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Got fight? : the 50 zen principles of hand-to-face combat. [Forrest Griffin; Erich Krauss] -- A first-season champion of The Ultimate Fighter offers insider perspective into the world of mixed martial artists while sharing his fifty principles on how to be a fighter, in a lighthearted account ...

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about how strong you are, but how tough you are and how much further you're willing to go than the other guy. Forrest Griffin isn't a refined martial artist, but a real fighter in body, mind and spirit.

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