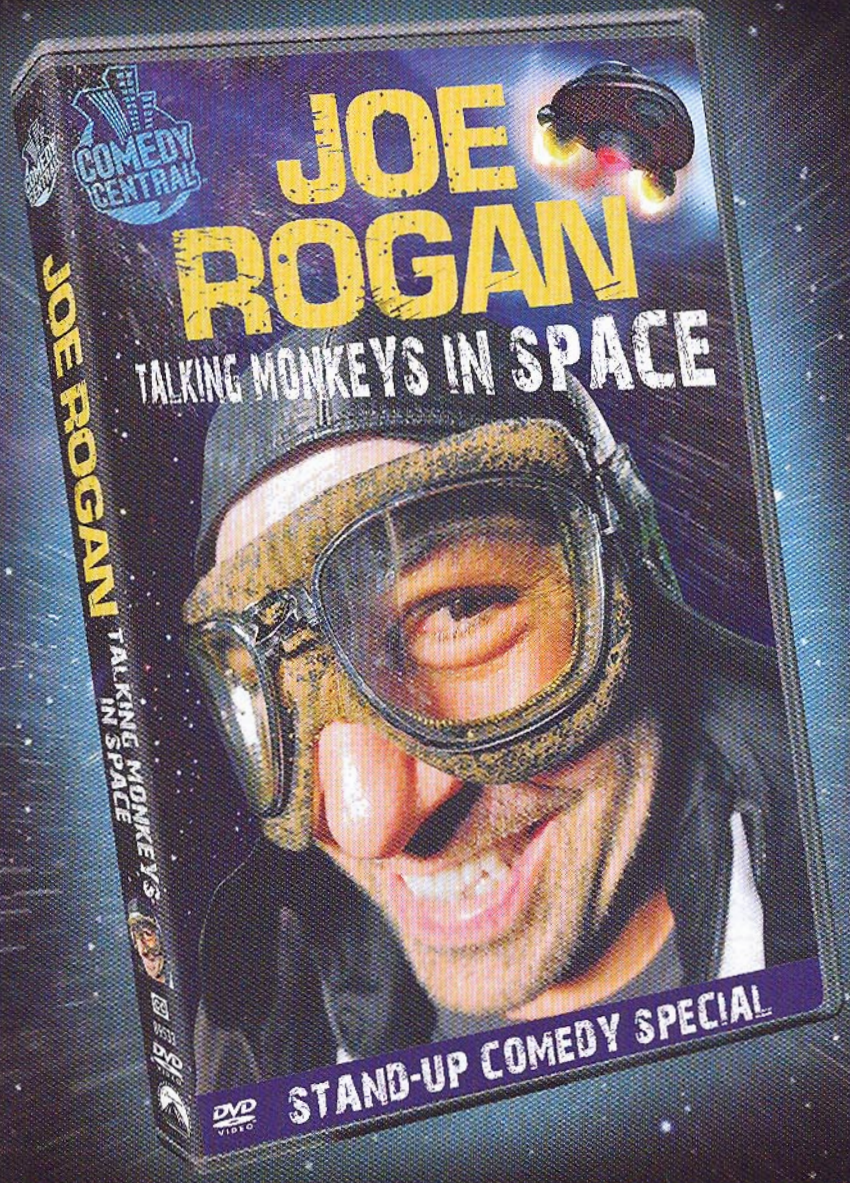
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42	51%
TAKEDOWN ATTEMPTS	**TOTAL SLAMS**
82	11

FIGHT RECORD

44-7

18	16	10
SUBMISSION WINS	KO/TKO WINS	DECISION WINS



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76 TOTAL GUARD PASSES
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45	5	21	5
ADVANCES TO HALF GUARD	ADVANCES TO BACK	ADVANCES TO SIDE CONTROL	ADVANCES TO MOUNT

UFC RECORDS

VICTORIES	VICTORIES IN TITLE FIGHTS
16	9
Tied with Chuck Liddell for the most of all time*	Tied with Randy Couture for the most of all time
HEADLINE FIGHTS	**SUCCESSFUL CONSECUTIVE TITLE DEFENSES**
15	5
	Tied with Anderson Silva and Tito Ortiz for the most ever

* Hughes could pass Liddell with a win over Renzo Gracie at UFC 112.

BOMB SQUAD

74% TOTAL STRIKES LANDED ON THE GROUND

Hughes holds the record for the highest percentage of strikes landed on the ground among fighters with at least 300 attempts.

