

Essay on mma history and fighters

[Psychology](#), [Success](#)



Introduction

Mixed Martial Art (MMA) is in a category of combating that is combined from various styles of traditions. Currently, it is referred as cage fighting. MMA started during Olympics of ancient Greece. Its popularity of being one of the most popular contact sports has risen over years. MMA fighters have been popular due to their skills and talents that they portray in the sport to knock out their rivals making them submit. MMA exist even before the first Olympics.

In Greece, fighters began unarmed combat performed sport known as pankration a Greek word which means “ all powerful”. The sport falls under two rules, threw were neither biting nor gouging.

MMA sports popularity spread to India during the era of Alexander the Great who appreciated the sports where he used to recruit athletics as soldiers due to their knowledge of combat and strength (Byers, & Daniel, 2013). Due to desire of the man to become better at fighting sports Martial Arts has grew resulting in evolution of different and new styles in combat. The development of martial art techniques is due to advancement of cultures and societies from one another.

Traditional Martial Arts practices, procedures and disciplines had influenced over time by the change and development of martial arts. Also changes in instructions, ideas, and methodology have resulted into new styles. For instance, karate in Japan influenced change in modification techniques of Tae Kwon Do. However, all martial arts are in a sense of mixed martial arts. Regardless of individualization in martial arts there has been knowledge of inclination to know which style, forms and techniques to be used in combat

sport is the best (Crudelli, 2010).

Mix Martial Arts is increasing in popularity each and every day. History has revealed us that man has constantly struggled to prove his expert and experience at combat sports to be the best. In the present days MMA has come to full circle and from early day strength contest to deviation of different combat forms to a merging of modern day mixed modern arts.

Anderson Silva

Early life

Anderson da Silva is a Brazilian mixed martial artist who was born in the year 1975, April 14 in Curitiba. He was born in a family of four as the middle child, a son from a poor background family. Therefore Silva spent his childhood years in his extended family, mostly his aunt and uncle who was an officer in Curitiba Police Force. Silva, his older brother and young sister were abandoned by their mother due to disturbance of poverty at the age of four years.

Early Martial Arts Training:

Him and neighborhood children started a training Jiu Jitsu lessons since it was affordable and available. Through Fight! Magazine interview Silva clarified his introduction to martial arts. He said that Jiu Jitsu was a best choice in Brazil. Silva learnt a lot in his own since there was some prejudice towards poorer children. Silva could watch the neighboring kids who did Jiu Jitsu to learn from them (Byers, & Daniel, 2013). Also he made friendship with them thus enhances his learning better though was unorganized training but was better than nothing. At the age of 12, despite the stricken

poverty in his home he learned Jiu Jitsu but there was insufficient of money to pay for him Tae Kwon Do. Silva migrated to Capoeira there after settled in Muay Thai at the age of 16.

Early MMA Career:

During his first match he lost to Fabricio Marango as he explained. However the lost game does not appear in his official records. In Meca World Vale Tudo he was declared a loser officially, in his first bout to Luiz Azeredo. In his next fight he managed to record a win in a fight against Jose Barreto which was a knock out. He advances his studies where he joined Chute Box Academy in Brazil. The school was amazed by Silva's skills and talents and empowered him to achieve the best. Apparently, he learned and developed reasonable ground game during his schooling. He stuck on his course and immersed to be among the feared fighter in the combat sports.

His career in MMA took admirable turn after winning 9 conventional fights between the year 2000 and 2003. Along the way, he was declared to be the Shooto Middleweight champion by defeating Hayato Sakurai who has well-respected personnel. In the year 2003, Silva parted his way with Chute Box due to quarrel of money. Later Antonio Rodrigo Nogueira gave a hand to train Silva with him.

Greatest stoppage victories include, in UFC 126 he defeated Victor Belfort by front kick out (KO), which was rear in MMA history. In his greatest comeback, which he hold a record in UFC history he won a fight against Chael Sonnen by triangle armbar during Ultimate Fight Championship. Silva seemed to be a hero when he knocked out Forrest Griffin where he applying his technical striking (Crudelli, 2010). During the Ultimate Fight Night, Anderson

performed quite well and kicked out Chris Leben. Anderson became unstoppable, when he performed opposite of people expectation, they thought that Silva was sweet sport to Franklin but it was in reverse, where Rich Franklin was kicked out. Silva maintained and continues his record in dominating in heavyweight division. Later, he kicked out James Irvin at Friday the 14th night.

Antonio Rodrigo Nogueira

Early life

Antonio Rodrigo Nogueira, currently a trainee in Black House, was born in the year 1976, June second, in Brazil a place known as Victoria da Conquista. They were twin with Antonio Rogerio a fighter in MMA and younger sister. At the age of five, he initiated judo training; at the age of 14 he began training in Brazil Jiu Jitsu under in charge of Ricardo de Riva Goded. In June 12, 1999 Rodrigo debuted to MMA due to submission victory against David Dodd.

Early Martial Arts Training

He was introduced in PRIDE due to win against Gary Goodridge followed by suggestion. He won five fights which were on his way, later signed by the ultimate fight championship. He is known to be the best in Brazilian Jiu Jitsu. His skills and experience are pronounced when he hit the ground with the opponent (Dimic, & Miller, 2009). In Pride the first match he fought with Heath Herring a man he had challenged twice during the previous fights. He won Herring via knock out while his subsequent fight against Tim Sylvia he won by using choking method known as guillotine. Due to these winning Antonio hold the combination of Pride and UFC championship belt.

Early MMA Career:

The fight between him and Bob Sapp was crucial where by Antonio Rodrigo where showed he tactics and emerge to be a winner. He proceeded with his expert and a vast experience where dominate winning in Pride and UFC. During the fight against Cro Cop was very amazing. Cop used his striking skills although he could not make it, this was one of his mistake that make him top lose since his Brazilian opponent Antonio has high skills. The fight between Antonio and Herring, Antonio had won all the previous fights in the Pride organization. Therefore, people believed that there could be no difference at all. But it seemed to be difficult for him after being knocked out with high kick down to the floor (Dimic, & Miller, 2009). Later he managed to endure long enough and regain his composure and later gain a conclusion victory. The final greatest victory was of him and Tim Sylvia the same case happen to Anderson, but Antonio seemed to be qualified in using guillotine choke. He dropped his opponent several times on the ground in several occasion in UFC which was a Heavyweight Championships. Their battle ended after Tim was knocked out on the ground and was sunk in the guillotine choke.

References

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