

mixed martial arts' most
wantedTM

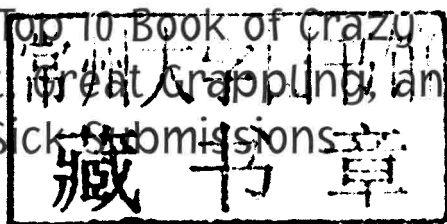


by adam t. heath and david l. hudson jr.

the top 10 book of
crazy combat,
great grappling,
and sick submissions

Mixed Martial Arts' Most Wanted™

The Top 10 Book of Crazy
Combat, Great Grappling, and
Sick Submissions



Adam T. Heath and David L. Hudson Jr.



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I dedicate this book to my parents, Tom and Sharon Heath;
my sister, Amy Heath; and
my partner in crime, Christina Messino.

—Adam

To Thomas Wayne Watson: rest in peace, my friend!

—David

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—David

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Where It All Comes From

1

MMA Originals

The First Mixed Martial Art Styles

The media and sports fans tend to believe that the sport of mixed martial arts (MMA) is a new development. Nothing could be further from the truth. It's likely older than any other competitive sport. There can be little doubt that our ancestors were actively beating each other senseless long before they had even invented the wheel. Not only did the ancient Greeks practice MMA more than two thousand years ago, but records also indicate that the Chinese were doing it even three thousand years before that. In all likelihood every ancient culture had versions of mixed martial arts that have been lost to the ages. Calling MMA a modern sport is nothing more than a marketing ploy that does an injustice to the great warriors who have come and gone.

1. KATO PANKRATION

If there was one thing the ancient Greeks were good at, it was kicking each other's asses. With only two rules—no eye gouging and no biting—*kato pankration* symbolized the Greek tradition of going to extremes and was as close to life-and-death combat as could be justified outside of warfare. Nobody knows exactly when the various forms of pankration came into existence, but by 648 BCE they had found their

way into the Olympic Games. However, the noble Greeks had added an additional, important rule: It was illegal for competitors to kill their opponents "voluntarily."

Of course, it wouldn't be a Greek sport if there weren't a few deaths now and again. Perhaps the most famous death in the history of kato pankration was that of Arrichion of Phigalia. While being choked Arrichion managed to apply a toe lock to his opponent, causing the man to raise a hand in submission. Unfortunately for Arrichion the submission came too late, as his opponent continued to choke him until the referee stopped the bout, by which time Arrichion had already taken his last breath. Arrichion was posthumously appointed the victor, and his legend has survived nearly three millennia.

2. GLADIATORIAL COMPETITIONS

Not only were Roman gladiators skilled in hand-to-hand combat, they were also accomplished with a wide variety of weapons and regularly used them to good effect. Although Hollywood portrays gladiator games as events held in public venues, the vast majority of such competitions were held in private between representatives of rival ludi (gladiatorial schools). Public gladiatorial games only became common in the late republic, as societal instability drove leaders to seek cost-effective ways to curry favor from cohorts and plebeians.

The majority of gladiators were slaves and criminals who had been sentenced to the arena, but as the games became more commonplace and the rewards grew, paid volunteers began to fill the ranks. Despite being the denizen of rogues and unsavory characters, well-known figures occasionally entered the games, often for no other reason than to spite their more moderate colleagues. Although Spartacus is the most revered gladiator, a number of emperors also entered

the coliseum, including Commodus, who regularly appeared in character as Hercules and is credited with no fewer than a thousand appearances (albeit often on a pedestal from which he lanced creatures and men).

3. CLASSIC PUGILISM

The word pugilism may be synonymous with boxing in the modern lexicon, but the pugilism of old was a far cry from what we now see in the squared circle. The Greeks and Romans had their own version of the sport, where fighters wore various forms of knuckle dusters and often beat each other until they were dead. Banned sometime around AD 400, pugilism continued in a number of forms throughout Europe and the rest of the world.

It wasn't until the eighteenth century that we again have substantial written evidence of commonplace pugilism, as attempts were made to apply various rules to what was, in essence, free-for-all combat. In early classical matches combatants regularly grappled, tripped, and threw each other. They also pulled hair, gouged eyes, and used all manner of dirty techniques as long as they helped ensure victory. Beginning with Broughton's Rules of 1743, sportsmen made numerous attempts to limit the savagery of pugilism. These attempts culminated with the late-nineteenth-century Queensberry Rules, which are the basis for modern boxing regulations.

4. BARTITSU

A largely unknown and secretive fighting method from the late nineteenth century, Bartitsu was more of a learning style than it was a specific art form. Formulated by the Englishman Edward William Barton-Wright, who had spent a number of years in Japan, Bartitsu was primarily composed of Asian