



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

Forrest Griffin, Erich Krauss

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A *New York Times* Bestseller, *Got Fight?* is an hysterical, entertaining, and in-your-face guide to fighting from the most enigmatic and unpredictable fighter in Mixed Martial Arts (MMA). Forrest Griffin is the light-heavyweight champion of the Ultimate Fighting Championship (UFC) and was the winner of the first season of Spike TV's *The Ultimate Fighter*; in *Got Fight?*, he shows you how he did it. With Erich Krauss, Muay Thai fighter and co-author of "The Prodigy" B.J. Penn's *Mixed Martial Arts: The Book of Knowledge*.

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

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Artiom Karsiuks says

Many a moon have I followed Forrest's MMA career and scratched my head trying to understand what goes on in his head. Griffin was kind of an enigma to me - I'll tell you why. The guy fights like a dog inside the cage, projects this fun and humorous persona outside the cage, but when he loses a fight, he breaks down in hysteria on national television sobbing with tears of deep emotional pain. Shouldn't he be this "I don't care" kind of a tough S.O.B.? Why is he losing his cool in front of millions of viewers? Well, I've got my answer. This book perfectly illustrated how [with age] this man developed a thick shell of sarcasm and comedy to cover the deep emotional trauma of his teenage years. Hell, I'm no psychiatrist (I even slept through my mandatory psychology classes), but I see a messed up childhood when I read one. Little Forrest was emotionally abused by his peers, beaten up on a constant basis and even tried taking his own life at an early age. Of course, staying true to his silly style of writing, Griffin sprinkles in these disturbing facts along with chuckles and giggles, so to speak, but it doesn't make them any less unsettling. After reading this short book and learning of his troubled early years of life, you find it hard to root against the guy in his fights.

Brett Starr says

Who Moved My Nose?...

No seriously, its a comedy!

Forrest Griffin's "Got Fight?" isn't just the next autobiography about an MMA fighter, ala Chuck Liddell, Tito Ortiz, Matt Hughes, Randy Couture & Jens Pulver. In fact, this book won't really tell you all that much about Griffin's life, but it will make you laugh and fill your mind with absurd stories that Forrest has actually lived through.

From Forrest's college days, to his dirty apartment where he played the movie "Good Will Hunting" on a continuous loop to his first MMA fight, the hilarious stories pile up quickly.

My favorite part of the book was the mini stories, told by Forrest's friends, I've retold each one a dozen times to friends that I know are Griffin & MMA fans.

Forrest so kindly even has a whole section in the back of the book where he shows you his MMA moves step by step, although I probably wouldn't recommend his Asain Dart technique.

Funny, funny book and if I could give you one piece of advice after reading "Got Fight?", do not, EVER, cut Forrest Griffin off if you see him driving.....

Sean says

If you're a fan of low brow male chauvinist, poop and fart joke sophomoric humor (and who isn't?), this book

is for you. If you are not a fan of poop or fart jokes, you are a liar, fart jokes are funny. Of course this book is more than sophomoric humor, it also gleans the nutty fellow that is Mr. Forrest Griffin, and what it took for him to become a championship level mixed martial arts fighter. Simply the very best martial arts theme book I have had the pleasure to sit down with.

James says

Not bad! From reading this book, Forrest Griffin sounds like a shrewd, funny, and pretty decent character, although he's also about as crude, vulgar, non-PC, and sometimes sophomoric as they get - those latter traits might offend me more if my own sensibilities hadn't been warped by a lot of years in the military and then working in the prison system, both cultures where he'd fit right in.

Anyway, if he ends up fighting anywhere within a reasonable distance of where I live I'll go watch his match, and if he writes another book, I'll read it.

Greg says

*On Why this is Not Irony**

Book Review

This is possibly the second funniest book that will come out this year. I haven't read the funniest, but I'm guessing it is David Cross's book *Why I Drink*. I'm certain that this is funnier than Augusten Burrough's newest romp into his dysfunctional past, or Chuck Klosterman's milking of his generation X astuteness. Maybe it's because this book is so self-deprecating and that Forrest Griffin seems to have an active dislike for the same types of douche bags that I do that the book appeals to me so much. Or maybe it is that the term douche bag is used so often in the book that I can't help but love it.

