

UFC[®] 2009

UNDISPUTED[™]

OFFICIAL STRATEGY GUIDE



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TRAINING CAMP



Climbing the ranks of the UFC takes a lot more than a stiff uppercut or a tight armbar. You have to know your fighter's strengths and your opponent's weaknesses, be able to formulate a game plan to exploit both, and have the mental quickness to improvise in the Octagon if things don't go as expected.

This section of the guide breaks down every concept and control you must master to achieve ultimate success in the UFC. It begins with the most basic facts and ends with the most complex information. Once all of it becomes second nature to you, you're well on your way to wearing UFC championship gold!

UFC

Read the User Manual

This chapter (as well as this guide) is intended as a *supplement* to the user manual that comes with the game, not a *replacement* for it. In order to focus on strategy (the reason you bought this guide), we avoid repeating content from the game's user manual unless it's relevant to the discussion.

BASIC CONCEPTS

Every UFC fighter needs a thorough understanding of the following basic concepts before he even sets foot in the Octagon.

MATCH RULES



Each UFC fight takes place over the course of two or three five-minute rounds. The exception to this is championship matches, which run five rounds. When the time limit in a round is reached, both fighters must immediately disengage and return to their corners, where they get a brief moment to catch their breath and get advice from their trainers.



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During the fight, both fighters must stay busy. If they do not continually try to damage or gain an advantage over their opponents, the referee can separate them (if they're on the ground or in the clinch).

Victory Conditions

There are five ways to win a fight:

Knockout (KO)

If you land a perfect strong strike or strong kick against a weakened opponent's head, you might just knock him out cold. If that happens, the fight is over, and you're awarded the victory by KO.



Technical Knockout (TKO)

If you gain the advantage over your opponent and hit him with several unanswered head strikes, he will get disoriented ("rocked"). When rocked, an opponent is helpless to defend himself effectively. If you press the attack with additional punches, the referee will stop the fight and declare you the winner by TKO.



Submission

When you gain a dominant (or "advantaged") position on your opponent, you can attempt a submission hold. Submission holds are special grapples intended to either put extreme stress on an opponent's joint or choke an opponent unconscious. If your opponent can't break or withstand the hold, he will either tap out or lose consciousness, awarding you the victory by submission.



Decision

If neither fighter is able to finish his opponent by the end of the final round, the fight goes to the judges. They score the fight according to a number of factors, including the number of successful strikes, reversals, and takedowns each fighter executes, and the amount of time each fighter spends in an advantaged position on the ground. Fighters who continually remain on defense and show little in the way of offense are not judged favorably.

There are three judges, and each of them rates each fighter's performance in each round of the fight. The winner of each round is awarded 10 points (unless specifically penalized by the referee). The loser of the round receives nine points or less. The sum total of all judges' scores across all rounds determines who wins the fight.

In very rare situations, each fighter receives the exact same number of points from the judges. In that case, the fight is ruled a draw, and neither fighter receives a win or loss. A draw is also declared if two of the three judges score the fight as a draw, regardless of the third judge's decision.



Forfeit

If either fighter forfeits a fight before it's over, that fighter receives the loss.

Training Camp

ATTRIBUTES

Each fighter in *UFC 2009 Undisputed* has three physical attributes: strength, speed, and cardio.

Strength

A fighter's strength is self-explanatory. It's the physical power behind every strike he throws and every grapple he executes. Fighters with higher strength inflict greater damage with their strikes, and they have an advantage when attempting grappling moves, often overpowering their opponents with brute force. Strength also helps with brute force submission escapes.

Speed

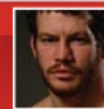
Speed determines how quickly a fighter can execute his moves. The higher a fighter's speed attribute, the faster the fighter can punch and grapple, and the shorter his opponent's window is for blocking or countering. On defense, a fighter with high speed has a better chance of countering and blocking his opponent's attacks.

Cardio

Cardio is a measure of a fighter's maximum energy reserves. The more cardio a fighter has, the more active he can be during the fight before he gets exhausted ("gassed"). Every physical action during the fight, from strikes to transitions, requires energy. The bigger the move, the more energy it takes. The higher a fighter's cardio, the more energy he has to burn.

TECHNIQUES

Each fighter specializes in one striking technique and one grappling technique.



UFC Q&A: NATE MARQUARDT

Q: What are your thoughts on the three striking techniques? What are the strengths and weaknesses of each, as you see them?

A: "Boxing has the best leverage for power in punches, and a good boxer has the best footwork and angles. But boxers do not handle kicks, knees, or elbows well and can be predictable."

"Kickboxing has a good combination of Muay Thai and Boxing technique, and kickboxers have a lot of tricks, but they are sometimes easier to take down."

"Muay Thai is the traditional style of kickboxing and has excellent knees and elbows. It's great for the clinch as far as strikes, but it lacks in punch power and punch combinations, and specialists can also be taken down easier."

Striking Techniques

There are three striking techniques in *UFC 2009 Undisputed*. Most strikes in a fighter's move-set are common to all three styles, but several strikes are unique to a particular technique.

Boxing

Boxing strikers have a background in the sport of the same name. Their standing offense is made up of a variety of punches, at the expense of kicks and knee strikes. They have additional technique-specific punches available to them, but they lack technique-specific kicks.



The most important skills for fighters with the Boxing technique are Standing Strikes.

UFC fighters who have Boxing as their striking technique include Rampage Jackson, Rashad Evans, Michael Bisping, Rich Franklin, Frank Edgar, and BJ Penn.

Kickboxing

Kickboxing uses many of the same punching strikes as Boxing, but as the name implies, it also incorporates a number of kicks into the fighter's striking offense. Kickboxers can use technique-specific punches and kicks.

Fighters with the Kickboxing technique should bump up their Standing Strikes and Standing Kicks.

Mike Swick, Cheick Kongo, Georges St-Pierre, Chuck Liddell, Forrest Griffin, and Mirko Cro Cop are all Kickboxing strikers.





UFC Q&A: MIKE SWICK

Q: Who is the most formidable striker that you've ever faced in the Octagon?

A: "I think the toughest striker I ever faced in the UFC was David 'The Crow' Loiseau. His elbow strikes were tough to deal with. They were very quick, and they landed heavy."

Muay Thai

In Muay Thai, almost every part of the body is used for striking, including elbows, knees, and shins. Muay Thai fighters are also uniquely trained to execute special vicious strikes called whips from their unique Muay Thai Clinch. They have technique-specific kicks but not punches.

Standing Kicks, Clinch Striking, and Ground Striking are all important skill categories for a Muay Thai fighter.

UFC Muay Thai strikers include Thiago Alves, Shogun Rua, Wanderlei Silva, Anderson Silva, Kenny Florian, and Thiago Silva.



Grappling Techniques

As with striking techniques, there are three grappling techniques in *UFC 2009 Undisputed*. Each gives its practitioners access to unique techniques and maneuvers.



UFC Q&A: KENNY FLORIAN

Q: From your perspective, what are the advantages and disadvantages of each grappling technique?

A: "Wrestling is great for takedowns and controlling your opponent, but it does not really address the submission game."

"BJJ is the most complete ground fighting art in the world. However, many practitioners can't transition their BJJ game for MMA as effectively as they should, and oftentimes BJJ practitioners don't have the best takedowns."

"Judo is great for throws, balance, and for control. The submission aspect is often ignored, however."

Brazilian Jiu-Jitsu (BJJ)

Brazilian Jiu-Jitsu is a ground-fighting art that incorporates a variety of submission holds and chokes to finish opponents. Unlike the other two grappling techniques, strong throws from a body clinch are not available to BJJ fighters. However, they possess an array of exclusive submission holds that they can execute from disadvantaged ground positions, enabling them to fight from their backs effectively.

Fighters with the BJJ technique should focus on their Submission and Ground Grapple skills, with additional emphasis on Takedown or Clinch Grapple skills to get their opponents to the ground.

Anderson Silva, Shogun Rua, Demian Maia, Forrest Griffin, BJ Penn, and Frank Mir have a background in BJJ.



Wrestling

Fighters with a Wrestling grappling technique incorporate amateur wrestling skills into their grappling offense. Wrestlers can slam opponents to the ground with a strong throw from a Double Underhook clinch, ending up in a significantly advantaged position.

Ground Grapple and Clinch Grapple are a Wrestling fighter's most important skills.

Some of UFC's notable Wrestling grapplers include Brock Lesnar, Rashad Evans, Josh Koscheck, Rampage Jackson, Georges St-Pierre, and Matt Hughes.



Training Camp



UFC Q&A: KENNY FLORIAN

Q: Of all the fighters you've competed against, whose grappling skills are especially fearsome and why?

A: "Joe Stevenson was one of the most dangerous grapplers I have ever faced because his submissions were so dangerous."

Judo

Judokas can execute strong throws from Over/Underhook clinches to ground opponents and take a significantly advantaged position. It also allows grounded fighters on the defensive to escape extremely disadvantaged positions and return to a standing position immediately.

Clinch Grapple and Ground Grapple skills are important for a Judo fighter.

Karo Parisyan and Kazuhiro Nakamura have a Judo background.



Levels of Mastery

There are three levels of mastery in each technique. All of the UFC fighters on the default roster have the highest level of mastery in their techniques (level 3). When you first begin Career Mode with your created fighter, both of your techniques are at level 1 and must be improved in training camps. Certain technique-specific maneuvers are available only to fighters at level 2 or 3 in a particular technique.

SKILLS

In addition to their three attributes, each fighter also has eight skills, with an offensive and defensive rating in each. The first four are striking skills, and they cover techniques performed with the face buttons:

△, ○, ⊕, and ⊙ for Xbox 360

△, ○, ⊕, and ⊙ for PS3

The last four are grappling techniques that are executed with □.

Standing Strikes

Standing strikes include every striking attack that uses the hands or arms (including punches, forearms, and elbows) and is thrown from a standing, non-clinch position against a standing opponent. The offensive rating indicates how much damage a fighter inflicts with a standing strike. The defensive value reflects how much damage a fighter can absorb from a standing strike.



Standing Kicks

Every striking attack that uses the fighter's foot or leg and is performed from a standing, non-clinch position against a standing opponent is covered in the Standing Kicks category. This includes leg kicks, straight kicks, and knees. A higher offensive value means the fighter inflicts greater damage with a standing kick. A higher defensive value means the fighter takes less damage from a standing kick.



Clinch Striking

Any strike that is performed in the clinch, whether performed with arms and hands or feet and legs, is included in the Clinch Striking category. Muay Thai fighters have an especially broad range of clinch strikes. The offensive value indicates the effectiveness of the fighter's strikes in the clinch while on offense. The defensive value represents the ability of the defending fighter to limit the damage of clinch strikes. It also indicates



the power of the fighter's clinch strikes while he's on the defensive in the clinch.

Ground Striking

Any punches, kicks, elbows, knees, or other strikes thrown on the ground are covered by the Ground Striking skill. The offensive rating indicates the amount of damage the fighter inflicts in the advantaged position.

The defensive rating reflects the disadvantaged fighter's ability to limit the damage from these strikes. It also determines the damage done by a disadvantaged fighter's strikes.



Clinch Grapple

Like the name implies, a clinch grapple is any grapple performed while fighters are in the clinch. The offensive rating represents the effectiveness of takedown attempts executed by the fighter on offense, as well as proficiency in gaining the clinch. The defensive rating measures the ability of the defending fighter to resist the takedown, as well as the effectiveness of his defensive takedowns.



Takedown

The Takedown skill covers any attempt by a standing fighter to "shoot" for the takedown against another standing fighter. The offensive and



defensive ratings indicate the effectiveness of a fighter's ability to take his opponent to the ground or fend off a takedown attempt, respectively.

Ground Grapple

When at least one fighter is on the ground, the goal for the fighter in the advantaged position is to improve his position with ground transitions, putting the defending fighter in an even more disadvantaged position. The Ground Grapple skill's offensive rating measures the advantaged fighter's ability to improve his position. The defensive rating indicates the defending fighter's skill in fending off the advances and returning to a standing position or taking the advantaged position.



Submission

Submissions can be executed from an advantaged or disadvantaged ground position. BJJ fighters also have options for initiating a submission from the clinch. The offensive value of the Submission skill represents the proficiency in obtaining submission victories and the difficulty of breaking it. The defensive value indicates the fighter's proficiency in technically escaping submissions.



STAMINA AND ENERGY

Each fighter has a limited amount of energy, which is depleted every time he attempts an action, from running to shooting for a takedown. The fighter's stamina attribute represents his maximum energy level. Energy automatically recovers over time when a fighter limits his activity, and it also partially replenishes between rounds.

If a fighter has high energy, not only can he perform more actions, his success rate for those actions is greater.

If a fighter fully depletes his energy, he is "gassed" (exhausted). When gassed, a fighter cannot take any action except movement until he has recovered his energy.

To avoid getting gassed, be sure to pace yourself. Don't throw flurries of strikes recklessly, and don't burn yourself out by going for big moves repeatedly. Pick your attacks carefully to maximize their effectiveness and preserve your energy. In Career Mode, you can raise your maximum energy level by improving your cardio attribute.



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BASIC CONTROLS

Now that you have a general understanding of the basic concepts, here's an overview of the controls you use during fights. For detailed move lists broken down by position, see the end of this chapter.

UFC

Directional Note

For the purposes of this guide, it is assumed that your fighter is on the left side of the screen, and your opponent is on the right. Thus, doesn't translate to, "press the Left Analog Stick to the right." Rather, it means, "press the Left Analog Stick toward your opponent." So, if your fighter is on the right side of the screen, reverse all right and left and commands.

Basic Controls

Command	Xbox 360	PS3
Move		
Left Punch		
Right Punch		
Left Kick		
Right Kick		
Grapple		

Basic Controls

Command	Xbox 360	PS3
Low Guard		
High Guard		
Fighting Technique Modifier		
Attack Height Modifier		
Taunt		
Pause	START	START

MOVEMENT

The most fundamental commands for you to learn are for movement. There are three basic movement commands: walking, running, and stepping.

Movement Controls

Command	Xbox 360	PS3
Walk	Move	Move
Run		
Step	Flick	Flick

- Walking is an energy-efficient way to maneuver around the Octagon and position yourself. The further you push , the faster you move.
- Running lets you quickly close distance between you and your opponent (or get out of a bad situation), but it burns much more energy than walking.
- Stepping moves you only a short distance, but it consumes very little energy. It's good for moving between probing, striking, and clinching range. Furthermore, stepping toward your opponent while striking unleashes a heavy strike. You can also sidestep around your opponent to avoid counterstrikes by flicking .



STRIKING

Striking refers to any sudden, forceful attack, like a punch, kick, elbow, or knee. Strikes generally use less energy than grappling, but they don't advance a fighter's position (unless the strike knocks down the opponent). Although standing strikes are the most common, strikes can be thrown from any offensive or defensive standing, clinch, or ground position.

A perfectly timed strong strike against a weakened opponent can result in a KO. Repeated, unanswered strikes against a fighter who is unable to intelligently defend himself will result in that fighter getting rocked and might ultimately lead to a TKO.

All strikes are executed with the face buttons (, , , and , or , , , and). Different strikes are executed from different positions, but these four buttons are always the ones used to strike.

Basic Striking Controls

Command	Xbox 360	PS3
Left Arm/Fist Strike		
Right Arm/Fist Strike		
Left Leg/Foot Strike		
Right Leg/Foot Strike		

Ranges

When both fighters are in a standing position, their distance from each other is called their "range." There are three standing position ranges, and each one allows for a different set of strikes.

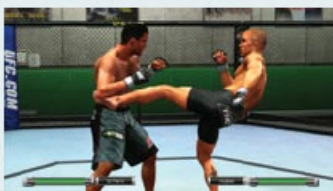
Probing Range

At Standing-Probing range, both fighters are a significant distance from each other. Probing standing strikes include jabs, straight punches, hooks, lunging punches, and spinning back fists. Probing standing kicks include front kicks, leg kicks, snap kicks, and flying knees.



Striking Range

At Standing-Striking range, fighters are close enough to pull each other into a clinch, but they're still far enough apart to throw punches and kicks. This is the range at which the most powerful strikes and kicks can be thrown, including uppercuts, head kicks, Superman punches, and push kicks.



Clinching Range

Not to be confused with the clinch position, Standing-Clinching range is the closest two fighters can get while standing. From this range, only short strikes can be thrown, such as knees to the body and elbows. These strikes are generally not as powerful as strikes and kicks thrown from striking range.



