



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

*Forrest Griffin, Erich Krauss*

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**Got Fight?: The 50 Zen Principles of Hand-to-Face Combat** Forrest Griffin, Erich Krauss

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*.

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