Got Fight? is acknowledged as a bad title in the book, and it's partly about how to succeed as a fighter, but also as almost an anti-self help book on how to get through life as a cynical average person with no special skills going for you. A part of me wonders after reading this if I had been beaten up a lot as a kid if I could have turned out to be someone who enjoys having his face beaten to a pulp and doing the same to another person. Instead I have made it through my life with only having my ass kicked twice, both times when I was quite young, and deserving of one of them, but not the other, and both times laughing the whole way through it. The first time was when I was maybe six, and I used a stick as a javelin to throw at the bicycle tires of this asshole who lived two blocks over from me. This kid was like five years older than me, and for some reason took great pleasure in bullying really little kids. I don't know what I thought of him then exactly, now the term sociopathic asshole comes to mind, and he's probably in jail for fucking little boys and then burning their scrotums with a car cigarette lighter. Seriously this kid was in like sixth grade, and I was maybe in first, what kind of cheap thrills does it get you to try to torment little kids. But whatever. He verbally fucked with me, and stole my shit (like something I'd be playing with or something like that) once too often, so when he rode by, I threw the stick at his tires counting on it to topple him. It worked. The stick got through the spokes in the front wheel, and he went over his handlebars and on to his face and he immediately charged after me and kicked me over and over again in the stomach while I laughed. He went away after a bunch of kicks. This same turd beat me up once more pretty soon after, and maybe it was once again for my skilled take down of him on his bike and once again I laughed a lot while he continued to push me down and kick

me. I wouldn't call either a fight, since I did nothing to fight back.

I have never been in a fight.

I either dodge them in some kind of unmanly way, or else did things in cunning little ways to avoid them (like stealing all of the shit some neighborhood kids were going to use to beat me and my friends up with, and then burying them.... (things like steak knives, a waffle iron, a real slingshot, and broom sticks with bicycle grips on them, I have no idea what they were going to try to do with an electric waffle iron, but they did threaten us with their stash of weapons previous to our stealing them). In later life, in my twenties, I had numerous opportunities to get into fights with groups of asshole rednecks, but the idea of getting the shit beaten out of me by three to five guys who were taunting me with the word faggot, made me think it was better to just ignore them. I kind of wish at a younger age I had learned to fight, it seems like something that is good to know, just the idea that you can get hit and it's not the end of the world. I know this mentally but the idea of really getting hit is still a kind of scary idea to me, and I'm sure it always will be.

Even though I haven't been in a fight and I'm only a casual fan of MMA, and I'm not the type of person who is usually associated with liking MMA (I don't own an Affliction T-shirt, or try to walk around looking like a fighter), there was still a lot of pretty interesting stuff in this book. I think one should have some knowledge of the UFC before reading this book, but it's not just a fighting book. I'm actually really surprised at how much I have enjoyed this book, from interviews and seeing him as a coach on one season of the reality TV show I have a certain respect for Forrest Griffin, and he is one of my top five or so favorite fighters, I wasn't really sure if reading a book by him (well sort of, co-written by him), would be an experience that I'd enjoy at all, but it turned out to be.

For some reason, writers like to thank people at the beginning of their books. I understand if the book is really good, like Hemingway good, but what if the book sucks? I'm pretty sure the book you are currently holding will only make you stupider, and I don't want to insult anyone I care about by putting them in the acknowledgements. It would be like dropping a turd into a napkin, setting the greasy bundle on the shelf in a bookstore, and then calling home and saying 'Hey Mom, I just wanted to thank you for making the dump in a napkin possible.'

*This is not a book I have read ironically. I schlep around low-culture sometimes ironically (see my *Penetrator* reviews, my 2 week obsession with Christian Rock back in December 1997, and my month long *Left Behind* binge of ought O), but I like to think that I don't do this in a hipster kind of way. I take it back, my interest in all of the above were not meant ironically, my interest in *The Penetrator* is a true interest in pulp-fiction, my Christian Rock binge was based on humor, the shit was so un-ironically sincere that I couldn't help laughing (go youtube "Boycott Hell" and then tell me that after discovering this gem, you too wouldn't 'borrow' a majority of the Christian Rock CD's from the college radio station you were working at to try to find something this fucking funny again (I didn't find anything so funny again, and gave up soon after starting), and *Left Behind* I read because I am a) fascinated by Born Again Christians, (and at the time they were just kind of like retarded children, kind of cute and harmless in their strange ways, or that's how I viewed them), and b) I was very baffled by their appeal to millions of readers so I had to find out first hand what the fuck was going on.