STRIKING

TOTAL STRIKES ATTEMPTED

639

TOTAL STRIKES LANDED

354

TOTAL STRIKE ACCURACY

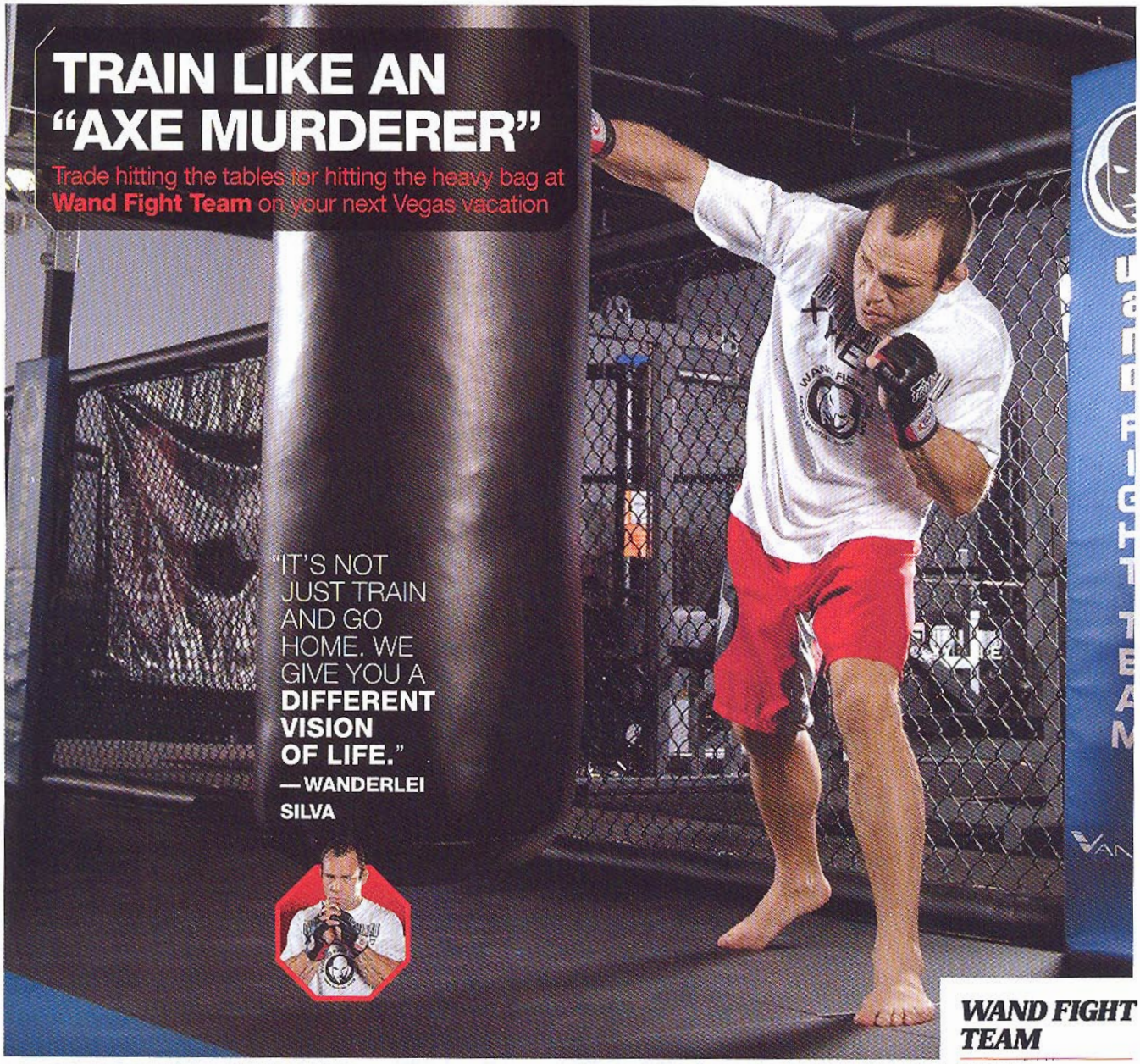
55%

Stats provided by FightMetric.com. All stats other than the Fight Record box refer solely to Hughes' performances in the Octagon.


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Trade hitting the tables for hitting the heavy bag at **Wand Fight Team** on your next Vegas vacation



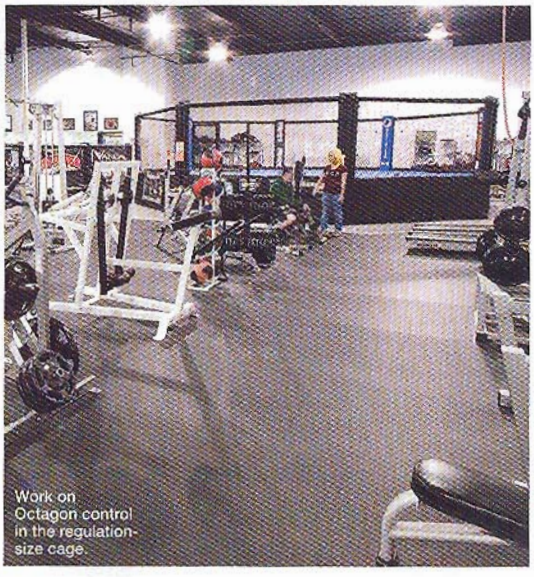
"IT'S NOT JUST TRAIN AND GO HOME. WE GIVE YOU A **DIFFERENT VISION OF LIFE.**" **—WANDERLEI SILVA**



UFC vets Thiago Silva and Forrest Griffin are regulars.

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Drop in to Wand Fight Team, home base for Wanderlei Silva, and you can train in a world-class facility alongside Silva's crew of up-and-coming pro fighters. Plan on spending more than a day if you want to do more than just break a sweat. "It's not just train and go home," he says. "Here you train your body, you train your mind, and you train your attitude. We give you a different vision of life." Cash in your casino chips and get your ass in a cab.