Changing the Height of Strikes

By default, each strike you throw is aimed at your opponent's head, body, or legs. You can change things up with the attack modifier button (L2 / LB). Holding the attack modifier button while striking lowers the default strike target one step—head strikes become body strikes and body strikes become leg strikes.

Not only does varying the height of your strikes make it harder for your opponent to anticipate and block them, it also allows you to strategically pick apart your opponent according to your game plan:

- Head strikes can result in your opponent getting rocked, TKO'ed, or even knocked out cold.
- Body strikes whittle down your opponent's energy by knocking the wind out of him. You can also rock your opponent with body strikes.
- Leg strikes weaken your opponent's legs, reducing his movement speed and the power of his kicks. It also makes it harder for him to stop you from shooting for the takedown.

Strong and Weak Strikes

In addition to height and technique modifiers, there is a third modifier that affects the strikes you throw. By default, all strikes are considered weak strikes. They're fast and hard to counter, but they don't inflict a great deal of damage individually.

However, pressing L3 while striking transforms the weak strike into a strong strike. For example, while L2 / LB at Standing-Striking range normally results in a weak Left Jab, L3 + L2 / LB + L3 turns it into a Left Hook that is slower (and therefore easier to counter) but delivers significantly greater damage.



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You can use L3 and the attack height modifier together to execute strong low strikes. At Standing-Striking range:

L2 / LB is a Left Jab

L3 + L2 / LB + L3 is a Left Straight to the Body

L3 + L2 + L3 / L3 + L2 + L3 is a Left Hook to the Body.



Throwing a strike while stepping or running toward your opponent (by flicking or pressing L3) is another form of heavy strike. However, because this requires you to step and strike, it's a much easier attack to predict and counter.

As with the L3 attack strength modifier, these heavy strikes can be further modified with the attack height modifier. At Standing-Striking range:

L2 / LB is a Left Jab

L3 + L2 / LB + L3 is a Left Straight to the Body

Step/Run + L3 + L2 / Step + L3 + L2 is a Stepping Left Straight to the Body.



Special Attacks by Technique

Use the fighting technique modifier button (L1 / LB) in conjunction with the strike buttons to utilize strikes that are specific to your fighter's striking style.

For example, pressing L1 / LB at Standing-Striking range normally results in a Left Jab. But if a Boxing fighter holds the modifier button while pressing L1 / LB, he throws a Ducking Left Hook. The same button combination results in a Left Superman Punch for a Kickboxing fighter.

However, not every fighting technique has a special strike associated with every attack. For instance, while L1 + L2 / LB + L3 leads to special strikes for Boxing and Kickboxing fighters, that button combination doesn't modify a Muay Thai fighter's strike—he would just throw the default Left Jab.



No Modifications

Technique-specific strikes cannot be modified by stepping or by using the attack height modifier button in conjunction with them.

Fighter-Specific Techniques

Certain fighters have attacks and other actions that are unique to them. If a fighter has any unique techniques, they are listed in his fighter profile later in this guide.

Any unique fighter attacks replace the default attack with the same button command in the fighter's move-set. For example, at Standing-Striking Range, a strong right punch (L3 + L2 / LB + L3) is normally a Right Hook, but when Chuck Liddell executes it, it becomes an Overhand Right.



Combos

The best way to inflict a great deal of damage with your strikes in a very short time is not to look for one big strike. Rather, chain together a combo of strikes that's extremely difficult for your opponent to counter or block.

Executing combos isn't just a matter of mashing buttons. It's snapping off two or three strikes that flow into each other, forming a seamless attack. Proper combos don't leave your fighter gassed at the end. Instead, they preserve his energy while leaving your opponent's head spinning.

Each striking technique has over 150 potential combos, far too many to list here. To view the complete list of combos available to your fighter, press **START** during a fight to bring up the Pause Menu, and then choose "Combo List" to see more combos than you'll ever have time to use in a single bout.



Flying Strikes

If you're standing while your opponent is on his back, you are considered to be in an Up/Down position. It can be difficult to hit an opponent from this position, as he can kick you if you get too close. However, you can execute a flying strike by stepping toward your opponent and pressing a punch button (F or R or L or B).

GRAPPLING

Grappling is the process of grabbing hold of your opponent and executing a more elaborate action than a simple strike. Pulling your opponent into a clinch, taking him down to the ground, advancing your ground position on him, and executing a submission hold are all examples of grappling techniques.

All grappling attacks and actions are performed with **Y**, often in conjunction with other commands.

Clinching

Clinching is when one fighter pulls his opponent in close from a standing position and maintains control over his opponent's upper body. The fighter who initiates the clinch is on offense; the other fighter is on defense. Clinches can be initiated from any range when standing.



Your fighter can initiate two different clinches. Every fighter can enter into a Double Underhook clinch from any standing position by pushing **Y**. The second clinch uses the fighting technique modifier button in conjunction with **Y**, and it results in a clinch position determined by your striking style.

Clinch Controls					
Command	Xbox 360	PS3	Boxing	Kickboxing	Muay Thai
Muay Thai Clinch	Y + Y	Y + Y	No	No	Yes
Single Collar Tie, Left or Right	Y + Y	Y + Y	Yes	Yes	No
Double Underhooks	Y	Y	Yes	Yes	Yes

Body Clinches

The Double Underhooks clinch is a body clinch. A body clinch is used to set up an opponent for a takedown. You can throw some strikes from a body clinch, but the range is so short that they don't do much damage. If you remain in a body clinch for too long, the referee will separate you.

Over/Under Left & Right Hook Clinch

From the defensive position in a Double Underhooks clinch, you can transition to the offensive position in an Over/Under Left or Right Hook Clinch by pressing **Y**. This is another body clinch from which you can take down your opponent.



Collar Tie Clinches

Use collar tie clinches, like the Muay Thai Clinch (sometimes called a "double collar tie clinch") and the Single Collar Tie clinch, when you want to unleash clinch strikes on your opponent. Collar tie clinches give you a bit more separation from your opponent and, therefore, more distance to throw strikes. You can execute takedowns from these clinches, but the takedowns don't put you in as advantageous a position as body clinch takedowns do.



Muay Thai Knee Strikes

While in a Muay Thai Clinch, pressing **Y** in any direction and then pressing a kick button (F or R or L or B) executes a devastating strike. The offensive fighter pulls the opponent's head down to meet his striking knee. Modifying the strike with the attack height modifier button (B or R) turns it into an equally formidable knee to the body. Anderson Silva used these strikes to defeat Rich Franklin and begin his UFC Middleweight Championship reign at UFC 64.

Takedowns

Many fighters have superior ground skills, which they use to finish off their opponents. However, before they can use them, they must get their opponents off their feet. Likewise, fighters whose greatest strength is their ability to stand with their opponents and knock them out must keep themselves from getting taken to the ground. That's why takedown offense and defense are so important.

There are two different forms of takedowns. You can either shoot for a takedown from a standing position, or you can clinch up and throw your opponent to the ground.

Shooting for the Takedown

To shoot for a takedown, hold the Left Trigger or L2 and press the Right Stick toward the opponent. If you time this so that you shoot just as your opponent throws a strike, the takedown is guaranteed to succeed.

If you attempt it at any other time, you have to struggle for the takedown by rotating **Y** or tapping the face buttons repeatedly. This consumes a much greater amount of energy than countering a strike with a takedown.



Throws

When you're in a body clinch (Double Underhooks or Over/Underhooks), you can throw your opponent to the ground using a weak or strong throw.

Strong throws (**Y** + **Y** / **Y** + **Y**) can be executed only by Wrestlers from Double Underhook clinches or Judokas from Over/Underhook clinches. BJJ fighters do not have strong throws. Strong throws put the



offensive fighter in a significantly advantaged position if he executes them successfully.

If a fighter does not have access to strong throws in the clinch that he's in, he executes a weak throw instead. These "throws" are usually trips or pulling grapples that end with the offensive fighter in Open Guard, the least advantageous of the advantaged positions.



Ground Positions and Transitions

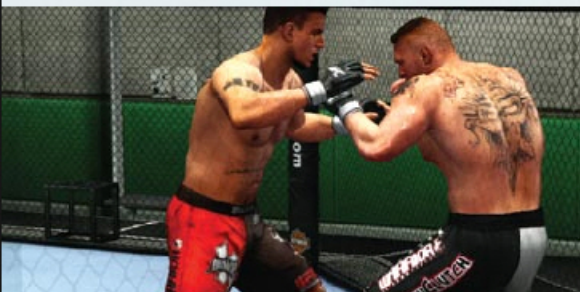
After a successful takedown, the fighter who executed the takedown winds up in an advantaged (offensive) position over the other fighter, who is in the disadvantaged (defensive) position. The goal of the advantaged fighter is to transition to more advantageous positions using his ground grapple skills.

The more advantaged a fighter's position, the more damage his ground striking does. Advantaged fighters also have access to stronger submission moves. For example, in the least advantaged position, the available submission is a relatively easy-to-escape Kneebars. However, in the most advantaged position, a fighter can execute an Armbar or Triangle Choke, which are much more likely to make an opponent tap out.



Clinch Escape

To get out of a clinch that your opponent has trapped you in, push **△** to move away from your opponent, or strike him repeatedly to get him to break the clinch.



Muay Thai Whip Guard

If you wind up trapped in a Muay Thai clinch and are getting whipped by your opponent, you can guard against his knee strikes by pressing **△** / **□** to block head strikes and **△** / **□** to block body strikes.

To escape the Muay Thai whip, you must push **△** in the direction opposite that which your opponent pushed to start the whip—and you must do this as soon as he whips you.



Takedown Defense

Brazilian Jiu-Jitsu fighters have additional submissions when they're in the disadvantaged position on the ground, but that's the only silver lining to getting taken down. Master the following techniques to avoid getting grounded by your opponent.

Grapple Blocking

Yes, this is the same technique as the one used to block a clinch attempt. Simply press **△** to stuff your opponent's shot for a takedown from a standing position. This puts



in you on the offensive in the Sprawl Position.

Shoot Intercept

Muay Thai and Kickboxing fighters can intercept an opponent's shoot attempt by pressing the fighting technique modifier and a kick button (**△** + **○** or **△** + **□** / **△** + **○** or **△** + **□**). This throws a knee up into the opponent's face and inflicts severe damage. Fighters with the Boxing Striking Technique do not have this option.



Throw Defense

If your opponent is attempting to take you down in the clinch with a weak throw, press **△** in any direction to stop him. However, if he's using a strong throw, you have to push **△** in the direction opposite the one he's using to initiate the throw, and you have to do it immediately when he starts the throw.



Ground Defense

If you remain in a disadvantaged ground position for too long, the very least that will happen is that you'll look bad in the eyes of the judges. At worst, you'll be at the mercy of an opponent who enjoys a significant offensive advantage over you.

Escaping Ground Positions

While you're on defense in a ground position, you can use major transitions (**△** / **□**, **△** / **○**, **△** / **□**, **△** / **○**) and minor transitions (**△** / **□**, **△** / **○**, **△** / **□**, **△** / **○**) to drive your opponent back to less advantaged positions. Defensive transitions work exactly like offensive transitions.

Executing a major defensive transition from an Open Guard or a Half Guard position returns both fighters to Standing-Striking position.



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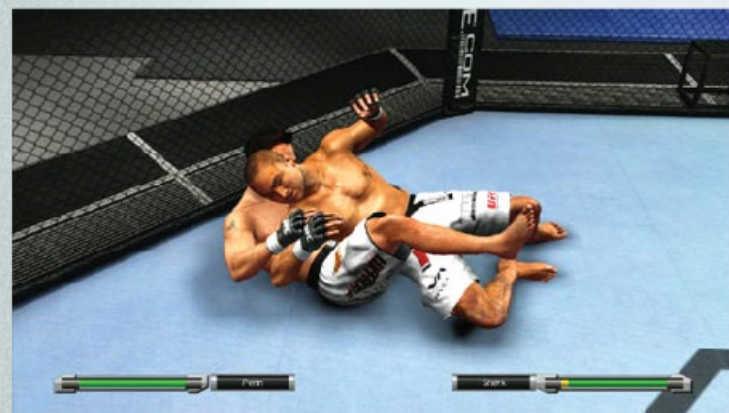
Transition Blocking

Holding **△** while your opponent attempts a transition performs a transition block. Transition blocking augments your fighter's ground grapple defense skill and makes it less likely that your opponent's transition attempt will succeed.



Transition Reversal

Whether you're on offense or defense, you can attempt to reverse your opponent's transition by flicking **△** as soon as he attempts the transition. If you're successful, you'll move from the disadvantaged position to an advantaged one, or (if you're already on offense) you'll advance your position even further.



Submission Counter

When you are on defense in Open Guard or Half Guard, you can counter your opponent's strikes with a submission by pressing **△** as he throws a strike. If you do this while you're on defense in the Mount position, you transition to Mount-Down.



Getting Up from Up/Down

From the defensive posture in the Up/Down position, you can get up by pressing **△**, **○**, or **□**. If you have the Wrestling technique, you can hold **△** / **□** and press **△** to shoot for a takedown.



Stalemate

When neither fighter is willing or able to attempt to advance his position, the referee breaks the stalemate by standing the fighters up. If you're in a disadvantaged position, you can use this to your advantage.

First, use a minor transition command (**△** / **□**, **△** / **○**, **△** / **□**, **△** / **○**) to transition to the "Down" version of the position you're currently in. For example, a successful minor defensive transition from Open Guard brings you to Open Guard-Down.

Once you're in the Down position, hold **△** or **□** to prevent your opponent from taking any action against you. This enters into a stalemate that the referee will eventually break up.



Submission Defense

Anytime your opponent has you locked in a submission hold, you're in trouble. Fortunately, there are a few ways to break free before you tap out—provided you have the energy and the submission defense to hold out long enough.

Brute Force Escape

An unsophisticated but effective way of breaking a submission hold is simply to hammer on the face buttons during the submission attempt. This causes your fighter to attempt a brute force escape by struggling and throwing strikes.

Brute force escapes have a high success rate, and they're even more effective if your fighter has a high strength attribute. However, the position that you wind up in after breaking the hold is not very advantageous.



Technical Escape

A more skillful way to break out of a submission is the technical escape, which you can attempt by quickly rotating during the submission attempt. Technical escapes favor fighters with high submission defense.

Technical escapes are less likely to be successful than brute force escapes, but you wind up in a more advantageous position if you succeed in breaking the hold.



ACTION LISTS: STANDING POSITIONS

There are three standing positions, defined by their ranges. Your distance from your opponent determines your position.

In-Game Action List

It's easy to get overwhelmed by the pages and pages of move-sets that follow. Fortunately, *UFC 2009 Undisputed* has a very helpful in-game action list feature, which allows you to browse all of the moves available to your fighter in the current match. It filters out moves that you cannot perform due to the fighting techniques possessed by you and your opponent.

To access the list, press **START** during the fight to bring up the Pause menu. Then select "Action List" from the menu. There are three components to the in-game guide:

- **Action List:** Displays a list of all of the available commands, with their button presses.
- **Position Select:** A quick way to choose a particular position and view its action list.
- **Position Table:** View fighter-specific lists of transitions to and from each position.



BOTH STANDING—PROBING

At Both Standing—Probing range, fighters can achieve maximum extension from their strikes and put maximum power behind them. It's a good striking range for Kickboxers and Muay Thai strikers' kicks, especially if they're facing Boxers, whose punches can't reach as far. It's also a good range to avoid getting pulled into a collar tie clinch and hit with clinching strikes, although you can still get pulled into a body clinch.



