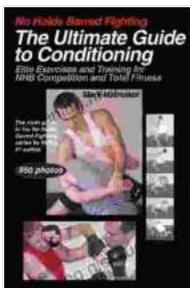


No Holds Barred Fighting: A Comprehensive Guide to the Extreme Combat Sport

No holds barred fighting, also known as unsanctioned, underground, or illegal fighting, is a form of combat sports in which fighters are allowed to use nearly any technique to defeat their opponents, including striking, grappling, and submissions. Unlike sanctioned combat sports such as boxing, wrestling, and mixed martial arts (MMA), no holds barred fighting is not governed by a standardized set of rules and regulations, which can result in more violent and dangerous contests.

History

The origins of no holds barred fighting can be traced back to ancient Greece, where the pankration, a form of unarmed combat that allowed for both grappling and striking, was a popular sport in the Olympic Games. In the 19th century, bare-knuckle boxing and wrestling matches were common in England and the United States, and often devolved into brutal and bloody affairs.



No Holds Barred Fighting: The Ultimate Guide to Conditioning: Elite Exercises and Training for NHB Competition and Total Fitness (No Holds Barred Fighting series) by Mark Hatmaker

★★★★☆ 4.4 out of 5

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In the early 20th century, no holds barred fighting moved underground, as it was banned in most civilized countries. However, it continued to be practiced in secret, and in the 1980s, it began to re-emerge in the form of underground tournaments and "fight clubs." In 1993, the Ultimate Fighting Championship (UFC) was founded, and it quickly became the most popular no holds barred fighting promotion in the world.

Rules

No holds barred fighting has no official set of rules, but there are some general guidelines that are typically followed.

- 1. No weapons are allowed.**
- 2. Fighters must wear protective gear, such as gloves and mouthpieces.**
- 3. The fight takes place in a ring or cage.**

4. **The fight is stopped if one fighter taps out, is knocked out, or is unable to continue.**

In some no holds barred fighting events, there may be additional rules, such as a weight limit or a time limit. However, these rules are not always strictly enforced.

Techniques

No holds barred fighting allows for a wide range of techniques, including:

- **Striking:** This includes punches, kicks, knees, and elbows.
- **Grappling:** This includes wrestling, judo, and Brazilian jiu-jitsu.
- **Submissions:** These are holds that force an opponent to tap out, such as chokes and joint locks.

No holds barred fighters typically train in a variety of martial arts in order to develop a well-rounded skill set. They must be able to strike effectively, grapple effectively, and defend against both striking and grappling attacks.

Safety Measures

No holds barred fighting is a dangerous sport, and there is always the potential for serious injury. However, there are a number of safety measures that can be taken to reduce the risk of injury.

- **Fighters must be properly trained and conditioned.**
- **Fighters must wear protective gear, such as gloves, mouthpieces, and headgear.**
- **The fight should take place in a safe environment, such as a ring or cage.**
- **There should be a medical team on hand to provide assistance in case of injury.**

Despite these safety measures, no holds barred fighting remains a dangerous sport. Fighters should be aware of the risks involved and should take precautions to protect themselves from injury.

Controversies and Ethical Concerns

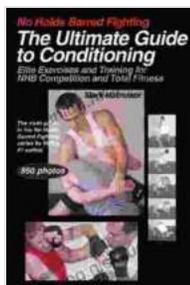
No holds barred fighting is a controversial sport, and there are a number of ethical concerns surrounding it.

- **The sport is often seen as barbaric and violent.**

- **Fighters may be seriously injured or even killed.**
- **The sport may promote aggression and violence.**

Some people believe that no holds barred fighting should be banned, while others believe that it should be regulated and legalized. There is no easy answer to this complex issue.

No holds barred fighting is a fascinating and complex sport. It is a test of strength, skill, and endurance, and it can be both thrilling and horrifying to watch. However, it is important to be aware of the risks involved and to take precautions to protect yourself from injury.



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