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WAND FIGHT TEAM

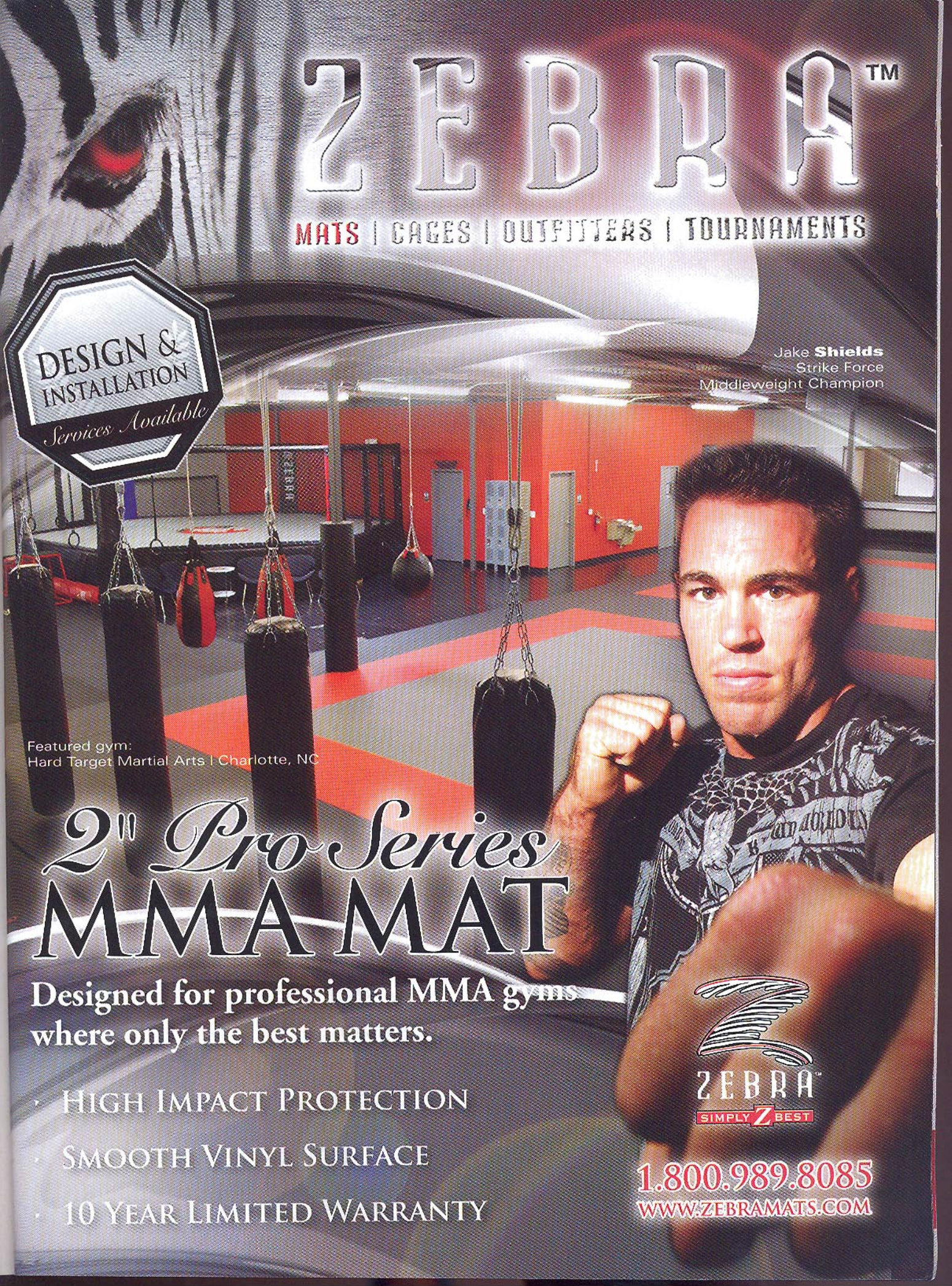
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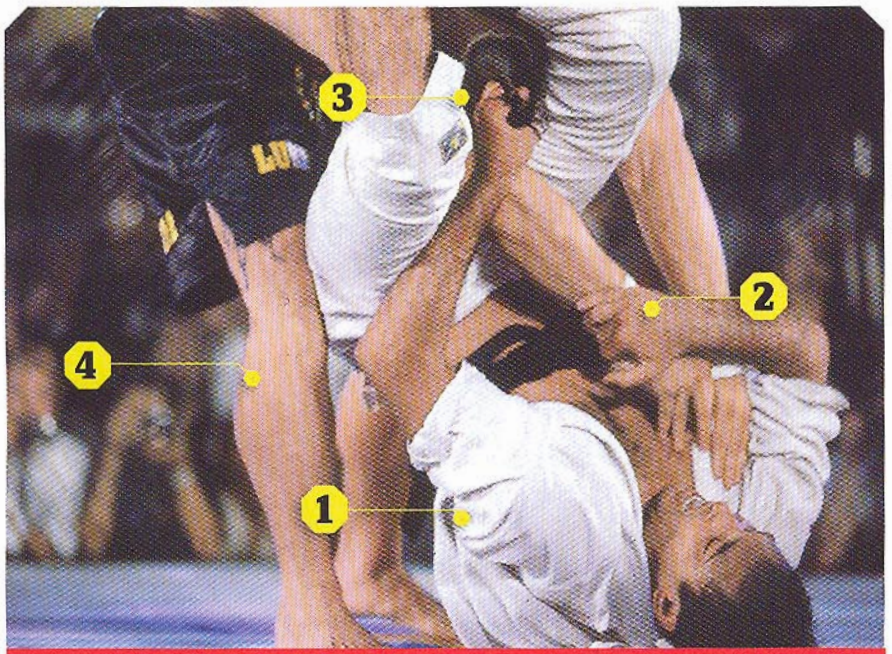
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THE EVOLUTION OF THE GAME