I will assume that most people who may read my reviews probably have a pretty negative view of Ultimate Fighting (which sounds stupid, from here on I'm going to use the term MMA, it's easier to type, it means mixed martial arts). And I understand. I thought the idea of watching some guys beat the shit out of each

other was really dumb. Like what people who are angered that the WWF (or whatever they are called now) isn't on 24/7 and need something else to watch when wrestling isn't on. Since I don't have cable, and would never pay 49.95 to watch a pay per view event I was pretty much shielded from having to ever come into contact with the UFC.

Then a friend of mine started mentioning fights he watched in emails every now and then. I eventually asked, 'are you fucking serious?' and he told me that he was. He recommended watching the reality TV show *Ultimate Fighter*, as it was some of the funniest and most absurd shit around. That seemed separate from his enjoyment of watching fights though. So I watched a season of *Ultimate Fighter* and started to get hooked.

I recommend watching the show. You take sixteen guys, most of them with some serious fucking issues and little self control. Have them train and fight for something like six weeks, but when they aren't training just lock them in a house with no entertainment except a pool table, and as much booze as they want and then watch the fireworks. Every season has a couple of really smart guys who are intelligently trying to break into the big leagues of professional fighting, then there are the majority that are a bunch of sort of bonehead but harmless guys who start to go stir crazy towards the end, and a couple of guys who get wasted every night and try to kill one another. As far as reality tv goes it's pretty funny.

But from the show I started watching some of the older UFC events and some very old Pride events (Japanese fighting league where most of the early 'stars' of MMA got their start, and which was The Shit when it came to fighting until the UFC usurped them, now most of the big talent is with the UFC, with the exception of the lighter weight classes that aren't represented in UFC fights, so they are in a league called the WEC (which lately has better fights, maybe more on this later), and a contender for trying to draw fans from the UFC, Affliction (makers of t-shirts for douche bags everywhere), which is kind of a sad affair, that has only managed to put on two events in over a year, but they have Fedor Emelianenko fighting for them, and he is an amazing fighter who is definitely worth watching.

That all said, for what reason these details were given I have no idea, I enjoy watching MMA fighting, it's pretty fascinating to watch, and much more than two boneheads beating the shit out of each other for fifteen minutes. Not being a fan of other sports, this one has been surprisingly good for a person who wants to be a fan but doesn't like the idea of being a sports fan. Why? 1) There is no commitment to MMA on the part of me. The events are maybe once a month. I don't feel the need to even watch an event within a month of when it airs, I can watch it at my leisure and still not know the results, because it's very easy to stay in the dark about what happened at say UFC 102- 'revenge of the old farts' (this is clever on my part, trust me). 2) There is no off season. While it seems like I want a lack of commitment in my sports, I also don't want there to be too long of a time that I can't get a fix of the new. 3) The last minute on the clock during an MMA fight lasts a minute, not a half fucking hour like in basketball or football. I'm convinced as of an hour ago that my dislike of sports stems from Sunday afternoon football games cutting into the TV shows I liked to watch on Sunday evening as a kid. All those fucking time outs and shit when I just wanted to watch *Silver Spoons*. Besides football to me is pointless, there seems to be little strategy, it's predictable and slow; to football fans I know I'm wrong, but that's what it seems like to me. 4) The fights last at most 25 minutes, if it's a championship fight, or else just 15 minutes; and with the possibility of being over much quicker. This is perfect for me and my attention span for sports. and finally 5) You see some great and violent things and lots of blood, this is barbaric, but it's pretty cool to see someone's forehead get split open by an elbow.