Both Standing—Probing Action List

Command	Xbox 360	PS3	Restriction
Left Jab	[X]	[R2]	—
Right Straight	[Y]	[R1]	—
Left Front Kick	[A]	[L2]	—
Right Front Kick	[B]	[R2]	—
Left Straight to the Body	[X] + [Y]	[L1] + [R2]	—
Right Straight to the Body	[Y] + [X]	[R1] + [R2]	—
Left Low Kick	[X] + [A]	[L1] + [L2]	—
Right Low Kick	[Y] + [B]	[R1] + [R2]	—
Left Hook	[X] + [X]	[L1] + [R2]	—
Right Hook	[Y] + [Y]	[R1] + [R2]	—
Left Snap Kick	[X] + [A]	[L1] + [L2]	—
Right Snap Kick	[Y] + [B]	[R1] + [R2]	—
Left Hook to the Body	[X] + [X] + [Y]	[L1] + [R2] + [R1]	—
Right Hook to the Body	[Y] + [Y] + [X]	[R1] + [R2] + [L1]	—
Strong Left Leg Kick	[X] + [X] + [A]	[L1] + [L2] + [L2]	—
Strong Right Leg Kick	[Y] + [Y] + [B]	[R1] + [R2] + [R2]	—
Left Sidestep plus Jab	[X] + [X]	[L1] + [R2]	—
Right Sidestep plus Jab	[Y] + [Y]	[R1] + [R2]	—
Backstep plus Jab	[X] + [X]	[L1] + [R2]	—
Lunging Left Jab	Step + [X]	Step + [R2]	—
Lunging Right Jab	Step + [Y]	Step + [R1]	—
Left Spinning Back Kick	Step + [A]	Step + [L2]	—
Right Spinning Back Kick	Step + [B]	Step + [R2]	—
Lunging Left Hook to the Body	Step + [X] + [X]	Step + [L1] + [R2]	—
Lunging Right Hook to the Body	Step + [Y] + [Y]	Step + [R1] + [R2]	—
Lunging Left Leg Kick	Step + [X] + [A]	Step + [L1] + [L2]	—

Both Standing—Probing Transitions into These Positions

- Both Standing—Striking
- Up/Down, Near (Defense)
- Up/Down, Far (Defense)

Positions that Transition into Both Standing—Probing

- Both Standing—Striking
- Muay Thai Clinch (Offense) (Muay Thai only)
- Single Collar Tie, Left (Offense) (Boxing, Kickboxing only)
- Double Underhook (Offense)
- Open Guard (Offense)
- Open Guard—Down (Offense)
- Half Guard, Left/Right (Offense)
- Side Control, Left/Right (Offense)
- Up/Down (Defense) (Muay Thai only)

Both Standing—Probing Action List

Command	Xbox 360	PS3	Restriction
Lunging Right Leg Kick	Step + [X] + [A]	Step + [L1] + [L2]	—
Lunging Left Hook	[X] + [X]	[L1] + [R2]	Boxing Lv3
Lunging Right Hook	[Y] + [Y]	[R1] + [R2]	Boxing Lv3
Left Spinning Back Fist	[X] + [X]	[L1] + [R2]	Kickboxing Lv2
Right Spinning Back Fist	[Y] + [Y]	[R1] + [R2]	Kickboxing Lv2
Left Flying Knee	[X] + [A]	[L1] + [L2]	Muay Thai Lv3
Right Flying Knee	[Y] + [B]	[R1] + [R2]	Muay Thai Lv3
Left Flying Knee	[X] + [A]	[L1] + [L2]	Anderson Silva
Body Clinch Grab	[X]	[L2]	—
Left Single Collar Tie Grab	[X] + [X]	[L1] + [R2]	Boxing Lv1
Right Single Collar Tie Grab	[Y] + [Y]	[R1] + [R2]	Boxing Lv1
Left Single Collar Tie Grab	[X] + [X]	[L1] + [R2]	Kickboxing Lv1
Right Single Collar Tie Grab	[Y] + [Y]	[R1] + [R2]	Kickboxing Lv1
Muay Thai Clinch Grab	[X] + [X]	[L1] + [R2]	Muay Thai Lv1
Butt Scoot	[X] + [X]	[L1] + [R2]	BJJ Lv1
Shoot to Double Leg Takedown	[X] + [X]	[L1] + [R2]	—
Shoot to Right Single Leg Takedown	[X] + [X]	[L1] + [R2]	—
Shoot to Left Single Leg Takedown	[X] + [X]	[L1] + [R2]	—
Shoot to Double Leg Takedown	[X] + [X]	[L1] + [R2]	7th Ortiz
Shoot to Right Single Leg Takedown	[X] + [X]	[L1] + [R2]	7th Ortiz
Shoot to Left Single Leg Takedown	[X] + [X]	[L1] + [R2]	7th Ortiz
Left Takedown Intercept Knee	[X] + [A]	[L1] + [L2]	Kickboxing Lv3
Right Takedown Intercept Knee	[Y] + [B]	[R1] + [R2]	Kickboxing Lv3
Left Takedown Intercept Knee	[X] + [A]	[L1] + [L2]	Muay Thai Lv3
Right Takedown Intercept Knee	[Y] + [B]	[R1] + [R2]	Muay Thai Lv3

BOTH STANDING—STRIKING

Both Standing—Striking range is the closest fighters can stand to each other and still get full extension on their strikes. This is the preferred standing position for Boxers, who can use their punches most effectively from this range.



Both Standing—Striking Transitions into These Positions

- Both Standing—Probing
- Both Standing—Clinch
- Muay Thai Clinch (Offense or Defense)
- Single Collar Tie, Left/Right (Offense or Defense)
- Double Underhook (Offense)
- Open Guard (Defense)
- Open Guard—Full Posture (Defense)
- Half Guard, Left/Right (Offense)
- Half Guard, Left/Right—Down (Defense)

Positions that Transition into Both Standing—Striking

- Both Standing—Probing
- Both Standing—Clinch
- Single Collar Tie, Left/Right (Offense) (Boxing and Kickboxing only)
- Muay Thai Clinch (Offense) (Muay Thai only)
- Over/Under Left/Right Hook (Judo only)
- Double Underhooks (BJJ and Wrestling only)
- Open Guard (Offense)
- Open Guard—Down (Offense)
- Half Guard, Left/Right (Offense)
- Side Control, Left/Right (Offense)
- Up/Down (Defense; range depends on distance from offensive fighter) (BJJ only)

Command	Xbox 360	PS3	Restriction
Left Jab	⬅	⬅	—
Right Straight	➡	➡	—
Left Front Kick	⬅	⬅	—
Right Front Kick	➡	➡	—
Left Straight to the Body	⬅ + ⬅	⬅ + ⬅	—
Right Straight to the Body	➡ + ➡	➡ + ➡	—
Left Leg Kick	⬅ + ⬅	⬅ + ⬅	—
Right Leg Kick	➡ + ➡	➡ + ➡	—
Left Hook	⬅ + ⬅	⬅ + ⬅	—
Right Hook	➡ + ➡	➡ + ➡	—
Left Snap Kick	⬅ + ⬅	⬅ + ⬅	—
Right Snap Kick	➡ + ➡	➡ + ➡	—
Left Hook to the Body	⬅ + ⬅ + ⬅	⬅ + ⬅ + ⬅	—
Right Hook to the Body	➡ + ➡ + ➡	➡ + ➡ + ➡	—
Strong Left Leg Kick	⬅ + ⬅ + ⬅	⬅ + ⬅ + ⬅	—
Strong Right Leg Kick	➡ + ➡ + ➡	➡ + ➡ + ➡	—
Left Slidestepping Jab	⬅ + ⬅	⬅ + ⬅	—
Right Slidestepping Jab	➡ + ➡	➡ + ➡	—
Backstepping Jab	⬅ + ⬅	⬅ + ⬅	—
Right Uppercut	➡ + ➡	➡ + ➡	—
Stepping Heavy Jab	Step + ⬅	Step + ⬅	—
Stepping Right Straight	Step + ➡	Step + ➡	—
Left Push Kick	Step + ⬅	Step + ⬅	—
Right Push Kick	Step + ➡	Step + ➡	—
Stepping Left Straight to the Body	Step + ⬅ + ⬅	Step + ⬅ + ⬅	—
Stepping Right Straight to the Body	Step + ➡ + ➡	Step + ➡ + ➡	—
Reaching Left Leg Kick	Step + ⬅ + ⬅	Step + ⬅ + ⬅	—
Reaching Right Leg Kick	Step + ➡ + ➡	Step + ➡ + ➡	—
Ducking Left Hook	⬅ + ⬅	⬅ + ⬅	Boxing Lv1
Ducking Right Hook	➡ + ➡	➡ + ➡	Boxing Lv1
Left Superman Punch	⬅ + ⬅	⬅ + ⬅	Kickboxing Lv3
Right Superman Punch	➡ + ➡	➡ + ➡	Kickboxing Lv3
Left Head Kick	⬅ + ⬅	⬅ + ⬅	Kickboxing Lv1

- Side Control, Left/Right (Offense or Defense)
- Mount (Offense) (Defense, Judo only)
- North/South (Offense or Defense)
- Back Mount—Both Hooks in (Defense) (Offense, Wrestling and Judo only)
- Back Mount—Body Triangle (Defense) (Offense, BJJ only)
- Sprawl Position (Offense or Defense)
- Back Side Control, Left/Right (Offense)
- Up/Down, Near (Defense)
- Up/Down, Far (Defense)



UFC Q&A: THIAGO ALVES

Q: Who is the most formidable striker that you've ever faced in the Octagon, and how do you prepare for someone like that?

A: "Everyone is a dangerous striker with a 4-ounce glove on. I just prepare myself for the worst and hope for the best."

Command	Xbox 360	PS3	Restriction
Right Head Kick	⬅ + ⬅	⬅ + ⬅	Kickboxing Lv1
Left Head Kick	➡ + ➡	➡ + ➡	Muay Thai Lv2
Right Head Kick	⬅ + ⬅	⬅ + ⬅	Muay Thai Lv2
Left Straight to the Body	⬅ + ⬅	⬅ + ⬅	Chuck Liddel
Overhand Right	➡ + ➡	➡ + ➡	Chuck Liddel
Left Hook	⬅ + ⬅	⬅ + ⬅	Forrest Griffin
Left Leg Kick	⬅ + ⬅	⬅ + ⬅	Forrest Griffin
Right High Front Kick	➡ + ➡	➡ + ➡	Anderson Silva
Right Ducking Uppercut	➡ + ➡	➡ + ➡	Rampage Jackson
Left Ducking Hook	⬅ + ⬅	⬅ + ⬅	Frank Mir
Right Ducking Hook	➡ + ➡	➡ + ➡	Frank Mir
Left Head Kick	⬅ + ⬅	⬅ + ⬅	Michael Bisping
Right Head Kick	➡ + ➡	➡ + ➡	Michael Bisping
Right Head Kick	⬅ + ⬅	⬅ + ⬅	Rashad Evans
Left Jab to Sway Back	⬅ + ⬅	⬅ + ⬅	BJ Penn
Left Jab to Lunge Back	⬅ + ⬅	⬅ + ⬅	BJ Penn
Right Head Kick	➡ + ➡	➡ + ➡	Tito Ortiz
Body Clinch Grab	⬅	⬅	—
Left Single Collar Tie Grab	⬅ + ⬅	⬅ + ⬅	Boxing Lv1
Right Single Collar Tie Grab	➡ + ➡	➡ + ➡	Boxing Lv1
Left Single Collar Tie Grab	⬅ + ⬅	⬅ + ⬅	Kickboxing Lv1
Right Single Collar Tie Grab	➡ + ➡	➡ + ➡	Kickboxing Lv1
Muay Thai Clinch Grab	⬅ + ⬅	⬅ + ⬅	Muay Thai Lv1
Shoot to Double Leg Takedown	⬅ + ⬅	⬅ + ⬅	—
Shoot to Right Single Leg Takedown	⬅ + ⬅	⬅ + ⬅	—
Shoot to Left Single Leg Takedown	⬅ + ⬅	⬅ + ⬅	—
Left Takedown Intercept Knee	⬅ + ⬅	⬅ + ⬅	Kickboxing Lv3
Right Takedown Intercept Knee	➡ + ➡	➡ + ➡	Kickboxing Lv3
Left Takedown Intercept Knee	⬅ + ⬅	⬅ + ⬅	Muay Thai Lv3
Right Takedown Intercept Knee	➡ + ➡	➡ + ➡	Muay Thai Lv3

BOTH STANDING—CLINCH

Not to be confused with a clinching position, Both Standing—Clinch range is the closest two fighters can stand to each other without being in a clinch. Only short-range strikes can be executed from this position, which favors Boxers' punches and Muay Thai fighters' knees. It puts Kickboxers at somewhat of a disadvantage.



Both Standing—Clinch Action List

Command	Xbox 360	PS3	Restriction
Short Left Hook	⬅	⬅	—
Short Right Hook	➡	➡	—
Left Knee to the Body	⬅	⬅	—
Right Knee to the Body	➡	➡	—
Short Left Hook to the Body	⬅ + ⬅	⬅ + ⬅	—
Short Right Hook to the Body	➡ + ➡	➡ + ➡	—
Left Knee to the Legs	⬅ + ⬅	⬅ + ⬅	—
Right Knee to the Legs	➡ + ➡	➡ + ➡	—
Left Elbow	⬅ + ⬅	⬅ + ⬅	—
Right Elbow	➡ + ➡	➡ + ➡	—
Left Horizontal Knee to the Body	⬅ + ⬅	⬅ + ⬅	—
Right Horizontal Knee to the Body	➡ + ➡	➡ + ➡	—
Left Uppercut to the Body	⬅ + ⬅ + ⬅	⬅ + ⬅ + ⬅	—
Right Uppercut to the Body	➡ + ➡ + ➡	➡ + ➡ + ➡	—
Strong Left Knee to the Legs	⬅ + ⬅ + ⬅	⬅ + ⬅ + ⬅	—
Strong Right Knee to the Legs	➡ + ➡ + ➡	➡ + ➡ + ➡	—

Both Standing—Clinch Transitions into These Positions

- Both Standing—Striking
- Up/Down, Near (Defense)
- Up/Down, Far (Defense)

Positions that Transition into Both Standing—Clinch

- Both Standing—Striking
- Muay Thai Clinch (Offense) (Muay Thai only)
- Double Underhook (Offense) (BJJ and Wrestling only)
- Single Collar Tie, Left (Offense) (Judo only)
- Over/Under Left/Right Hook
- Open Guard (Offense)
- Open Guard—Down (Offense)
- Half Guard, Left/Right (Offense)
- Side Control, Left/Right (Offense)
- Up/Down (Defense; range depends on distance from offensive fighter) (BJJ only)

Both Standing—Clinch Action List

Command	Xbox 360	PS3	Restriction
Inside Left Uppercut	⬅ + ⬅	⬅ + ⬅	Boxing Lv2
Inside Right Uppercut	➡ + ➡	➡ + ➡	Boxing Lv2
Right Dodge Knee to the Body	➡ + ➡	➡ + ➡	Muay Thai Lv2
Body Clinch Grab	⬅	⬅	—
Left Single Collar Tie Grab	⬅ + ⬅	⬅ + ⬅	Boxing Lv1
Right Single Collar Tie Grab	➡ + ➡	➡ + ➡	Boxing Lv1
Left Single Collar Tie Grab	⬅ + ⬅	⬅ + ⬅	Kickboxing Lv1
Right Single Collar Tie Grab	➡ + ➡	➡ + ➡	Kickboxing Lv1
Muay Thai Clinch Grab	⬅ + ⬅	⬅ + ⬅	Muay Thai Lv1
Shoot to Double Leg Takedown	⬅ + ⬅	⬅ + ⬅	—
Shoot to Right Single Leg Takedown	⬅ + ⬅	⬅ + ⬅	—
Shoot to Left Single Leg Takedown	⬅ + ⬅	⬅ + ⬅	—
Left Takedown Intercept Knee	⬅ + ⬅	⬅ + ⬅	Kickboxing Lv3
Right Takedown Intercept Knee	➡ + ➡	➡ + ➡	Kickboxing Lv3
Left Takedown Intercept Knee	⬅ + ⬅	⬅ + ⬅	Muay Thai Lv3
Right Takedown Intercept Knee	➡ + ➡	➡ + ➡	Muay Thai Lv3

ACTION LISTS: CLINCH POSITIONS

In a clinch, the fighter on offense has control of the defensive fighter's upper body. Body clinches (Double Underhook, Over/Under Hooks) are used to set up strong takedown throws for Wrestlers and Judokas. Collar tie clinches (Muay Thai, Single Collar Ties) are for setting up clinch strikes.

MUAY THAI CLINCH

A Muay Thai Clinch (also known as a Double Collar Tie Clinch) is a collar tie clinch that Muay Thai fighters can use exclusively to perform devastating whip strikes. Boxers and Kickboxers can initiate a Muay Thai Clinch, but they must do it from a Single Collar Tie clinch, whereas Muay Thai fighters can go directly into it from a standing position.

Positions that Transition into Muay Thai Clinch (Offense)

- Both Standing—Striking (Muay Thai only)
- Both Standing—Clinch (Muay Thai only)
- Muay Thai Clinch (Defense)
- Single Collar Tie, Left/Right (Offense or Defense)

Positions that Transition into Muay Thai Clinch (Defense)

- None

Muay Thai Clinch (Offense) Transitions into These Positions

- Both Standing—Striking
- Single Collar Tie, Left/Right (Offense)
- Open Guard (Offense)
- Open Guard—Down (Offense) (Defense, Muay Thai only)
- Half Guard, Left/Right (Offense)
- Side Control, Left/Right (Offense)

Muay Thai Clinch (Defense) Transitions into These Positions

- Both Standing—Striking
- Muay Thai Clinch (Offense)
- Open Guard (Offense)

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ACTION LISTS: GROUND POSITIONS

Ground positions always have a fighter on offense (in the advantaged position) and a fighter on defense (in the disadvantaged position). It is the goal of the advantaged fighter to advance his position for the sake of earning an even greater offensive advantage over the defensive fighter. The disadvantaged fighter seeks to either reverse the position and become the advantaged fighter or to transition to less disadvantaged positions, such as Open Guard.