In a relatively short time mixed martial arts has grown from spectacle to sport

From the adoption of unified rules to state-by-state sanctioning, the sport of MMA has quickly evolved. There was a time when the arena did not fill up with 14,000 screaming fans, and fighters weighed in at a local Holiday Inn. Here's a look at how the game has changed.



The Rules of the Game

Before the UFC adopted the Unified Rules of Mixed Martial Arts, fights were conducted under a much looser code. Here's a look at a few things that have changed since Royce Gracie (above photo, bottom) fought Kimo Leopoldo at UFC

1 USE OF A GI Experienced jiu-jitsu players can use their gi as a weapon in the cage. Fighters today are allowed to wear only commission-approved shorts.

2 LACK OF GLOVES AND WRAPS Bare knuckles were commonplace before the adoption of the unified rules. Today, officials inspect mandated hand wraps and five-ounce gloves for every athlete.

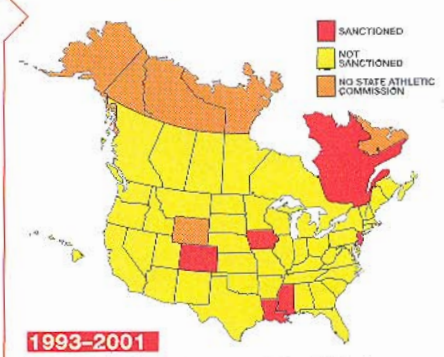
3 HAIR PULLING In the old UFC, a ponytail was just another handle available to manipulate an opponent. Today the practice is outlawed.

4 WEIGHT CLASSES At 240, Leopoldo qualifies as a heavyweight, while Gracie, at around 170, would barely have to cut to make it to welterweight. It's the equivalent of Frank Mir taking on Matt Serra.

5 FIGHT FORMAT UFC 3 used an eight-man elimination tournament. Fighters competed multiple times in one night without rounds, time limits, or judges. The format was dropped after UFC 23.

TRACKING THE LAW

MMA IS IN A PERIOD OF GLOBAL EXPANSION. BUT IT TOOK YEARS OF WORK TO GET THE SPORT SANCTIONED ACROSS NORTH AMERICA.



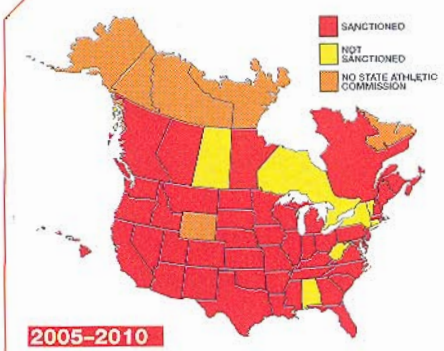
1993–2001

Zuffa, the current owner of the UFC, buys the fledgling company in 2001, seven years and two months after the organization's debut in Colorado.



2001–2005

During the first 4½ years the UFC slowly started the sanctioning process, scoring a huge victory in Nevada in August 2001.



2005–2010

This year, Wisconsin became the 43rd state to regulate MMA and the first to pass legislation. Pending bills in New York and Ontario will hopefully come to fruition.

FILLING UP THE SEATS

ATTENDANCE AT UFC 1
11/12/93, McNichols Arena, Denver
2,800

ATTENDANCE AT UFC 100
7/11/09, Mandalay Bay Events Center
10,871

Definition of a "Feared Striker"

THEN



DAVID "TANK" ABBOTT

- Record: 10–14
- Once embodied the definition of "a puncher's chance"
- Notched four KO/TKO wins in the UFC
- Relied on an initial bull rush and brawling style

NOW



ANDERSON "THE SPIDER" SILVA

- Record: 25–4
- Muay Thai striker with a black belt in BJJ
- Seven of 10 UFC wins by KO/TKO
- Holds the middleweight belt but fights at light heavyweight as well