Oh and I should add, that I like it because it's not boxing. Boxing is two guys punching each other. I found it boring previous to watching MMA, and since watching MMA it's even worse. There seems to be minimal strategy in boxing. You move, and you punch. You don't have to worry about being kicked, your opponent isn't going to clip you with an elbow, try to break your nose with his knee in a clinch, and you never have to

worry about getting taken down with a wrestling move or having your arm or leg broken by a submission hold. You stand, move and punch. It's kind of boring. Not that MMA isn't kind of boring too at times. Currently most of the main fights in a UFC event are getting kind of dull and predictable, but there was a time a couple of years ago that the same could be said, when it seemed like jujitsu was too dominant in the sport. Watching fights that are all about jujitsu can be kind of boring (and possibly more than a little gay, it's two guys laying on each other doing little moves trying to get a hold of the other, sometimes with their heads shoved in the other ones crotch), just like some of the stand up fights that are happening now are getting to be a little too cautious and boring (but I have reason to believe this is going to change soon with the new interjection of karate as the surprise weapon of the current light heavyweight champion, Lyoto Machida. I can't adequately describe it, since I'm sort of dumb when it comes to martial arts, but seeing him him take apart Rashad Evans to win the championship one can see that his 'unorthodox' skills are going to change the way the sport is played out.).

That in a long winded footnote is kind of why I like watching MMA fights and why this book was read unironically.

Mike Slominsky says

I'm a fan of MMA, so this was a "must read" for me. The writing is funny, but it is also a bit (ok, really, really) misogynistic and homophobic and just kind of "big dumb guy" stuff. I liked it and there were times when I laughed out loud, but it isn't for the sensitive and doesn't contain any "game plan" type of information. The book is made up of funny anecdotes, some common sense "fight tips," a few crude jokes, and what I hope is a little insight into the personality of one of MMA's toughest fighters. I'd recommend this to a Griffin fan, but not to a casual fan or someone who I wanted to check out the sport of Mixed Martial Arts.

Khurram says

Got to say I am not really a fan of this book. This book is like stepping to Forrest Griffin's head. That can be a scary place. In the past and in interviews I have found Forrest funny, but that was in small doses. This book is like a lethal injection. Most of the time I don't know if he is joking or actually believes what he is saying. The one thing people can take away from this book is Forrest's belief that he should never give up and trying to install that in other. I would have liked to hear a lot more of his real though (not filtered through his "self-defecating" humour) on his fighting career. The only parts of this book that made sense were the quotes from his friends, and the first story. The quiz at the beginning was pretty good but still a little weird, and sets the tone for the book.

Antoni says

This is by far my favorite book, it is really funny but also very informative. This book goes through the mental and physical aspects of fighting. Forrest Griffin (the author) explains his points of views on many things and teaches how to turn your love for mma into a career. It also teaches and shows how hard it really is to make a career out of fighting professionally. This book really captivated my attention as a reader because of the writing style and humor incorporated into the book. I would really recommend this book to

anyone who is getting into the sport or wants to know more about mma. Overall 5 stars!

Deyth Banger says

I am a fighter...

...

jaja

Ha

Ha

....

ha

...

Jospa

....

50 Zen Master

...

(Note: Just messing with ya... not bad book but few tactics and I bet that there weren't 50...

... the test was strange as hell.)

Teacherhuman says

Forrest Griffin is a real treat--in the Octagon and between the covers of this sweet surprise of a book. I expected to find the essence of a ghost writer rather than Griffin's--but not so. It's clever and cutting and "knock you the f out" funny. As tenacious as he is in the cage, Griffin does not give up until he has his reader in a belly laugh. My highest recommendations--even a reader who hasn't seen this Mayberry RFD look-alike fight will find something to love in this book. A great read for anyone interested in the world of Mixed Martial Arts and the developing subculture.

Cham Cuartero says

Fear is a good thing because it keeps you alive,

but if it becomes so great that it hinders you from doing what you want,
you need to confront it head on.

- Forrest Griffin

Forrest Griffin is a Mixed Martial Arts fighter, a.k.a. a UFC Fighter...
And he's published his own book. How cool is that?!

Well, there are a few things that I learned about Mr. Griffin from his book, as early as the first page. Aside from being one of the top-ranked light-heavyweight MMA artists in the world...