Fighting from Your Back

BJJ fighters should pay close attention to the defensive move lists. They often feature BJJ-exclusive transitions and submissions. These allow BJJ fighters to quickly turn the tide or even win the fight from a disadvantaged position.

OPEN GUARD

Open Guard is the least advantaged ground position, and it offers the offensive fighter only a slight offensive edge over his opponent. It is the position that fighters wind up in after a weak throw or some other basic takedown. The name refers to the fact that the defending fighter's legs are open, but they continue to guard against the offensive fighter's advance by pushing against his hips and thighs.



Positions that Transition into Open Guard (Offense)

- Both Standing—Probing
- Both Standing—Striking
- Both Standing—Clinch
- Muay Thai Clinch (Offense and Defense)
- Single Collar Tie, Left/Right (Offense and Defense)
- Double Underhook (Offense)
- Over/Under Left/Right Hook
- Open Guard—Full Posture (Wrestling only)
- Open Guard—Down (Offense)
- Rubber Guard (Defense)
- Mount (Defense) (BJJ and Wrestling only)
- Sprawl Position (Defense) (Wrestling only)
- Up/Down, Far (Offense)

Positions that Transition into Open Guard (Defense)

- Open Guard—Down (Defense)
- Half Guard, Left/Right (Defense)
- Side Control, Left/Right (Defense)
- Sprawl Position (Defense) (Offense, Wrestling only)
- Back Side Control, Left/Right (Defense)

Open Guard (Offense) Transitions into These Positions

- Open Guard—Full Posture (Offense) (Wrestling only)
- Half Guard, Left/Right (Offense)
- Side Control, Left/Right (Offense)
- Up/Down, Far (Offense)

Open Guard (Defense) Transitions into These Positions

- Both Standing—Striking
- Open Guard—Down (Defense)

Open Guard Action List (Offense)			
Command	Xbox 360	PS3	Restriction
Left Straight			—
Right Straight			—
Left Hook to the Body			—
Right Hook to the Body			—
Left Elbow			—
Right Elbow			—
Roundhouse Left Hook			Boxing Lv2
Roundhouse Right Hook			Boxing Lv2
Left Hammerfist			Kickboxing Lv1
Right Hammerfist			Kickboxing Lv1
Horizontal Left Elbow			Muay Thai Lv2
Horizontal Right Elbow			Muay Thai Lv2
Minor Transition To Half Guard, Left			—
Minor Transition To Half Guard, Right			—
Major Transition to Side Control, Left			—
Major Transition to Side Control, Right			—
Stand Up to Up/Down, Near			—
Minor Transition to Open Guard—Full Posture			Wrestling Lv1
Kneebar			—

Open Guard Action List (Defense)			
Command	Xbox 360	PS3	Restriction
Left Straight			—
Right Straight			—
Left Straight to the Body			—
Right Straight to the Body			—
Left Hook			—
Right Hook			—
Minor Transition to Open Guard—Down			—
Major Transition to Both Standing—Striking			—
Punch Counter to Armbar			—
Punch Counter to Triangle Choke			BJJ Lv3
Punch Counter to Triangle Choke			Judo Lv3

STANDING IN GUARD

Standing in Guard is a variation on Open Guard where the offensive fighter is standing instead of kneeling. Although the offensive fighter's striking options are more limited, the defending fighter has nothing but kicks with which to respond.

The only way to enter into Standing in Guard is if a Wrestler initiates it from Open Guard or Open Guard—Down. Thus, all offensive transitions from it are effectively Wrestling-exclusive.



Positions that Transition into Standing in Guard (Offense)

- Open Guard (Offense) (Wrestling only)
- Open Guard—Down (Offense) (Wrestling only)

Positions that Transition into Standing in Guard (Defense)

- None

Standing in Guard (Offense) Transitions into These Positions

- Open Guard (Offense) (Wrestling only)
- Side Control, Left/Right (Offense) (Wrestling only)
- Up/Down, Far (Offense) (Wrestling only)

Standing in Guard (Defense) Transitions into These Positions

- Both Standing—Striking
- Open Guard—Down (Defense) (BJJ only)
- Side Control, Left/Right (Offense) (Wrestling only)
- Up/Down, Far (Defense)

Standing in Guard Action List (Offense)			
Command	Xbox 360	PS3	Restriction
Left Straight			—
Right Straight			—
Left Straight to the Body			—
Right Straight to the Body			—
Left Hook to the Body			—
Right Hook to the Body			—
Minor Transition to Open Guard			—
Major Transition to Side Control, Left			—
Major Transition to Side Control, Right			—
Stand Up to Up/Down, Far			—
Kneebar			—

Standing in Guard Action List (Defense)			
Command	Xbox 360	PS3	Restriction
Left Struggle Punch			—
Right Struggle Punch			—
Left Struggle Kick			—
Right Struggle Kick			—
Minor Transition to Up/Down, Far			—
Major Transition to Both Standing—Striking			—
Minor Transition to Open Guard—Down			BJJ Lv1
Punch Counter to Armbar			—

OPEN GUARD—DOWN

Open Guard—Down is yet another variation on Open Guard that is slightly more favorable to the defending fighter. First, it limits the advantaged fighter's striking offense. Second, it allows for technique-exclusive defensive submission holds. Boxers enjoy additional offensive strikes from this position, Muay Thai fighters have additional defensive strikes, and Judo has more options for defensive transitions.

BJJ fighters have a number of exclusive ways to transition into Open Guard—Down (Defense), which is an excellent setup for a Kimura submission. Open Guard—Down is also the only way to transition to Rubber Guard.

Positions that Transition into Open Guard—Down (Offense)

- Both Standing—Probing
- Both Standing—Striking
- Both Standing—Clinch
- Muay Thai Clinch (Offense)
- Single Collar Tie, Left/Right (Offense)
- Double Underhook (Offense)
- Over/Under Left/Right Hook (Offense)
- Mount—Down (Defense)
- Back Mount—Both Hooks In (Defense)
- Back Mount—Body Triangle (Defense)
- Up/Down, Near (Offense)
- Up/Down, Far (Offense)

Positions that Transition into Open Guard—Down (Defense)

- Muay Thai Clinch (Offense) (BJJ only)
- Single Collar Tie, Left/Right (Offense) (BJJ only)
- Over/Under Left/Right Hook (Wrestling and BJJ only)
- Open Guard (Defense)
- Open Guard—Full Posture (Defense) (BJJ only)
- Rubber Guard (Offense) (BJJ only)
- Sprawl Position (Defense) (BJJ only)
- Back Side Control, Left/Right (BJJ only)

Open Guard—Down (Offense) Transitions into These Positions

- Open Guard (Offense)
- Open Guard—Full Posture (Offense) (Wrestling only)
- Half Guard, Left/Right—Down (Offense)
- Up/Down, Far (Offense)

Open Guard—Down (Defense) Transitions into These Positions

- Open Guard (Defense)
- Rubber Guard (Offense) (BJJ only)
- Side Control, Left/Right (Offense) (Judo only)

UFC Q&A: MIKE SWICK

Q: Describe the importance of proper positioning.

A: "Positioning is very important in a fight. Having dominant positioning against Marcus Davis in our UFC 85 bout gave me a unanimous decision victory. Being out-positioned is what cost me a win against Yushin Okami at UFC 69."

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Open Guard—Down Action List (Offense)			
Command	Xbox 360	PS3	Restriction
Left Hammerfist	X	△	—
Right Hammerfist	Y	□	—
Left Hook to the Body	LT + X	LB + △	—
Right Hook to the Body	RT + Y	RB + □	—
Roundhouse Left Hook	LT + X	LB + △	Boxing Lv1
Roundhouse Right Hook	RT + Y	RB + □	Boxing Lv1
Minor Transition to Open Guard	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Major Transition to Half Guard, Left	LT + X / RT + Y	LB + △ / RB + □	—
Major Transition to Half Guard, Right	RT + Y / LT + X	RB + □ / LB + △	—
Stand Up to Up/Down, Near	X	△	—
Major Transition to Open Guard—Full Posture	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	Wrestling Lv1

RUBBER GUARD

Rubber Guard is a BJJ-exclusive type of guard. The fighter on the ground wraps his leg around his opponent and holds his own foot to keep his opponent trapped in close, freeing one arm to strike and initiate submissions. In Rubber Guard, the fighter on the bottom is considered the *offensive* fighter, not the *defensive* fighter, because he can attempt a triangle choke or a major transition to full Mount. Meanwhile, his opponent is limited to less impressive transitions and relatively weak hooks.

The only way to wind up in Rubber Guard is if a BJJ fighter on defense in Open Guard—Down makes a minor transition into it. Because the offensive position is exclusive to BJJ fighters, all of the offensive transitions out of it are effectively BJJ-exclusive as well.



UFC Q&A: NATE MARQUARDT

Q: What is the importance of proper positioning?

A: "Position is the most important aspect of fighting. If you are on your feet, positioning gives you power in your strikes and gives you the ability to evade your opponent's. On the ground, positioning gives you the ability to submit your opponent and the leverage to strike with power."

Rubber Guard Action List (Offense)			
Command	Xbox 360	PS3	Restriction
Short Left Hook	X	△	—
Left Elbow	LT + X	LB + △	—
Minor Transition to Back Side Control, Right	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Major Transition to Mount	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Reveal to Open Guard, Down	X	△	—
Triangle Choke	X	△	—

Open Guard—Down Action List (Defense)			
Command	Xbox 360	PS3	Restriction
Left Hook	X	△	—
Right Hook	Y	□	—
Horizontal Left Elbow	LT + X	LB + △	Muay Thai Lv2
Horizontal Right Elbow	RT + Y	RB + □	Muay Thai Lv2
Minor Transition to Open Guard	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Minor Transition to Rubber Guard	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	BJJ Lv2
Minor Transition to Side Control, Left	LT + X / RT + Y	LB + △ / RB + □	Judo Lv3
Minor Transition to Side Control, Right	RT + Y / LT + X	RB + □ / LB + △	Judo Lv3
Kimura	X	△	BJJ Lv2
Gul/Volney Choke	LT + X	LB + △	Wrestling Lv2
Triangle Choke	LT + X	LB + △	Judo Lv2

Positions that Transition into Rubber Guard (Offense)

- Open Guard—Down (Defense) (BJJ only)

Positions that Transition into Rubber Guard (Defense)

- None

Rubber Guard (Offense) Transitions into These Positions

- Open Guard—Down (Defense) (BJJ only)
- Mount (Offense) (BJJ only)
- Back Side Control, Right (Offense) (BJJ only)

Rubber Guard (Defense) Transitions into These Positions

- Open Guard (Offense)
- Half Guard, Left—Down (Offense)



Rubber Guard Action List (Defense)			
Command	Xbox 360	PS3	Restriction
Left Hook	X	△	—
Right Hook	Y	□	—
Left Hook to the Body	LT + X	LB + △	—
Right Hook to the Body	RT + Y	RB + □	—
Minor Transition to Open Guard	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Major Transition to Half Guard, Left	LT + X / RT + Y	LB + △ / RB + □	—

HALF GUARD

Offensively speaking, Half Guard is the next step up from any of the Open Guards. It gets its name from the fact that the offensive fighter has passed one of the defending fighter's legs and is therefore halfway past his guard. The "Left" and "Right" designations indicate which of the defending fighter's legs have been passed.

From Half Guard, the advantaged fighter can improve his position with a minor transition to Side Control (on the same side as the Half Guard side) or a major transition to Mount. BJJ fighters can use a technique-exclusive minor transition while on defense to reverse it, taking the advantaged position.



Half Guard Action List (Offense)			
Command	Xbox 360	PS3	Restriction
Left Straight	X	△	—
Right Straight	Y	□	—
Left Hook to the Body	LT + X	LB + △	—
Right Hook to the Body	RT + Y	RB + □	—
Left Hook	LT + X	LB + △	—
Right Hook	RT + Y	RB + □	—
Minor Transition to Side Control	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Major Transition to Mount—Down	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Stand Up to Both Standing—Striking	X	△	—
Kimura	X	△	—

Positions that Transition into Half Guard (Offense)

- Both Standing—Probing
- Both Standing—Striking
- Both Standing—Clinch
- Muay Thai Clinch (Offense)
- Single Collar Tie, Left/Right (Offense)
- Double Underhook (Offense)
- Over/Under Left/Right Hook
- Open Guard (Offense)
- Half Guard, Left/Right (Defense) (BJJ only)
- Half Guard, Left/Right—Down (Offense)

Positions that Transition into Half Guard (Defense)

- Half Guard, Left/Right—Down (Defense)

Half Guard (Offense) Transitions into These Positions

- Both Standing—Striking
- Side Control, Left/Right (Offense)
- Mount—Down (Offense)

Half Guard (Defense) Transitions into These Positions

- Open Guard (Defense)
- Half Guard, Left/Right—Down (Defense)
- Half Guard, Left (Offense) (BJJ only)

Half Guard Action List (Defense)			
Command	Xbox 360	PS3	Restriction
Left Straight	X	△	—
Right Straight	Y	□	—
Left Hook to the Body	LT + X	LB + △	—
Right Hook to the Body	RT + Y	RB + □	—
Overhand Left	LT + X	LB + △	—
Overhand Right	RT + Y	RB + □	—
Minor Transition to Half Guard—Down	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Major Transition to Open Guard	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	—
Minor Transition to Half Guard	LT + X / RT + Y / LT + Y / RT + X	LB + △ / RB + □ / LB + □ / RB + △	BJJ Lv3
Punch Counter to Kimura	X	△	—

HALF GUARD—DOWN

Half Guard—Down is a defensive variation of Half Guard. The defending fighter holds the advantaged fighter's upper body close in order to prevent him from striking with his full range. Like Half Guard, the "Left" and "Right" designations refer to the defending fighter's leg that has been passed by the offensive fighter.

As with many ground positions, BJJ fighters can perform a couple of advantageous techniques in Half Guard—Down (Defense). They can transition to Half Guard—Down (Offense) with a signature minor transition, and they can also attempt a Kimura submission.



Positions that Transition into Half Guard—Down (Offense)

- Open Guard—Down (Offense)
- Rubber Guard (Defense)
- Half Guard, Left/Right—Down (Defense) (BJJ only)
- Up/Down, Near (Offense)

Positions that Transition into Half Guard—Down (Defense)

- Half Guard, Left/Right (Defense)
- Side Control, Left/Right (Defense)
- Mount—Down (Defense)

Half Guard—Down (Offense) Transitions into These Positions

- Half Guard, Left/Right (Offense)
- Side Control, Left/Right (Offense)
- Up/Down, Far (Offense)

Half Guard—Down (Defense) Transitions into These Positions

- Both Standing—Striking
- Half Guard, Left/Right (Defense)
- Half Guard, Left/Right (Offense) (BJJ only)

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Half Guard—Down Action List (Offense)

Command	Xbox 360	PS3	Restriction
Left Hammerfist			—
Right Hammerfist			—
Left Hook to the Body			—
Right Hook to the Body			—
Minor Transition to Half Guard			—
Major Transition to Side Control			—
Stand Up to Up/Down, Far			—

SIDE CONTROL

Offensively, Side Control is the next step up from Half Guard. It gets its name from the fact that the offensive fighter has made it past the defender's guard. His body is now perpendicular to his opponent, giving him control of one side of his opponent (indicated by the "Right" and "Left" designations in the position name).

This is a significantly advantageous position to be in, especially for Kickboxers and Muay Thai fighters, each of whom can use advanced striking techniques from the offensive position. Wrestlers can make a major transition to Mount from Side Control. And, as usual, BJJ fighters can reverse the position when they are on the defensive, putting themselves in Side Control (Offense).