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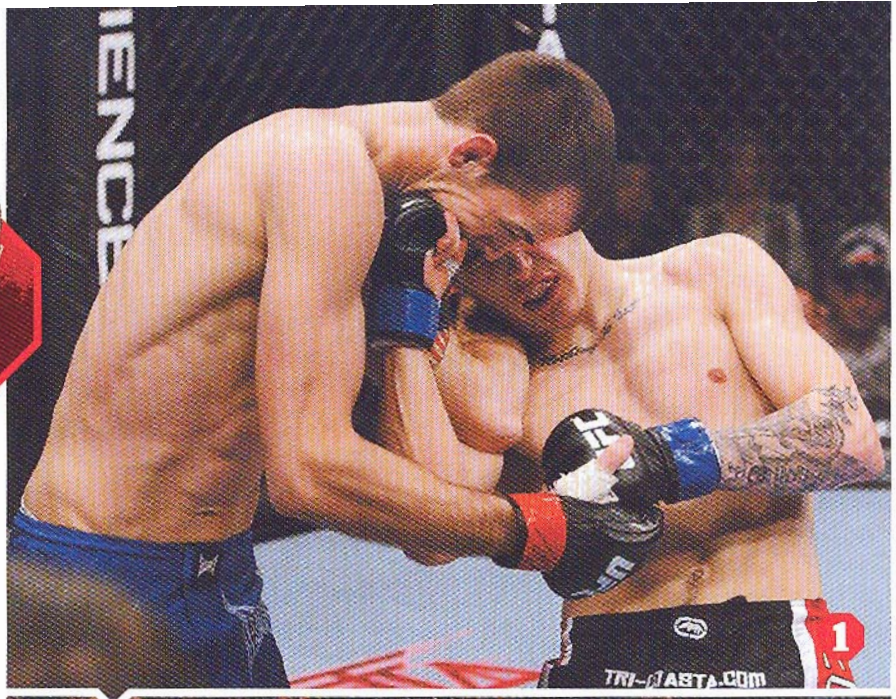
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DOUBLE DOWN

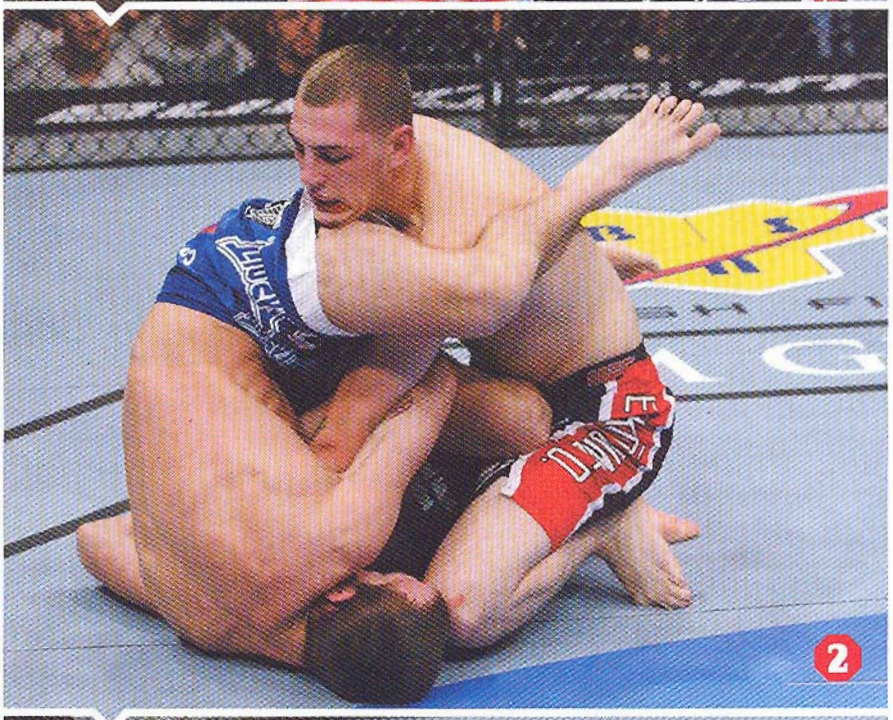
How **Cole Miller's** two-pronged attack submitted Dan Lauzon in their UFC 108 rumble *As told to* SEAN HYSON

Lightweight Cole Miller (blue shorts) looked to be in trouble under a minute into his UFC 108 bout when Dan Lauzon dropped him with a left hook. The American Top Team member rallied back through more strikes and a takedown to attempt a Kimura that eventually set up an inverted triangle choke (Miller's choke came while his face was flush against the mat and his body up in the air). Below, Miller tells us how he got the hard-earned tap.



