



Title Shot: Into the Shark Tank of Mixed Martial Arts

Kelly Crigger

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In 2007, Army Officer Kelly Crigger embarked on a year-long journey into the shark tank of mixed martial arts competition. His quest was two-fold—to learn what drove fighters to put themselves through years of grueling training and into the cage, and to uncover the mainstream media's reason for focusing on the seedier side of the sport and its athletes. To dig for answers, he lived in five of the top MMA training camps in the United States, hung out at the toughest tournaments the sport had to offer, and spent time with the biggest names in the sport, including UFC President Dana White. *Title Shot* divulges the truths and personal stories he unearthed. Laced with sarcasm, humor and a touch of daredevil bravado, Crigger sheds a never-before-seen light on a misunderstood sport and its combatants. Whether you're a hardcore MMA junkie or a casual fan, *Title Shot* will have you hanging on the edge of your seat.

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