Side Control Action List (Offense)

Command	Xbox 360	PS3	Restriction
Left Hook			—
Right Hook			—
Left Knee to the Body			—
Right Knee to the Body			—
Right Elbow to the Body			—
Left Elbow			—
Left Hammerfist			Kickboxing Lv1
Horizontal Left Elbow			Muay Thai Lv1
Strong Left Knee to the Body			Kickboxing Lv3
Strong Right Knee to the Body			Kickboxing Lv3
Strong Left Knee to the Body			Muay Thai Lv3
Strong Right Knee to the Body			Muay Thai Lv3
Minor Transition to North/South			—
Major Transition to Mount—Down			—
Major Transition to Mount			Wrestling Lv3
Stand Up to Both Standing—Striking			—
Kimura			—

Half Guard—Down Action List (Defense)

Command	Xbox 360	PS3	Restriction
Left Hook			—
Right Hook			—
Minor Transition to Half Guard			—
Major Transition to Both Standing—Striking			—
Minor Transition to Half Guard—Down			BJJ Lv3
Kimura			BJJ Lv2

Positions that Transition into Side Control (Offense)

- Both Standing—Probing
- Both Standing—Striking
- Both Standing—Clinch
- Muay Thai Clinch (Offense)
- Single Collar Tie, Left/Right (Offense)
- Double Underhook (Offense)
- Over/Under Left/Right Hook
- Open Guard (Offense)
- Open Guard—Down (Defense) (Judo only)
- Open Guard—Full Posture (Offense) (Wrestling only)
- Half Guard, Left/Right (Offense)
- Half Guard, Left/Right—Down (Offense)
- Side Control, Left/Right (Defense) (BJJ only)
- Mount—Down (Offense)
- Sprawl Position (Wrestling and Judo only)
- Back Side Control, Left/Right (Offense)
- Up/Down, Near (Offense)

Positions that Transition into Side Control (Defense)

- North/South (Defense)
- Back Side Control, Right/Left (Defense)

Side Control (Offense) Transitions into These Positions

- Both Standing—Striking
- Mount (Offense) (Wrestling only)
- Mount—Down (Offense)
- North/South (Offense)

Side Control (Defense) Transitions into These Positions

- Both Standing—Striking
- Open Guard (Defense)
- Half Guard, Right/Left—Down (Defense)
- Side Control, Right/Left (Offense) (BJJ only)
- North/South (Defense)

Side Control Action List (Defense)

Command	Xbox 360	PS3	Restriction
Left Hook			—
Right Hook			—
Left Knee to the Body			—
Right Knee to the Body			—
Minor Transition to Half Guard, Left—Down			—
Minor Transition to North/South			—
Major Transition to Open Guard			—
Major Transition to Both Standing—Striking			—
Major Transition to Side Control, Left			BJJ Lv3

NORTH/SOUTH

North/South gets its name from the head-to-toe alignment of the fighters. Offensively, it's on the same level as Side Control, with very limited striking options due to the close proximity of the fighters. From North/South (Offensive), any fighter can attempt a major transition to Mount, unlike Side Control, where only Wrestlers can attempt it. It is not uncommon to see fighters move back and forth between North/South and Side Control.

BJJ fighters have access to a special submission (North/South Choke) from this offensive position. In the defensive position, Wrestlers can make a minor transition to a Sprawl Position, and Judokas can reverse the hold and take North/South (Offensive).



North/South Action List (Offense)

Command	Xbox 360	PS3	Restriction
Left Hook			—
Right Hook			—
Left Hook to the Body			—
Right Hook to the Body			—
Minor Transition to Side Control, Right			—
Minor Transition to Side Control, Left			—
Major Transition to Mount—Down			—
Major Transition to Mount—Down			—
Stand Up to Both Standing—Striking			—
Far Side Kimura			—
North/South Choke			BJJ Lv3

Positions that Transition into North/South (Offense)

- Side Control, Left/Right (Offense)
- Sprawl (Offensive) (BJJ only)
- North/South (Defense) (Judo only)

Positions that Transition into North/South (Defense)

- Side Control, Left/Right (Defense)

North/South (Offense) Transitions into These Positions

- Both Standing—Striking
- Side Control, Left/Right (Offense)
- Sprawl Position (Defense) (Wrestling only)
- Mount (Offense)

North/South (Defense) Transitions into These Positions

- Both Standing—Striking
- Side Control, Left/Right (Defense)
- Sprawl Position (Defense) (Wrestling only)
- North/South (Offense) (Judo only)

North/South Action List (Defense)

Command	Xbox 360	PS3	Restriction
Left Hook			—
Right Hook			—
Minor Transition to Side Control, Left			—
Minor Transition to Side Control, Right			—
Major Transition to Both Standing—Striking			—
Minor Transition to Sprawl			Wrestling Lv1
Major Transition to North/South			Judo Lv1

MOUNT

Mount is the most advantageous position that an offensive fighter can achieve. In Mount, the offensive fighter has passed the defender's guard completely. By mounting the defender's upper torso, the advantaged fighter can keep his opponent from throwing any kicks and limit him to very weak strikes. On the other hand, the offensive fighter can unload on his opponent with heavy strikes or attempt a high-powered submission. Once a fighter achieves Mount (Offense), the fight is usually over, unless the round is about to end or he makes a critical mistake.

Boxers can throw heavy punches from Mount (Offense), and BJJ fighter can trap their opponents in a Triangle Choke from the position. Mount (Defense) is one of the few defensive ground positions from which BJJ fighters can't attempt a submission.

But BJJ fighters, Judoka, and Wrestlers all have technique-specific major transitions to Open Guard or Both Standing—Striking.



Positions that Transition into Mount (Offense)

- Rubber Guard (Offense) (BJJ only)
- Side Control, Left/Right (Offense) (Wrestling only)
- Mount—Down (Offense)
- Back Mount—Body Triangle (Offense) (BJJ only)
- Back Mount—Both Hooks In (Offense) (Judo and Wrestling only)

Positions that Transition into Mount (Defense)

- None

Mount (Offense) Transitions into These Positions

- Both Standing—Striking

Mount (Defense) Transitions into These Positions

- Both Standing—Striking (Judo only)
- Open Guard (Offense) (BJJ, Wrestling only)
- Mount—Down (Defense)
- Back Mount—Both Hooks In (Defense)

BACK SIDE CONTROL

Back Side Control is very similar to Side Control, except the fighter in the advantaged position has his opponent face-down instead of face-up. This gives the offensive fighter a tremendous advantage, although he must avoid fouling his opponent by hitting him in the back of the head. In the hierarchy of ground positions, it's below the Back Mount but above the Sprawl Position and Rubber Guard.

Kickboxers and Muay Thai fighters can throw heavy knee strikes when in Back Side Control (Offense). In the defensive position, each fighter has two default transition options, plus a third technique-specific transition that corresponds to his grappling technique.



Back Side Control Action List (Offense)			
Command	Xbox 360	PS3	Restriction
Left Hook	[X]	[R2]	—
Right Hook	[Y]	[R2]	—
Left Knee to the Body	[A]	[X]	—
Right Knee to the Body	[B]	[X]	—
Left Hook to the Body	[X] + [A]	[R2] + [X]	—
Right Hook to the Body	[X] + [B]	[R2] + [X]	—
Strong Left Knee to the Body	[A] + [A]	[X] + [X]	Kickboxing Lv3
Strong Right Knee to the Body	[B] + [B]	[X] + [X]	Kickboxing Lv3
Strong Left Knee to the Body	[A] + [A]	[X] + [X]	Muay Thai Lv3
Strong Right Knee to the Body	[B] + [B]	[X] + [X]	Muay Thai Lv3
Minor Transition to Side Control	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Major Transition to Back Mount—Both Hooks In	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Major Transition to Back Mount—Body Triangle	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	BJJ Lv1
Stand Up to Both Standing—Striking	[X]	[X]	—
Rear Naked Choke	[X]	[X]	—

Positions that Transition into Back Side Control (Offense)

- Rubber Guard (Offense) (BJJ only)
- Sprawl Position (Offense)

Positions that Transition into Back Side Control (Defense)

- None

Back Side Control (Offense) Transitions into These Positions

- Both Standing—Striking
- Side Control, Right/Left (Offense)
- Back Mount—Body Triangle (BJJ only)
- Back Mount—Both Hooks In (Judo and Wrestling only)

Back Side Control (Defense) Transitions into These Positions

- Open Guard (Defense)
- Open Guard—Down (Defense) (BJJ only)
- Side Control, Left/Right (Defense) (Judo only)
- Sprawl Position (Defense) (Wrestling only)



UFC Q&A: KENNY FLORIAN

Q: Can you describe the importance of proper positioning?

A: "Proper positioning is everything in a fight. Being at the right place at the right time is important for striking and grappling. Winning and losing can be a matter of millimeters when you are fighting at the highest levels. For example, I have won more than a few fights when people have given me their backs. Because my back positioning is very good, I will usually finish them with a rear naked choke."

Back Side Control Action List (Defense)			
Command	Xbox 360	PS3	Restriction
Left Struggle Punch	[X]	[R2]	—
Right Struggle Punch	[Y]	[R2]	—
Minor Transition to Side Control	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Major Transition to Open Guard	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Minor Transition to Open Guard—Down	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	BJJ Lv2
Minor Transition to Sprawl	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	Wrestling Lv2
Minor Transition to Side Control	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	Judo Lv1

SPRAWL POSITION

Sprawl Position is a form of takedown defense that results when you use a grapple block (X) to stuff your opponent's takedown attempt. This is the only way to enter the position in an offensive stance. From there, a variety of transitions is available to you. Every fighter can transition to another back position (Back Mount, Back Side Control), and each grappling style has unique transitions to front-facing ground positions.

The only transitions into Sprawl Position are defensive ones, from North/South (Defense) or from Back Side Control, Right/Left (Defense), and these transitions are exclusive to Wrestlers. Both of these defensive transitions put you in Sprawl Position (Defense), which is the same position you wind up in if your takedown is grapple blocked. From here, you can make minor transitions to Open Guards or a major one to Back Mount—Both Hooks In.



Sprawl Position Action List (Offense)			
Command	Xbox 360	PS3	Restriction
Left Hook	[X]	[R2]	—
Right Hook	[Y]	[R2]	—
Left Hook to the Body	[X] + [A]	[R2] + [X]	—
Right Hook to the Body	[X] + [B]	[R2] + [X]	—
Left Uppercut	[X] + [A]	[R2] + [X]	—
Right Uppercut	[X] + [B]	[R2] + [X]	—
Minor Transition to Back Side Control, Right	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Minor Transition to Back Side Control, Left	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Major Transition to Back Mount—Both Hooks In	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Major Transition to Back Mount—Body Triangle	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	BJJ Lv1
Minor Transition to North/South	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	BJJ Lv2
Minor Transition to Side Control, Left	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	Wrestling Lv1
Minor Transition to Side Control, Right	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	Judo Lv3
Minor Transition to Side Control, Left	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	Judo Lv3
Stand Up to Both Standing—Striking	[X]	[X]	—
Guillotine Choke	[X]	[X]	—

Positions that Transition into Sprawl Position (Offense)

- None

Positions that Transition into Sprawl Position (Defense)

- North/South (Defense) (Wrestling only)
- Back Side Control, Right/Left (Defense) (Wrestling only)

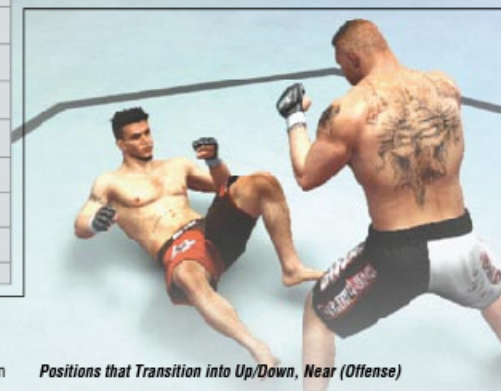
Sprawl Position (Offense) Transitions into These Positions

- Both Standing—Striking
- Side Control, Left (Offense) (Wrestling and Judo only)
- Side Control, Right (Offense) (Judo only)
- Back Mount—Both Hooks In (Offense) (Wrestling and Judo only)
- Back Mount—Body Triangle (Offense) (BJJ only)
- Back Side Control, Left/Right (Offense)

Sprawl Position (Defense) Transitions into These Positions

- Both Standing—Striking
- Open Guard (Offense)
- Open Guard (Defense) (Wrestling only)
- Open Guard—Down (Defense) (BJJ only)

Sprawl Position Action List (Defense)			
Command	Xbox 360	PS3	Restriction
Minor Transition to Open Guard	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Major Transition to Both Standing—Striking	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	—
Minor Transition to Open Guard—Down	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	BJJ Lv2
Minor Transition to Open Guard	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	Wrestling Lv2
Pick Up and Slam to Side Control, Right	[X] + [A] / [X] + [B]	[R2] + [X] / [R2] + [X]	Matt Hughes



UP/DOWN, NEAR

Up/Down, Near is a very self-descriptive position. One fighter is down on his back, the other fighter is up on his feet, and the two of them are near each other. In Up/Down, Near, the downed fighter is the disadvantaged one. However, it can be dangerous for the standing fighter to get too close, because his opponent can fight from his back with upkicks. If the offensive fighter backs off, it's an automatic transition to Up/Down, Far.

Additionally, BJJ fighters in Up/Down, Near (Defense) can make a grab for the offensive fighter's leg and attempt a Kneebars. Also, any defending fighter can try for a Triangle Choke.

Positions that Transition into Up/Down, Near (Offense)

- Up/Down, Far (Offense)

Positions that Transition into Up/Down, Near (Defense)

- Up/Down, Far (Defense)

Up/Down, Near (Offense) Transitions into These Positions

- Open Guard—Down (Offense)
- Half Guard, Left—Down (Offense)
- Side Control, Left/Right (Offense)
- Up/Down, Far (Offense)

Up/Down, Near (Defense) Transitions into These Positions

- Both Standing (range depends on offensive fighter's distance)
- Up/Down, Far (Defense)

Training Camp

BASIC INFORMATION

There are three sub-categories in the Basic Information menu: General, Height/Weight, and Skin/Physique.

General

Here's where you give your fighter a first and last name, as well as one of several pre-defined nicknames that the Octagon announcer will use during the fight introduction. You can also select your fighter's hometown, the town he's currently fighting out of, and his age. The hometown you select dictates which country's flag is represented during your introduction.



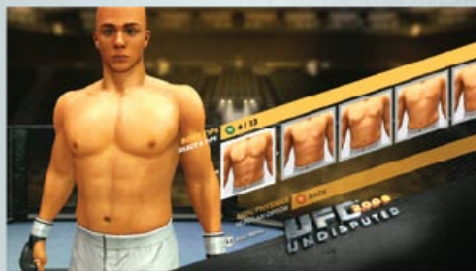
Height/Weight

Use **↑** to determine your fighter's height and weight. Use **↓** to make him taller or shorter, and **←** / **→** to make him lighter or heavier. Weights are predefined "optimal settings" for the selected weight class. Your fighter's height has no effect on his performance, but his weight determines the division in which he competes, as well as his maximum strength, speed, and cardio values, which are displayed in the screen's upper right corner.



Skin/Physique

There are three options in the Skin/Physique submenu. Skin Tone determines your fighter's skin color. Body Type is the fighter's muscular definition, and Face Type is the starting point for the fighter's facial features. You can refine these further in the Physical Appearance submenus.



FIGHT STYLE/ATTRIBUTES

The Fight Style/Attributes menu is where you determine your fighter's striking and grappling techniques, attributes, and skills.

Techniques

Each fighter has one striking technique and one grappling technique. For more detail on these techniques, refer to this guide's preceding chapter, "Training Camp."

In the standalone Create a Fighter mode, certain skills receive a 15% bonus depending on the techniques you select. In Career mode, you must raise your fighter skills through Camp Invites. The skill bonuses are applied as follows:

Technique	Bonus Applied To
Boxing	Standing/Striking Offense/Defense
Kickboxing	Standing Kicks Offense/Defense
Muay Thai	Standing Kicks Offense/Defense
Wrestling	Takedown Offense/Defense
BJJ	Submission Offense/Defense
Judo	Clinch Grapple Offense/Defense



Creating the Ultimate Fighter

Attributes

Three attributes represent your fighter's physical abilities:

- Strength:** Enhances the damage inflicted by strikes and influences the fighter's ability to prevail when struggling against an opponent (for example, during a takedown or in a submission hold).
- Speed:** The quickness of the fighter's attacks and movements. It's harder to counter and land attacks against faster fighters.
- Cardio:** The fighter's physical endurance. High cardio means greater stamina, allowing the fighter to perform at a higher level later in the fight.

You start with a pool of 1560 attribute points to divvy up between the three attributes. Increasing attributes is initially inexpensive, but the higher you raise an attribute, the more points it costs.