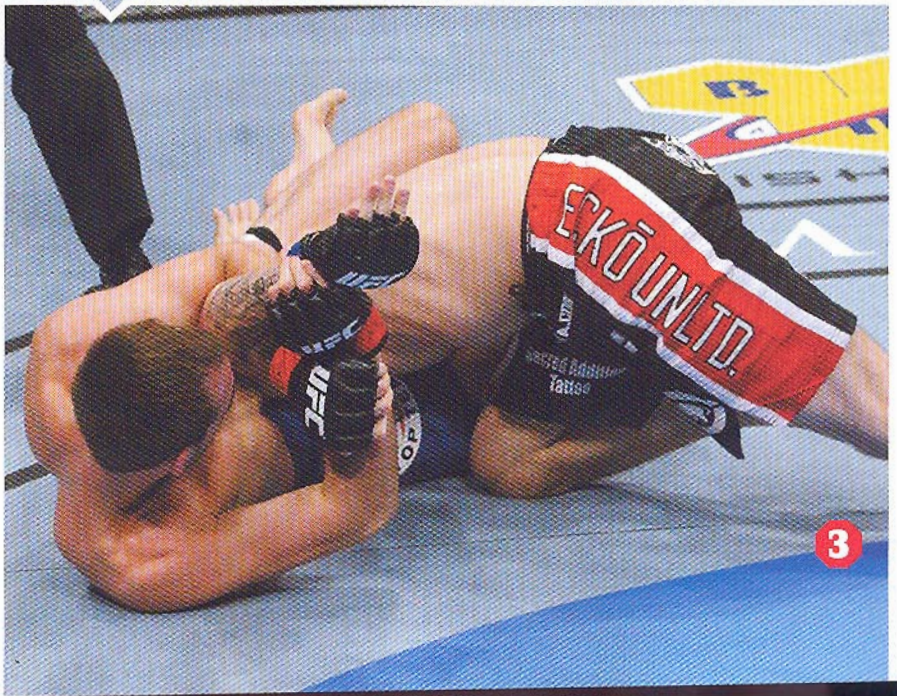
1 Weathering the Storm

"I usually don't go in there with a set game plan. The fight starts on the feet, so I always assume I'm going to box it out until the fight hits the floor. Then I start working the jiu-jitsu. I wanted to make sure he was reacting to whatever I was doing, not the other way around, so I pushed the pace. We had some exchanges, and then he landed the hook. He hit me hard enough to drop me, but I wasn't rocked."



2 The Setup

"When he got my back, I peeled his hooks off and I got into the top position and I went for a Kimura. Then I actually dropped to the bottom on purpose. I could have easily stayed on top because I passed the guard, but I dropped because I had his left arm and didn't know if I'd be able to switch it up to an armbar or what. Then I started setting up the inverted triangle."



3 The Kimura and Choke

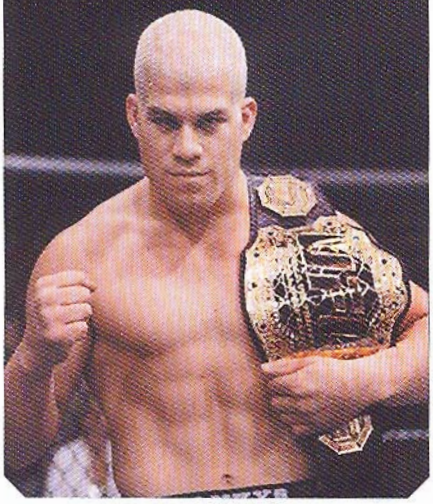
"I got my right leg around his body and my left over the right foot, like a normal triangle. I was upside down, but I've practiced it for years in training. When you're in an inverted position, it's a great technique. For him to defend the triangle, he had to posture up, and once he did that, I wrenched the arm for the Kimura. To break the Kimura, he had to put his weight into me, which tightened up the choke. He was done for either way."


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ULTIMATE TRIVIA CHAMPIONSHIP

Test your UFC knowledge with these head scratchers to win a trip for two to UFC 114 and the Fan Expo this May

1 **TRUE OR FALSE**
TITO ORTIZ HOLDS THE RECORD FOR THE LONGEST TITLE REIGN IN UFC HISTORY?



2 **The first UFC fighter to wear the standard five-ounce MMA glove in the Octagon was:**

A Don Frye
B Art Jimmerson
C Tank Abbott
D Ken Shamrock



3 **Which UFC vet was once a competitive bodybuilder?**

A Mark "The Hammer" Coleman
B James "The Sandman" Irvin
C Phil "New York Bad Ass" Baroni
D Roy "Big Country" Nelson

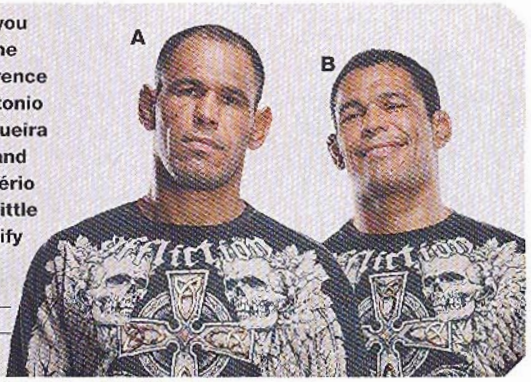


4 WHO HAS THE MOST KO/TKO WINS IN THE UFC'S HISTORY?

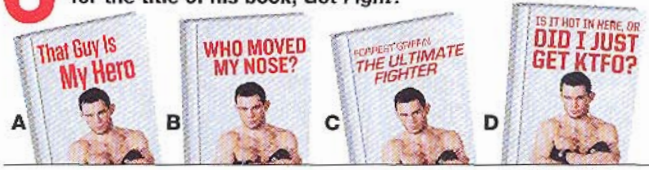
A Anderson Silva
B Chuck Liddell
C Vitor Belfort
D Rich Franklin

5 **Can you tell the difference between Antonio Rodrigo Nogueira ("Big Nog") and Antonio Rogério Nogueira ("Little Nog")? Identify them below.**

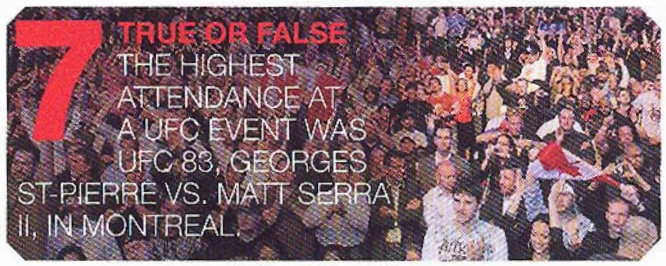
A _____
B _____



6 **Which of the following was Forrest Griffin's original choice for the title of his book, *Got Fight?***



7 **TRUE OR FALSE**
THE HIGHEST ATTENDANCE AT A UFC EVENT WAS UFC 83, GEORGES ST-PIERRE VS. MATT SERRA II, IN MONTREAL.