- ~ He graduated with a degree in Political Science (That deep...)
- ~ He worked as a Police Officer before he became a fighter. (Oh well, this guy's photo must appear first in the list when you Google images of "police officers". The perfect picture.)
- ~ He can grow a set of muttonchops (Read: sideburns... And all this time I thought this was some kind of plant or mushroom. Men who can grow plants? Adorable.)
- ~ He's married. (Sorry ladies...and gents too.)
- ~ Forrest Griffin co-authored GOT FIGHT? with Mr. Erich Krauss, a Muay Thai fighter who has written at least 25 other books.

from various sources in the net

So what's so special about this book, anyway? This was the book I was referring to in this other post.... Remember the book that S found to be too pricey for his pocket? Turns out that I found the perfect occasion to buy the book for him so that it doesn't have to come from HIS pocket. I bought it as a Happy Trip Gift for him when he left for the Land of Pandas last July. It was also him who introduced me to the amazing world of UFC and MMA. I can still remember the nights when we go to local bars in eLBi on certain Saturday nights, order a single beer, and watch UFC for free.

Aside from the 50 Zen Principles of Hand-to-Face Combat which this book tells about (which only my dear husband enjoyed, because between the two of us, he's the only one who can relate to the technicalities of MMA), GOT FIGHT? is an informal instructional guide on exercising and asserting your own sense of MANHOOD, whatever personal interpretation you may have of such word. Tips on how to score chicks, get into (and hopefully survive!) street fights, endless bantering sessions with other testosterone-high guys, and a whole lot more.

Now you must be wondering why I read this book. I'm a girl. Well, hello Mr. Griffin! I'm probably one of the few little girls you've mentioned in your book, who would actually read your book from cover to cover. Haha! Oh yes, I may be a girl, but I believe that I think more like a man most of the time. I'm not your average dainty doe. Perhaps because I grew up with boy cousins and brothers all along. And I've been living with my 8-year-boyfriend-turned-husband bestfriend for the longest time.

I had a lot of fun with GOT FIGHT? Both my husband and I have finished the book but until now, we still

recall and share with each other the funniest and most memorable lines we've found. Grab a copy of this book as a gift to the special boy in your life and you're guaranteed lots of guffaws from the toilet...

And a hug too. :)

*** This is the first book I ever bought at Fully Booked.

And oh, pardon the rants and drama in this post. I "tried" so hard to make a decent review. I guess I need to work harder on the serious stuff. LOL

Christina says

I laughed really hard.

But I also became paranoid that Jim is going to get herpes at jiu-jitsu practice.

Jessica says

While I had no real idea what to expect when I first cracked this book open, it didn't take long to stumble upon the off-kilter sense of humor that UFC fans know as Forrest Griffin.

The thing that startled me, though, was that Forrest was *actually* imparting (what seems to be) sound fighting/conditioning/survival advice. In between one-liners and zingers about sex, he was imparting his views on how to break into the fight game, what to expect, and what to look out for. You also got a little more information on the young (and entirely imbalanced) Forrest Griffin, as well as his history prior to becoming the first TUF winner.

Now I'll be the first to admit that I wasn't a fan of Forrest when I first saw him (coming in very late after the first season of TUF). But then, the more of Forrest I saw, the more I liked him. He's just so humble, fun and quirky that you get kind of drawn in. I mean, you can't help but like a guy who, after his second bout with Stephan Bonnar, told the entire viewing audience that he had fought that fight with an inflamed vagina.

At any rate, this is a hi-freaking-larious read, and is made even better by additional short-stories and asides that were added by Big John McCarthy, Adam Singer and Luke (all of which are titled "Dick in a Box"). He writes like he's having a normal conversation, and doesn't hold back on his opinions, rants or ideas. In the end, it's mostly funny, slightly juvenile, but entirely entertaining.

Colin says

Finished it last night, still laughing. Although I feel that I actually might be a little dumber now.

No says

I have read a few MMA books from fighters like Chuck Liddell, Tito Ortiz, Randy Couture, and Matt Hughes. This was by far the best one. Very funny and informative on the not so talked about things in cage fighting or just life in general. Like who has shit their pants during a fight, how to pick-up women in bars, dirty street fighting techniques, dealing with groupies, all the diseases and dirty shit you can catch in a gym, etc. Only two bad parts in the book being Forrest saying one of his idols is the piece of shit known as Martin Luther King Jr and ending the book in the epilogue talking about religion and falling for pascals wager. Otherwise this was a very easy and extremely funny read, be prepared for some good ol' sick and twisted humor.

"You should have a smile on your face and kind words for everyone you meet. As well as a plan to kill them." - Unknown