Attribute Level	Cost of Additional Points
1-29	5 points
30-59	10 points
60-69	15 points
70-79	25 points

Attribute Level	Cost of Additional Points
80-89	40 points
90-94	60 points
95-99	80 points



UFC Q&A: THIAGO ALVES

Q: How did you get started in martial arts? How old were you, and what discipline did you start with? Who were some of your heroes back then?

A: "I got into martial arts by watching a lot of Bruce Lee and Jean Claude Van Damme as a kid. I started training Muay Thai at 13 years old. Bruce Lee, Jean Claude Van Damme, and Wanderlei Silva were some of my heroes that inspired me."

Q: What attracted you to mixed martial arts and formal competition? And now, in the UFC, what is your favorite part of facing off against another fighter in the Octagon?

A: "I fell in love with martial arts as a kid, and one thing just naturally led to another. I constantly was looking for new ways to challenge myself, and now I get to showcase my skills in the ultimate proving grounds, the Octagon."

Fighter Skills

Sixteen different fighter skills determine a fighter's proficiency in various situations. Eight are offensive skills, and eight are their defensive counterparts.

The offensive rating determines how successful a given category of attack is when the fighter properly executes it: how hard a strike hits, how effective a takedown is, and so on. The defensive rating represents the fighter's ability to resist a given category of attacks: avoid getting taken down, absorb damage from strikes, and so forth.

- Standing Strikes:** Jabs, uppercuts, hooks, back fists, and all other punches.
- Standing Kicks:** All forms of leg attacks, including leg kicks, head kicks, body kicks, and knees.
- Clinch Striking:** Any striking attack performed in a clinch, such as knees, elbows, and hooks.
- Ground Striking:** Strikes performed while on the ground against an opponent in a disadvantaged position, including punches, elbows, and hammerfists.
- Clinch Grapple:** Takedown attempts performed from within a clinch, resulting in the attacker putting the defender in a disadvantaged position.
- Takedown:** Takedown attempts performed from a standing position (i.e., shooting for the takedown).
- Ground Grapple:** The process of advancing a fighter's advantaged position to posture up on the disadvantaged fighter.
- Submission:** Any submission attempt, including kneebars, kimuras, and chokes.

You start with 3024 points, which you can spend to improve each of the 16 skills. As with the attributes, each skill costs more points to improve the further you improve it.



Skill Point Costs	
Skill Level	Cost of Additional Points
1-29	1 point
30-49	3 points
50-69	5 points
80-89	10 points
70-79	25 points
80-89	40 points
90-99	70 points

PHYSICAL APPEARANCE

The Physical Appearance menu contains everything you need to define the look of your fighter's body. None of these options has any effect on your fighter's performance, so don't worry about anything except getting the look you want.

Dozens of customization options are available, and navigating the submenus can be challenging. The following menu trees should help:

Hair/Facial Hair

This submenu contains all of your options for your fighter's head, facial and body hair:

Head Hair

Hair Style
Sideburns
Mustache
Beard
5 O'Clock Shadow

Head Hair Colors

Hair Color
Sideburns Color
Mustache Color
Beard Color
5 O'Clock Shadow Color

Body Hair/Hair Color

Body Hair Type
Thickness
Body Hair Color



Head/Brow

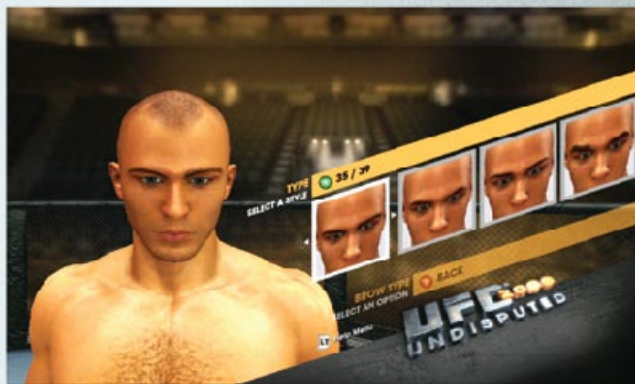
The Head/Brow submenu determines the overall shape and size of the eyebrows, as well as their color and thickness.

Head

Crown

Brow Type

Brow Width/Size



Eyes/Nose

In this submenu, you'll find settings for the shape, size, and color of your fighter's eyes and nose.

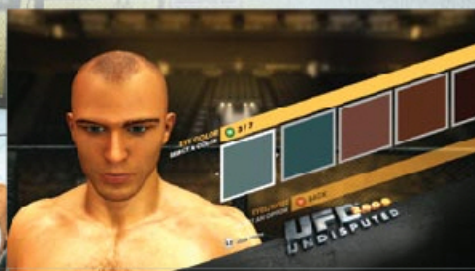
Eye Color

Eye Shape/Rotation

Eye Size/Placement

Nose Size

Nostril/Angle



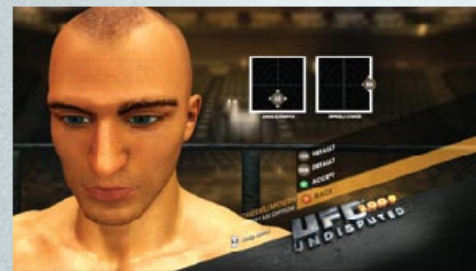
Cheeks/Mouth

Use the following submenus to define the size and shape of your fighter's cheeks and mouth.

Cheeks

Mouth Size/Rotation

Mouth Angle/Placement



Jaw/Ears

These options determine the size and shape of your fighter's jaw and ears. It even has options for cauliflower ears!

Jaw Size/Depth

Jaw Length/Thickness

Ear Damage/Condition

Left Ear
Right Ear

Ear Size/Rotation



Extra

The Extra submenu contains a variety of facial markings, scars, and skin tones to further distinguish your fighter's appearance.



UFC Q&A: KENNY FLORIAN



Q: How did you get started in martial arts? Who were some of your heroes?

A: "I got started in the martial arts around 10 years old, and started training in Kempo karate and kung fu. Also did some training with my dad, who is a black belt in judo. Bruce Lee was my big inspiration and hero. Watching martial arts movies and having a lot of brothers to mess around with was fun."

Q: What attracted you to mixed martial arts and formal competition? What's your favorite part of facing off in the Octagon?

A: "I first began training seriously in Brazilian Jiu-Jitsu because of the success of Royce Gracie in the early UFC. I enjoy the search for perfection in MMA. To execute the perfect takedown, punch, or kick is what excites me most. I enjoy training and testing myself against the very best MMA fighters in the world. Through training and competing, you find that there are no limits to what you can achieve."

Tattoos

Use the Tattoos submenu to apply up to 10 different tattoos on your fighter. Start by selecting a layer slot, and then use the following layer options:

- **Modify Layer:** Create or edit the tattoo.
- **Apply Layer:** Add the tattoo to your fighter.
- **Remove Layer:** Remove the tattoo from your fighter.
- **Copy Layer:** Duplicate the tattoo in a blank layer slot.
- **Move Layer:** Move the tattoo to a different layer slot; lower layer slot numbers overlay higher slot numbers.

Delete Layer: Permanently delete the tattoo and free up the layer slot.

Once you choose the layer slot, select the body location where you want to place it.

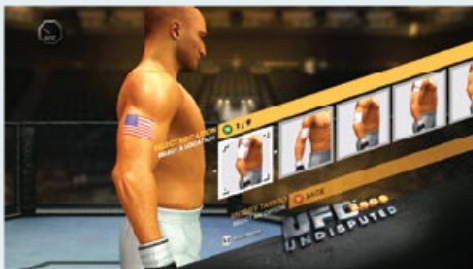


With the location chosen, it's time to determine the type of image. "Art" tattoos are illustrations, and "Character" tattoos are words or letters. If you add a Character tattoo to your fighter, you cannot use him in online play.

Creating the Ultimate Fighter

After you choose the tattoo image, you can use a variety of modification options to further customize it:

- **Select Location:** Move the tattoo to a specific area of the body part you selected previously.
- **Select Size:** Determine the size of the tattoo.
- **Select Rotation:** Turn the tattoo in 90-degree increments.
- **Vertical Reversal:** Flip the tattoo upside-down.
- **Horizontal Reversal:** Flip the tattoo so that it's a mirror image of its original appearance.
- **Finished:** Select this to finalize the tattoo and return to the Layer Slot submenu.



CLOTHING/EQUIPMENT

The Clothing/Equipment options allow you to select and customize your fighter's gear. All fighters must wear trunks and a mouthpiece. Knee supporters and ankle supporters are optional. Use the following menu tree to navigate the Clothing/Equipment submenus:

Trunks

- Custom Trunks
- Long
- Long—Slit Type A
- Long—Slit Type B
- Medium
- Short
- Very Short

Mouthpiece

Knee Supporter

- Location
- Left Knee
- Right Knee
- Color

Ankle Supporter

- Location
- Left Ankle
- Right Ankle
- Color



Brands

You can add brands to many of your Clothing/Equipment options. If you haven't played through Career Mode yet, you're restricted to the UFC brand or no brand at all. As you progress through Career Mode, you unlock new brands in the Clothing/Equipment submenus. See the next chapter of this guide for more information on Career Mode.

FINALIZING YOUR FIGHTER

When you're done customizing your fighter, choose the "Finished" option on the Create a Fighter menu. You then take a photograph of your fighter, which is used in the Exhibition Mode's Select Fighters menu, the Career Mode's Status menu, and the Tale of the Tape screen. Once you take the photo, your fighter is automatically saved to your storage device and is ready for use!



UFC Q&A: MIKE SWICK

Q: How did you get started in martial arts? Who were some of your heroes?

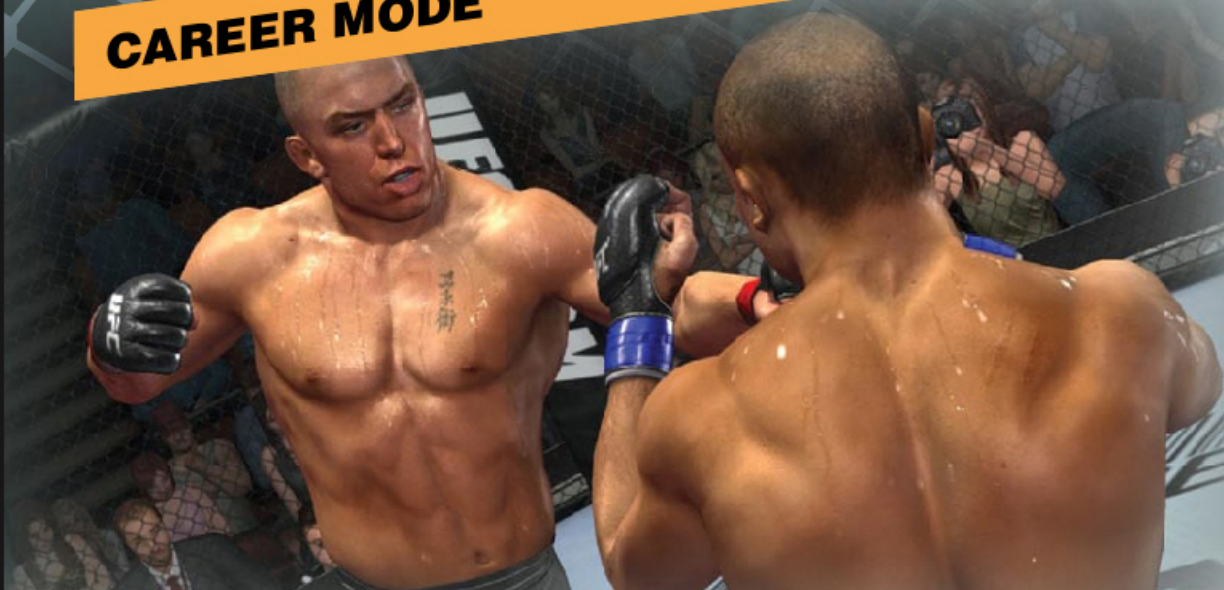
A: "I started in martial arts when I was 8 years old. The first discipline I studied was Tae-Kwon-Do. I looked up to martial artists like Bruce Lee and Chuck Norris."

Q: What attracted you to mixed martial arts and formal competition? What's your favorite part of facing off in the Octagon?

A: "The UFC is what first attracted me to MMA. When I saw the first UFC events, I knew the guys who won these types of fights were truly the best fighters in the world."

Creating the Ultimate Fighter

CAREER MODE



So, you want to rise through the ranks of the UFC, huh? Well, take a number. There are plenty of UFC fighters in each division, all of them hungry for a taste of championship gold, not to mention a number of curtain-jerkers who will never make it onto TV. They all want the same thing you do, and each one of them will shed every drop of blood and sweat in their bodies to keep you from taking it.

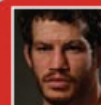
Still want to hang with the greatest fighters in mixed martial arts? Then welcome to Career Mode.

CREATING A FIGHTER

When you first begin Career Mode, you must create a fighter. You can have only one active career at a time, but you can "retire" a fighter to start a new career with a new fighter (see "Retirement" at the end of this chapter). A career lasts for seven in-game years, at which point the player's fighter is either inducted into the Hall of Fame or forced to retire at the conclusion of his contract. When selecting an age for the newly created fighter, regardless of the selected age, a Career mode playthrough cannot exceed seven years, and age has no effect on a fighter's stats/attributes or earning potential.

Creating a fighter in Career Mode is identical to creating a fighter in Create a Fighter Mode, except that none of his skills or attributes can be above 30 when you start Career Mode.

If you want to use a previously created fighter, choose the "Copy Fighter" option from the Create menu and import the existing fighter data. Attribute and skill values must be reset for Career Mode, and any unlocked fighting gear or logos do not transfer to the new version of the fighter.



UFC Q&A: NATE MARQUARDT

Q: How did you get started in martial arts? Who were some of your heroes?

A: "I was 15 yrs old. I started with Karate and Brazilian Jiu-Jitsu. I was inspired watching Royce Gracie, as well as many other fighters. Also, watching movies like Rocky I-IV, The Karate Kid, and The Kickboxer inspired me."

Q: What attracted you to mixed martial arts and formal competition? What's your favorite part of facing off in the Octagon?

A: "I was always a competitor. I loved competition wherever I could find it. I love the excitement of training for months to fight one man on a specific night. I love the cheers from the fans, and I love punching my opponent in his face."

CALENDAR

Every action that you can take in Career Mode is accessed through—and scheduled on—your calendar. Keep a close eye on it and be aware of upcoming commitments to make sure that you're prepared for them.

You can take only one action in a calendar week. Actions include fights, training sessions, sparring sessions, camp invitations, rest, and UFC activities.



ACCEPTING FIGHTS

Your upcoming fights are the most important events on your calendar. You can have only one scheduled fight at a time. After you complete a fight (win or lose), you receive an email from UFC matchmaker Joe Silva that details your next fight. Once you accept the fight, the week of the fight is blocked out with a colored bar on your calendar, and a "Weeks Until Fight" counter starts ticking down on the calendar.



Unlike every other scheduled event that you can commit to, you cannot decide to back out of a fight at the last minute. And it's a good thing, too, because you probably wouldn't have much of a UFC career left if you did.

Last-Minute Substitutions

Mixed martial arts is an intense and physical sport, and sometimes fighters injure themselves in training. Your fighter doesn't have to worry about this. But when another fighter gets injured, UFC President Dana White drops you a line, asking if you'd do him a favor by stepping in as a substitute on short notice.

There's never any penalty for refusing the boss, but if you accept the offer and win the fight, you'll earn bonus Cred for taking the fight without much time to prepare for it. This also cancels your currently scheduled fight, so if you're really looking forward to facing that opponent, you should find a polite way to turn down Dana's invitation.



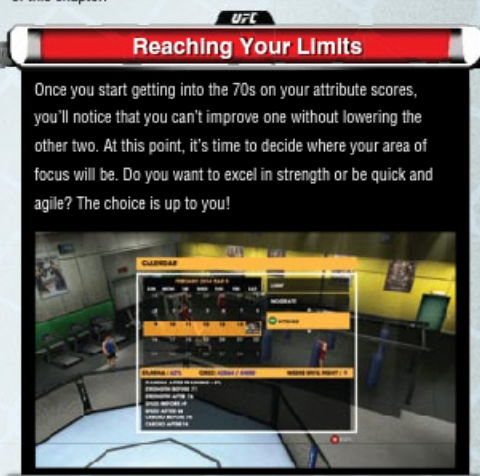
IMPROVING YOUR FIGHTER

When you first begin Career Mode, your fledgling fighter isn't even close to championship material. Fortunately, there are three ways to improve your fighter over the course of his career.