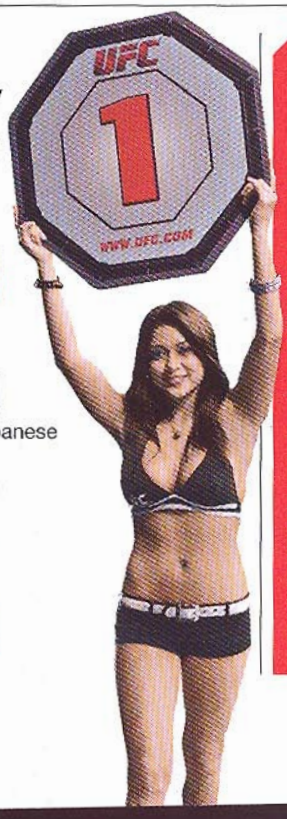
8 **What ethnicities can Arianny Celeste credit for her exotic beauty?**

A
Mexican + Filipino

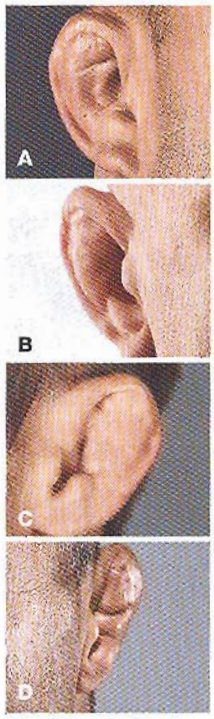
B
Puerto Rican + Japanese

C
Russian + Polish

D
Iranian + Chinese



9 **Match the ear to the fighter.**

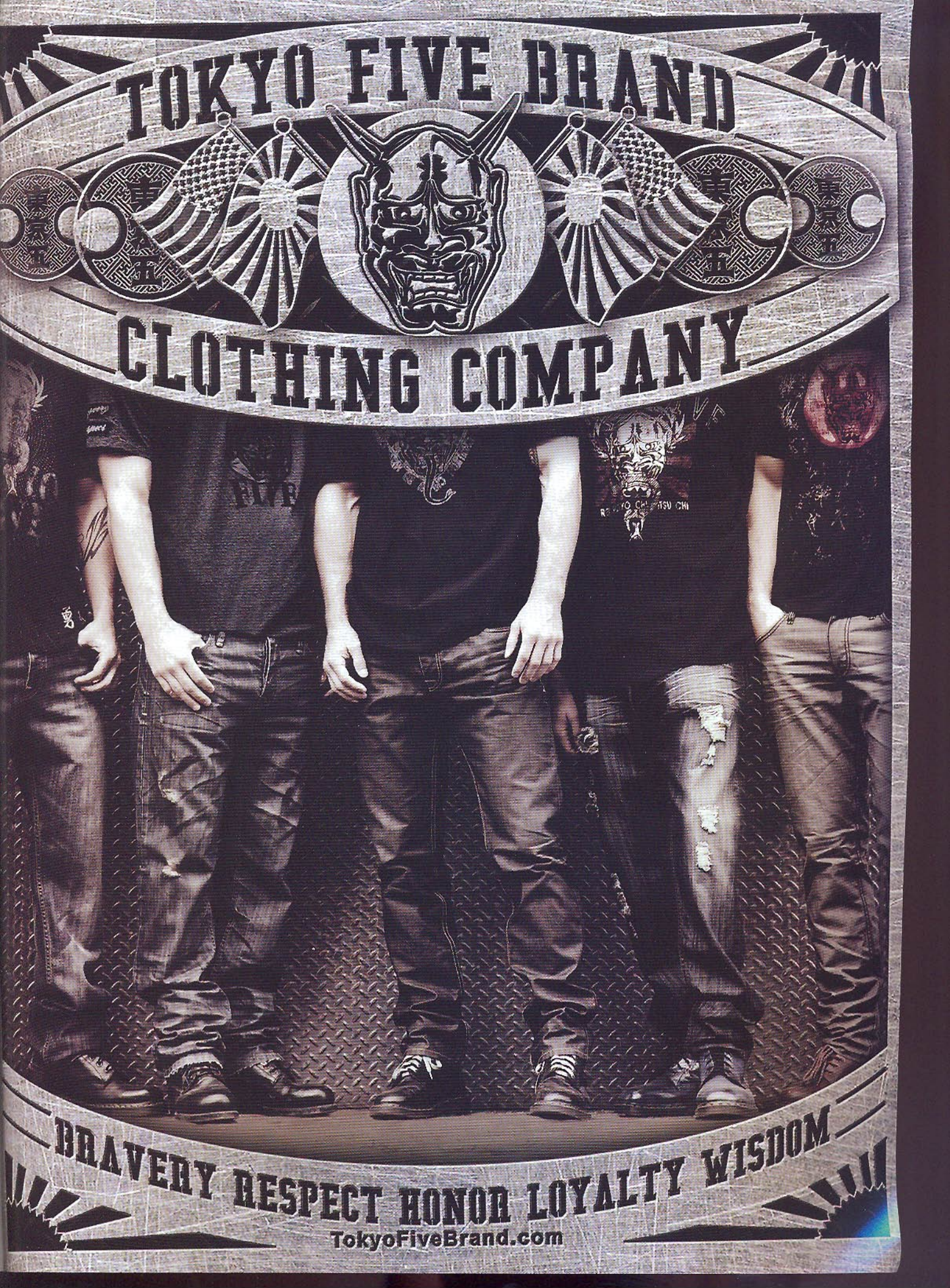


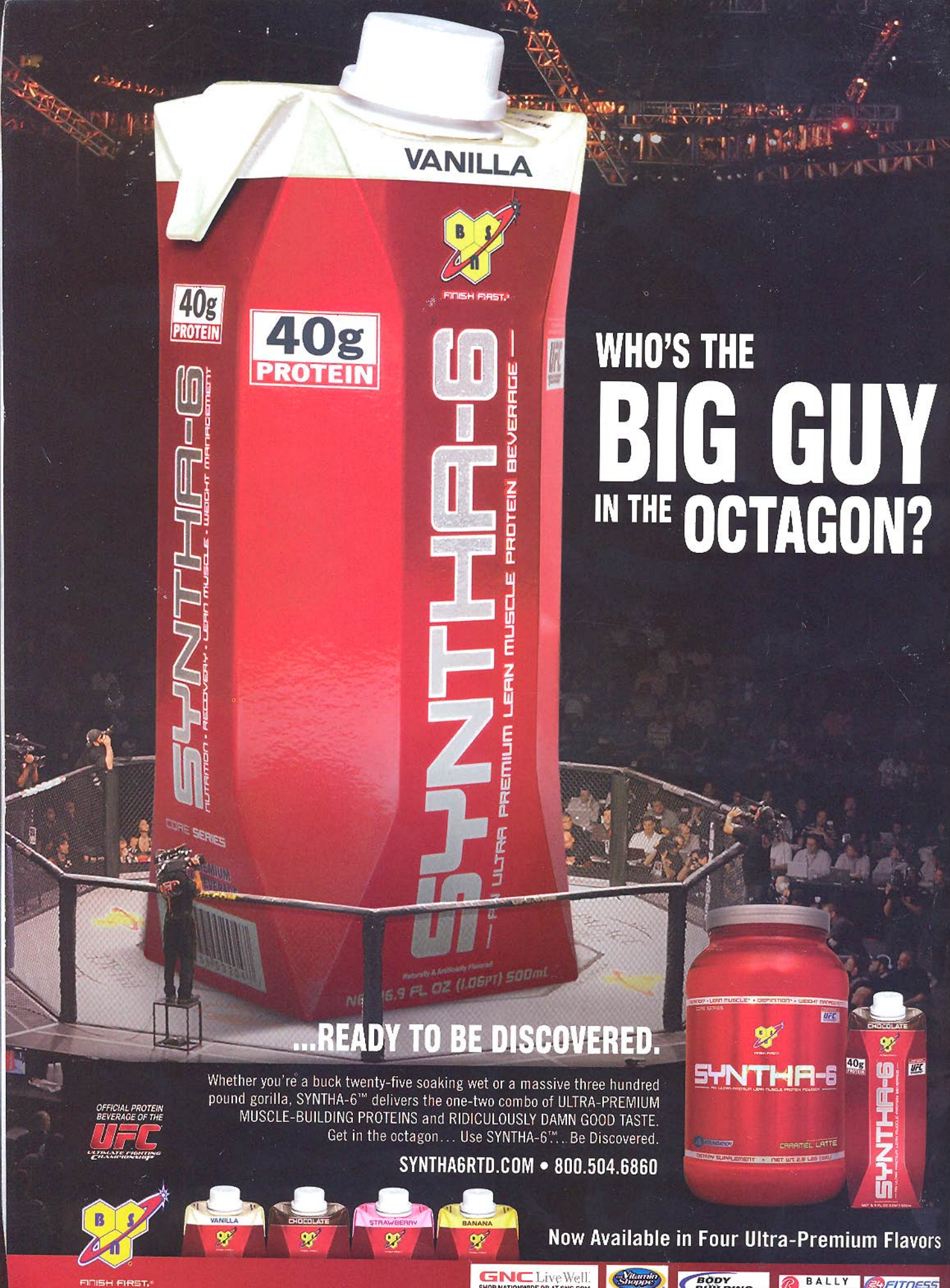
___1 Randy Couture
___2 BJ Penn
___3 Matt Hughes
___4 Mark Coleman

WIN A TRIP TO UFC 114

Send in your answers by e-mail to **expocontest@ufc.com** or mail the answers to ***UFC* Magazine, One Park Ave., 3rd Floor, New York, NY 10016.** The prize consists of a trip for two people, including flights, hotel accommodations, and tickets to the UFC Fan Expo, as well as UFC 114 at Mandalay Bay. The winner will be picked at random from the pool of entries with the most correct answers. The contest closes April 30, 2010.

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