Training

Your fighter's gym comes equipped with a weight bench, a speed bag, and a treadmill. You can use each of these items to improve your fighter's strength, speed, and cardio attributes, respectively. You can train only one attribute in a week, and you have to choose between a light workout (minor improvement at a low stamina cost), a moderate workout, or an intense workout (big improvement that eats up a lot of stamina).

As you advance through the UFC ranks, you unlock bigger and better training equipment that boosts your fighter's stats more efficiently. For more information on higher-level hardware, see the "Unlocks" section of this chapter.



Career Mode



UFC Q&A: MIKE SWICK

Q: Who are some of the most effective fighters you've trained with, and what have you learned from them?

A: "I am lucky enough to train with an amazingly talented group of fighters at AKA in San Jose, CA. I wouldn't be where I am today without the team we have. My coaches are Bob Cook, Javier Mendez, Dave Camarillo, and Wheatsie Mata. My teammates include Josh Koscheck, Jon Fitch, Josh Thomson, Cain Velasquez, Paul Buentello, Pat Miniham, Luke Rockhold, Trevor Prangley, Davin Clark, and many other very talented up-and-comers."

Sparring

To improve your fighter's skills, you have to spar with a training partner in a short session inside a ring, and later, an Octagon of your own. Your performance during these full-contact scrimmages determines how many points you can assign to your skills after the sparring session. Minor attacks like punches and kicks score few points individually, but taking down, rocking, and submitting your tackling dummy—er, sparring partner—earn big points.



Your sparring partner also earns points for his performance in the session, and your base point total is determined by the difference between your score and his. So, not only should you land powerful attacks quickly, you must also avoid getting hit if you want to maximize your point total.

Finally, two modifiers affect your final point total:

The first is your sparring partner's level. When you first start your career, you have a level-1 partner. Over time, you unlock better partners who are harder to score points on, but their higher level multiplies the points that you earn. Plus, as your competition gets tougher, so should your training.

The second modifier is the stamina with which you enter the training session. The better rested your fighter is, the higher the multiplier total. Not only does an exhausted fighter lack the energy to perform well in a sparring session, his low stamina reduces the number of points he earns from his performance. For this reason, you should always come into a sparring session with at least 80% stamina to avoid being penalized for low stamina. A stamina of 90-100% actually earns you a point bonus at the end of the sparring session.

Camp Invites

The third way to improve your fighter is by accepting invitations to various training camps and practicing with their trainers. When you begin Career Mode, both your striking and grappling techniques are at level 1, which means that level-2 and level-3 moves are not available to you immediately. Accepting and attending camp invitations gives you the opportunity to level up your techniques and gain access to advanced moves.

To level up your techniques, choose "Tasks" from the Camp menu. You can view the Task List to see what's required of you, or you can jump straight into the sparring session (you can view the Task List at any time from the Pause menu). Perform the objectives listed in the Task List to earn points toward leveling up your fighting techniques.

Task Mastery

If you're not sure how to complete a task, view expanded information about it by selecting it in the Task List and pressing **△** **○**.



You don't have to complete all of them to earn points; each completed task gives you 10 points toward technique advancement. Earning another level in a technique requires 150 points, which means that you must make multiple visits to camps in order to level up. Training with a camp repeatedly eventually allows you to wear their logo into the Octagon, which earns you additional Cred for every fight in which you compete. For more information, see the "Unlocks" and "Credibility (Cred)" sections of this chapter.



Camp invites have another valuable purpose: You can see complex technique-specific moves performed by the camp's fighters and learn how to execute them. Each time you level up a technique, be sure to check out the new techniques during your next camp invite by selecting "Learn" from the Camp menu.



Can't Camp?

Whenever you complete a camp invite, you're offered the chance to schedule another one. You should always do so, because you can choose to train, spar, or rest instead of attending any camp invite, and you'll have another chance to reschedule it if you need to.

UFC ACTIVITIES

Jennie Stratton arranges promotional activities for UFC fighters who are willing to give up a week's worth of training time to help promote the UFC—and themselves. Typical activities include:

- Autograph signings
- Magazine interviews
- Photoshoots for sponsors
- Radio interviews
- Interviews with UFC.com
- Television interviews
- Filming instructional videos
- Attending UFC Fight Night

In exchange for your willingness to be an ambassador for the UFC, you also raise your profile in the eyes of the fans and earn Cred for your efforts. The bigger the event, the more Cred you earn. The Cred value for each activity is listed in the invitation email that you get from Jennie, so you can decide if it's worth giving up a chance to train or rest.



Sorry, Jennie, I've Got a Thing

There's no reason to decline any activity invitation that Jennie sends you, because you can always choose not to carry them out when the time comes. You don't earn the Cred that you would have earned from performing the activity, but you're not penalized in any way for skipping it either.

STAMINA

Any fighter will tell you that you can't just train nonstop and expect to compete at a high level, and your fighter is no exception to this rule. In Career Mode, you have to keep an eye on your fighter's stamina, which is always displayed as a percentage on your calendar.

Think of stamina as a modifier to your fighter's cardio attribute. When you enter a fight or sparring session, your fighter's maximum energy is his cardio attribute multiplied by his stamina percentage. For example, if your fighter has a cardio attribute of 80 but only 50% stamina, his effective cardio in the fight drops to 40, which drastically reduces his maximum energy.

Losing Stamina

Improving your skills, attributes, or fighting techniques costs your fighter stamina, and the stamina cost is always displayed on the calendar before you commit to the activity. Your trainer will not let you undertake any training sessions that cost more stamina than you currently have.

Fights also cost you stamina, but the amount is determined by the amount of damage you take in the fight. If you survive the fight relatively unscathed, you'll come out of it with most of your stamina intact. If you get pummeled into hamburger, your stamina will be rock-bottom when you return to the gym.

UFC activities don't come with a stamina cost.

Rest

When your fighter's stamina starts getting low, it's time to give him the week off by choosing the "Rest" option from the Calendar menu. A week spent resting recovers approximately 50% of your stamina (depending on your cardio attribute), but it's a week that you can't spend improving your fighter in any other way.

Don't Overtrain

You should always rest on the week before a fight, unless you have a UFC activity to perform that week, in which case you should rest during the week prior to the activity. This ensures that you'll come into the fight at maximum stamina, and it's the only action you can take that doesn't cost stamina.

EMAIL

Email is accessed through the Career Mode Main menu, or by pressing **Y** / **△** on the Calendar menu when a new message arrives. There are three categories of emails, each sorted into a different folder in the Email menu.



Newsletters

Newsletter emails keep you abreast of what's going on in the UFC and how it affects your fighter. Most of them are recaps of the week's UFC events, listing the winners and losers of the bouts. The rest are short news articles about your opponents' preparations for your upcoming



fight or their reactions to the one you just fought with them.

Matchmaking

You usually don't have to go to the Email menu to view these messages, as they're important enough to be displayed automatically when they arrive. All of these messages are either from Joe Silva, who always schedules your next match, or Dana White, who tries to get you to fill in for an injured fighter on short notice.



Professional

The third category of emails includes invitations to partake in UFC activities, bulletins from your trainer about new sparring partners and equipment, and notifications of newly unlocked sponsor and camp logos. Every now and then, Dana White drops you a line as well, complimenting you on a well-fought victory or chewing you out for a particularly one-sided loss.



Career Mode

CREDIBILITY (CRED)

Cred is the currency of Career Mode. It's the only thing that truly matters—the credibility that you've earned in the eyes of the fans and your fellow fighters.

EARNING CRED

Winning fights, displaying camp and sponsor logos, and representing the UFC outside of the Octagon are all ways you can earn Cred.

Winning Fights

Obviously, running up a whole lot of wins and very few losses is a surefire way to earn Cred. There are four ways to earn Cred in a fight:

Fight Signed

You earn a predetermined amount of Cred just for showing up to the fight. This number is always displayed when you accept a fight, so you know that you're at least guaranteed to earn this amount.

Performance Bonus

If you win the fight, you earn this additional Cred as a bonus. The more dominant your victory, the bigger your bonus.

Fight Award Bonus

A particularly well-fought fight earns special honors, such as Submission of the Night or Fight of the Night. If you win one of these awards, you get an extra chunk of Cred to go along with it.

Sponsorship Bonus

In some cases, clothes really do make the man—or, at least, the logos on his clothes do. The sponsor and camp logos that you unlock and add to your fighter's trunks (via the "Customize Fighter" option on the Career Mode Main menu) earn you bonus Cred whether or not you win the fight.

UFC Activities

As we mentioned previously, committing to UFC activities, such as interviews and autograph signings—and then showing up for them—earns you an amount of Cred proportionate to the size of the event. When Jennie emails you with an activity offer, she always includes the amount of Cred you can expect to earn by performing it.



UNLOCKS

Cred isn't spent like money. It's accumulated like experience points. As you earn more and more Cred, additional features are automatically unlocked for use in Career Mode.

Sponsor Logos

Sponsorship is a two-way street in the UFC. A great fighter who wears a sponsor's logo lends credibility to that sponsor, but some sponsors are so well established that forming a sponsorship agreement gives that fighter Cred in the eyes of the mixed martial arts world.

Sponsor logos are unlocked by earning enough Cred to prove that you're worthy of wearing the logo. Wearing the logo on your trunks earns you additional Cred during fights. The higher a sponsor's level, the more Cred you earn from wearing their logo in a fight.

Sponsor Logo Unlock Requirements

Sponsor Logos	Requirements
Yuke's (Level-1 Sponsor)	n/a
THQ (Level-2 Sponsor)	n/a
Random Level-1 Sponsor	1500 Cred
Random Level-1 Sponsor	3000 Cred
Random Level-1 Sponsor	4500 Cred
Random Level-1 Sponsor	6000 Cred
Random Level-1 Sponsor	7500 Cred
Random Level-1 Sponsor	9000 Cred
Random Level-1 Sponsor	10,500 Cred
Random Level-1 Sponsor	12,000 Cred
Random Level-1 Sponsor	13,500 Cred
Random Level-1 Sponsor	15,000 Cred
Random Level-2 Sponsor	17,000 Cred
Random Level-2 Sponsor	19,000 Cred
Random Level-2 Sponsor	21,000 Cred
Random Level-2 Sponsor	23,000 Cred
Random Level-2 Sponsor	25,000 Cred
Random Level-2 Sponsor	27,000 Cred
Random Level-2 Sponsor	29,000 Cred
Random Level-2 Sponsor	31,000 Cred
Random Level-2 Sponsor	33,000 Cred

Sponsor Logo Unlock Requirements

Sponsor Logos	Requirements
Random Level-2 Sponsor	35,000 Cred
Random Level-3 Sponsor	37,500 Cred
Random Level-3 Sponsor	40,000 Cred
Random Level-3 Sponsor	42,500 Cred
Random Level-3 Sponsor	45,000 Cred
Random Level-3 Sponsor	47,500 Cred
Random Level-3 Sponsor	50,000 Cred
Random Level-3 Sponsor	52,500 Cred
Random Level-3 Sponsor	55,000 Cred
Random Level-3 Sponsor	57,500 Cred
Random Level-4 Sponsor	60,000 Cred
Random Level-4 Sponsor	63,000 Cred
Random Level-4 Sponsor	66,000 Cred
Random Level-4 Sponsor	69,000 Cred
Random Level-4 Sponsor	72,000 Cred
Random Level-4 Sponsor	75,000 Cred
Random Level-4 Sponsor	78,500 Cred
Random Level-5 Sponsor	82,000 Cred
Random Level-5 Sponsor	85,500 Cred
Random Level-5 Sponsor	89,000 Cred
Random Level-5 Sponsor	92,500 Cred

Sponsors

- Yuke's (Level 1)
- Viral (Level 1)
- Ultor Unlimited (Level 1)
- Wondermart (Level 1)
- XYYY (Level 1)
- Urban Predator (Level 1)
- Akustics (Level 1)
- Metabolic Adaptation (Level 1)
- FYT (Level 1)
- Take A Nap (Level 1)
- THQ (Level 2)
- Rumble Fight Wear (Level 2)
- Microtech (Level 2)
- Nuvasive (Level 2)
- Sucker Punch (Level 2)
- AND 1 (Level 2)
- NOGI (Level 2)
- OTM (Level 2)
- One More Round (Level 2)
- Headblade (Level 2)
- Premier Fighter (Level 3)
- Death Clutch (Level 3)
- Hitman (Level 3)
- Xyience (Level 3)
- Fairtex (Level 3)
- RVCA (Level 3)
- Toe2Toe (Level 3)
- Pain-Inc (Level 3)
- Clinch Gear (Level 3)
- Skin Industries (Level 3)
- Harley Davidson (Level 4)
- Hostility (Level 4)
- American Fighter (Level 4)
- Hayabusa Fight Wear (Level 4)
- Sinister (Level 4)
- Conquest (Level 5)
- MMA Warehouse (Level 5)
- Warrior International (Level 5)
- Sprawl (Level 5)
- Tapout (Level 5)

Career Mode



Camp Logos

After you attend five invites from a particular camp, that camp allows you to represent it by wearing its logo on your trunks. Like sponsor logos, camp logos lend credibility to fighters who have earned the right to display their affiliation with them. Wearing a prestigious camp's logo on your trunks in a fight earns you additional Cred at fight's end.



Camp Logo Unlock Requirements

Camp Logos	Requirements
40K's Kickboxing Academy	Attend 5 Camp Invites with 40K's Kickboxing Academy
Alliance MMA	Attend 5 Camp Invites with Alliance MMA
American Top Team	Attend 5 Camp Invites with American Top Team
Brazilian Top Team	Attend 5 Camp Invites with Brazilian Top Team
Cesar Gracie Jiu-Jitsu	Attend 5 Camp Invites with Cesar Gracie Jiu-Jitsu
Black House	Attend 5 Camp Invites with Black House
Team Takedown	Attend 5 Camp Invites with Team Takedown
Extreme MMA	Attend 5 Camp Invites with Extreme MMA
Greg Jackson's	Attend 5 Camp Invites with Greg Jackson's
HIT Squad	Attend 5 Camp Invites with HIT Squad
Team Noguera	Attend 5 Camp Invites with Team Noguera MMA
Minnesota MMA	Attend 5 Camp Invites with Minnesota MMA
Serra Jiu-Jitsu	Attend 5 Camp Invites with Serra Jiu-Jitsu
Siyodong USA	Attend 5 Camp Invites with Siyodong USA
Team Link	Attend 5 Camp Invites with Team Link
Team Penn	Attend 5 Camp Invites with Team Penn
Team Quest	Attend 5 Camp Invites with Team Quest
The Pit	Attend 5 Camp Invites with The Pit
10th Planet Jiu-Jitsu	Attend 5 Camp Invites with 10th Planet Jiu-Jitsu
Team Mviant	Attend 5 Camp Invites with Team Mviant



UFC Q&A: KENNY FLORIAN

Q: Who are some of the most effective fighters you've trained with, and what have you learned from them?

A: "I have had the honor of training with many great fighters in my career. To name just a few, I have trained with Chuck Liddell, Randy Couture, Georges St-Pierre, and BJ Penn. Each fighter has taught me many things, from the technical aspects to the mental aspects."

Training Equipment

When you first begin Career Mode, your gym has only level-1 strength, speed, and cardio equipment, along with a ratty boxing ring in which to spar. As you earn Cred, you unlock better training equipment that boosts your attributes even more with each training session. There's one exception: upgrading the boxing ring to an Octagon is purely an aesthetic upgrade and has no effect on your sparring.



UFC Q&A: FRANK MIR

Q: Who are some of the most effective fighters you've trained with, and what have you learned from them?

A: "Randy Couture showed good ring generalship. Miguel Torres has great killer instincts, always looking for a finish, and his work ethic has influenced me greatly."



Career Mode

Gym Equipment Unlock Requirements

Gym Equipment	Requirements
Boxing Ring	n/a
All Level-1 Training Equipment	n/a
Level-2 Training Equipment of your choice	2400 Cred
Level-2 Training Equipment of your choice	9150 Cred
Level-2 Training Equipment of your choice	12,900 Cred
Level-3 Training Equipment of your choice	20,400 Cred
Level-3 Training Equipment of your choice	27,900 Cred
Level-3 Training Equipment of your choice	35,400 Cred
Octagon Cage	25,000 Cred
Full-Size Octagon Cage	50,000 Cred

Training Equipment

- Level-1 Strength Equipment
- Level-1 Speed Equipment
- Level-1 Cardio Equipment
- Level-2 Strength Equipment
- Level-2 Speed Equipment
- Level-2 Cardio Equipment
- Level-3 Strength Equipment
- Level-3 Speed Equipment
- Level-3 Cardio Equipment

Sparring Partners

The level of your sparring partner modifies the number of skill points you earn from sparring. Low-level partners penalize your point total, while high-level partners award you a bonus. New partners are automatically unlocked and added to your sparring sessions as you earn the required amount of Cred.



Sparring Partner Unlock Requirements

Sparring Partners	Requirements	Skill Bonus/Penalty
Level-1 Sparring Partner	Default	50%
Level-2 Sparring Partner	6210 Cred	75%
Level-3 Sparring Partner	19,150 Cred	100%
Level-4 Sparring Partner	27,780 Cred	125%
Level-5 Sparring Partner	45,030 Cred	150%

CLIMBING THE DIVISION RANKS

You can compete in only one UFC division during your career. Each division has 25 fighters in it. The division champion is ranked number one, and everyone else comes underneath him. You must be a high-ranked fighter to earn a title shot.

RANKING

Select the "Ranking" option from the Career Mode Main menu to view all of the fighters in the division and their current rankings. To the right of each fighter's name is a column that indicates whether his ranking has recently gone up, gone down, or stayed the same.



To rise through the ranks, you must win fights. The higher ranked your opponent is, the more of a bump you get from defeating him. Fighting opponents ranked lower than you doesn't do your career much good. You should always push yourself to face superior opponents and bring your game up to their level.

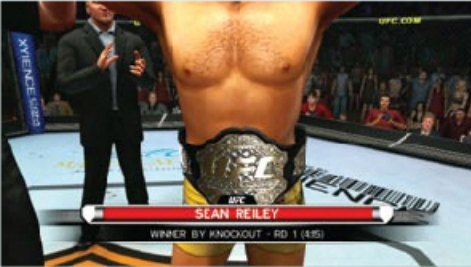
Title Matches

Once you claw your way to the top of the rankings, you're eligible for a title shot against the champion. You don't necessarily have to be ranked number two to qualify, but you should at least be in the top four or five fighters.

A championship match is no different than any other match, except that it goes five rounds instead of three, and the winner wears UFC gold back to the locker room.



Once you become the champion, you have to defend the title. In fact, most fighters would agree that a champion who doesn't put his belt on the line isn't much of a champion at all. As long as you hold the title, every fight that you compete in is a five-round championship fight, and you must win the fight to retain your title.



LATE CAREER HALL OF FAME

The ultimate achievement for any fighter is induction into the UFC Hall of Fame. If you continue fighting long enough and earning Cred, the Hall of Fame Committee is sure to award you the honor.

In order to increase your chances of gaining entry into the Hall of Fame, try to put together an impressive record, win consecutive fights, and defend the title multiple times. Also, look to obtain at least one of all the possible Career Mode Trophies.

If you are inducted into the Hall of Fame, you will receive a Hall of Fame logo, which can then be placed on your shorts by entering the Retired Fighters option and selecting to customize your shorts.

RETIREMENT

When you've taken your fighter as far as he can go, it's time for him to call it a day and ride off into the sunset with his head held high. The fighter's status, fight record, and trophy case are preserved exactly the way they were when he retired, and you can view them at any time by choosing "Career Mode" from the Main menu, and then choosing "Retired Fighters."

UFC

Goodbye Means Goodbye

Retirement permanently ends your fighter's career, so don't choose this option unless you're certain you're done with the fighter.

TROPHY CASE

Select "Trophy Case" from the Career Mode Main menu, and you can see the awards that your fighter has earned over the course of his career.

Trophies	
Name	How to Earn It
Hall of Fame Trophy	Be inducted into the UFC Hall of Fame
Striking Technique Trophy	Reach the maximum level in your striking technique by attending training camps
Grappling Technique Trophy	Reach the maximum level in your grappling technique by attending training camps
Title Belt	Win your division's championship
Fight of the Night Award (x5)	Win impressive, back-and-forth fights that could have gone either way
KO of the Night Award (x5)	Win your fights with brutal knockout blows
Submission of the Night Award (x5)	Win your fights by forcing your opponents to tap out
3-Fight Win Streak	Win three consecutive fights
6-Fight Win Streak	Win six consecutive fights
10-Fight Win Streak	Win ten consecutive fights



"THE PITBULL" ANDREI ARLOVSKI



Arlovski's heavy hands hold huge knockout power.

"The Pitbull" earned his nickname by being one of the UFC's most tenacious and lethal heavyweights. After a 2004 motorcycle injury left UFC Heavyweight Champion Frank Mir unable to defend his title, Arlovski defeated fellow top heavyweight Tim Sylvia to become the interim champion at UFC 51. Arlovski defended the title successfully at UFC 53 and 55 before losing it to Sylvia at UFC 61. Arlovski suffered a second loss to Sylvia at UFC 61 and would fight only three more times in the Octagon before parting ways with the UFC after UFC 82.

Andrei Arlovski is one of the best-rounded fighters in the Heavyweight Division. His considerable speed and cardio allows him to pick apart an opponent with ruthless precision late in a fight. He has tremendous standing striking offense and defense, although he's weaker with standing kicks and in the clinch. His takedown defense is respectable, but he's rarely in trouble when he's on his back, thanks to high ground grapple and submission defense. When playing as Arlovski, your best bet for victory is a standing knockout blow, followed by a win via submission.

TECHNIQUES

STRIKING
BOXING
GRAPPLING
BJJ

ATTRIBUTES OVERALL RATING

STRENGTH
SPEED
CARDIO

88
58
71
71

SKILLS



STATISTICS

AGE

24

BIRTHDATE

11/8/84

WEIGHT

155 LBS.

HEIGHT

5'7"

REACH

67"

NATIONALITY



HOMETOWN

FLORIANOPOLIS,
BRAZIL



FIGHTING OUT OF

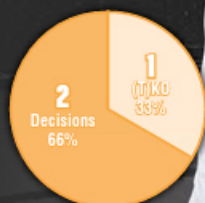
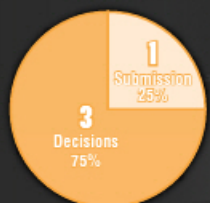
FLORIANOPOLIS,
BRAZIL

RECORD (AS OF PRESS DATE)

OVERALL RECORD: 18-3-0-0

UFC WINS: 4

UFC LOSSES: 3



UFC Lightweight Division



Thiago Tavares



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CLASSIC FIGHTS



UFC 2009 Undisputed features a Classic Fights Mode, where you can recreate 12 of the UFC's greatest matches and relive some of the most historic moments in mixed martial arts. If you manage to finish the fights the way they originally ended, you unlock their video highlights.

TUF 1 FINALE: FORREST GRIFFIN VS. STEPHAN BONNAR



"It was the first season of *The Ultimate Fighter*, and two relative unknowns, Forrest Griffin and Stephan Bonnar, battled their way through a grueling competition to meet in the finals. As we watched them get there, we came to know them not just for their skills, but for their tenacity.

"When they finally faced off for the coveted UFC contract in the season finale, we knew it would be a great fight, but no one was ready for the war these two brought to the Octagon. Coach Chuck Liddell saw his fighter, Forrest Griffin, win with a unanimous decision after three amazing rounds of non-stop action.

"Griffin vs. Bonnar: the fight that gave us two new superstars, and millions of new fans."

CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by Decision with Forrest Griffin

Both Griffin and Bonnar have extremely heavy hands, so the real challenge in this fight is to not accidentally knock out Bonnar—or let him do the same to you! As Forrest, get off to an early lead on points by controlling the pace of the fight and being more aggressive than Bonnar.

Once Bonnar starts to show signs of fatigue, stick to body strikes and takedowns to continue earning points without running the risk of knocking him out cold and stopping the fight. Keep your hands up to protect your head, and avoid a KO of your own.



MIKE SWICK ON FORREST GRIFFIN VS. STEPHAN BONNAR

"I watched this fight live, moments after winning my first UFC fight. I was so amped and full of life already, and while watching this fight, I knew I was witnessing history."



KENNY FLORIAN ON FORREST GRIFFIN VS. STEPHAN BONNAR

"The Forrest Griffin vs. Stephan Bonnar [fight] was memorable because I was a part of the TUF 1 finale. It significantly helped make MMA as popular as it is today."



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UFN 6: DIEGO SANCHEZ VS. KARO PARISYAN



"It was a clash between two welterweight stars: Diego 'Nightmare' Sanchez and Karo 'The Heat' Parisyan. In one of the most talent-filled divisions, Diego Sanchez looked to be unstoppable. 'The Nightmare' was going into this fight with a perfect record: 17 wins, no losses. However, he had never faced anyone like Karo Parisyan, a title contender who has adapted his favorite martial art of Judo to be spectacularly effective in the Octagon.

"It was a grueling battle, and in the end, 'The Nightmare' prevailed with a unanimous decision. Now let's see if you can reproduce the result of Ultimate Fight Night 6's main event: Parisyan vs. Sanchez."

CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by Decision with Diego Sanchez.

Diego is faster than Karo and has better cardio, so you shouldn't have any difficulty outlasting him. But you do have to avoid accidentally KO-ing or TKO-ing him before the end of the fight. And obviously, you can't let him get the win either.

Use Diego's wrestling ability to maintain dominance over Karo and earn points. You can also stand and strike with Karo if you want to, as both fighters are Boxers, and Diego has the edge over Karo in the stats department. Just keep those hands up, whatever you do, and make sure that you continually work to earn points from the judges.



UFC 66: CHUCK LIDDELL VS. TITO ORTIZ II



"Back in UFC 47, Chuck Liddell beat Tito Ortiz with an onslaught of ferocious strikes. Angry and frustrated, Tito had to watch as 'The Iceman' went on to become the Light Heavyweight Champion of the World, the same title that Tito himself held so long ago. And just how Tito dominated with his ground and pound, Chuck dominated with his striking, defending the title with knockout after knockout.

"All the while, Tito was pounding his way back into title contention. At UFC 66, 'The Huntington Beach Bad Boy' got his shot to reclaim the title. However, it was not to be for Tito, as Chuck Liddell rained down blow after blow in the final round to produce a crushing TKO victory.

"Liddell vs. Ortiz 2, can you repeat history? Let's find out."

CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by KO or TKO in Round 3 with Chuck Liddell.

Liddell has phenomenal KO power, so be careful not to hit Tito with too many head punches, or you might accidentally knock him out before the third round. The biggest thing to worry about is Tito's high cardio, which keeps him fresh late into the fight, when you can finally look for the KO. Fortunately, Chuck's high takedown defense helps counter Tito's takedown skills. When Chuck does finally get his opening, Tito's standing strikes defense won't be enough to stop The Iceman's heavy hands.

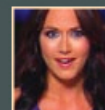


Classic Fights



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UFC 71: CHUCK LIDDELL VS. RAMPAGE JACKSON



"Now, Chuck 'The Iceman' Liddell had only lost to three men going into UFC 71. He avenged two of those losses by stopping Jeremy Horn and Randy Couture. One of the most dominant fighters of all time, the champ was now getting a chance to even the score against the only other man to beat him: Quinton 'Rampage' Jackson.

"Rampage was new to the Octagon, but Pride fans all around the world already loved him for his charisma, his sense of humor, and his impossible slams! He came in with the one thing very few men have when facing Chuck Liddell: confidence. With this confidence, Rampage managed to knock out 'The Iceman' in the first round and take the UFC Light Heavyweight belt as his own.

"Liddell vs. Jackson: can you reproduce the results?"

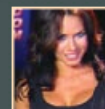
CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by KO or TKO in the first round with Rampage Jackson.

There's nothing fancy about this fight. Both Liddell and Rampage are fearsome strikers who put all 205 pounds of body weight behind every punch they throw. The best strategy is to come out guns a-blazing and try to take Chuck's head off with heavy punches. Don't bother conserving your energy—if you don't finish Chuck in the first round, you'll have to try again anyway.



UFC 76: FORREST GRIFFIN VS. SHOGUN RUA



"Twenty-six-year-old Mauricio 'Shogun' Rua came into the Octagon with a trail of destroyed opponents behind him and was considered by many to be one of the top 205-pound fighters in the world. Shogun was getting a chance to show his versatile martial arts skills to American fans, while Griffin, coming off a defeat to Keith Jardine, was getting a chance to prove that he deserved a shot at the Light Heavyweight title. This is exactly what Forrest did, with an amazing rear naked choke victory in the third and final round.

"Griffin vs. Rua: let's see if you can do the same."

CLASSIC STRATEGY

Unlock Condition: Defeat the CPU by Rear Naked Choke in the third Round with Forrest Griffin.

The only positions from which Forrest can execute a Rear Naked Choke are Back Mount—Body Triangle and Back Side Control. You can transition into both positions from the Sprawl Position, so stuff Rua on a takedown in the third round to transition and slap on the submission. If that doesn't work, you can also execute it from Rubber Guard.

Be sure to soften up Rua in the first few rounds so that he has very little stamina in the third and can be tapped out easily. His vulnerability to Forrest's standing strikes should help with this.



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UFC 77: ANDERSON SILVA VS. RICH FRANKLIN II



"In their explosive first meeting, Anderson 'The Spider' Silva took the title from Middleweight Champ Rich 'Ace' Franklin with a picture perfect display of Muay Thai skills.

"Rich wasn't down for long, though. He fought his way back to the number one contender position, and at UFC 77, he got a chance at payback in the rematch we'd all been waiting for. The end result didn't change though, as Silva destroyed Franklin in front of his home crowd with a devastating second round KO.

"Silva vs. Franklin: you up for it?"

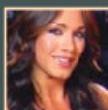
CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by KO or TKO in the second Round with Anderson Silva.

Anderson Silva has two incredibly potent knockout weapons, which you should use as soon as the bell rings to start the second round. The first is his Left and Right Head Kicks, which he can throw from Position Standing—Striking position. The other is his Muay Thai whips, against which Franklin has even less defense. Soften him up a bit in the first, and tear him apart in the second, but watch out for Franklin's formidable standing strikes and kicks.



UFC 79: CHUCK LIDDELL VS. WANDERLEI SILVA



"During their long reigns as champions, these two men simultaneously terrorized opponents on opposite sides of the globe. One defended his title with devastating punches, the other with explosive knees. The matchup was every fight fan's dream, and at UFC 79, it finally happened: Chuck Liddell vs. Wanderlei Silva!

"There was some heat at the weigh-in when Wanderlei taunted Chuck, and some thought the fight would start then and there, but it wasn't until the final bell that fans knew Chuck Liddell was the victor, by unanimous decision.

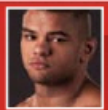
"Liddell vs. Silva: can you take 'The Iceman' three rounds against 'The Axe Murderer' and pull out the decision? Let's see..."

CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by Decision with Chuck Liddell.

Chuck's standing striking power can overwhelm Wanderlei's defense, but if Wanderlei gets Chuck in a Muay Thai Clinch, Chuck is in trouble. The trick is to throw enough good strikes to win the match on points but not knock out Wanderlei. And while you're being careful not to rough him up too badly, he tries to Muay Thai whip your head off.

Keep your energy up so you can break the Muay Thai Clinch when and if you wind up in it. Pepper Wanderlei with a steady stream of rights and lefts to pick up the decision.

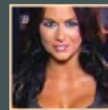


THIAGO ALVES ON CHUCK LIDDELL VS. WANDERLEI SILVA

"I'm a huge fan of both guys and had wanted to see them fight for years! The fight was a war and lived up to all the hype!"

Classic Fights

UFC 79: GEORGES ST-PIERRE VS. MATT HUGHES III



"When they met back in UFC 50, Georges St-Pierre challenged for Matt Hughes' Welterweight title but came up short, getting caught in an armbar in the very last second of round one. GSP earned another shot at UFC 65 and unloaded on Hughes, dropping him in the second round, fulfilling his dream of becoming the Welterweight Champion of the World.

"Fate had conspired to bring us this amazing rubber match at UFC 79. St-Pierre vs. Hughes III for the Interim Welterweight Championship. This time, it was GSP who managed to catch Hughes in the armbar and submit him in round two to take the interim belt.

"Now it's up to you to recreate this classic rubber match result...good luck."

CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by Armbar in Round 2 with Georges St-Pierre.

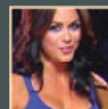
St-Pierre can execute the Armbar from Mount, Mount—Down, Open Guard, and Open Guard—Full Posture. Considering how solid Hughes' wrestling skills are, that's a mighty tall order. You'll want to weaken Hughes before the second round, so that he doesn't have enough energy to withstand the Armbar. St-Pierre's standing kicks are an excellent tool for this purpose, as Hughes has very limited standing kicks defense.



FRANK MIR ON GEORGES ST-PIERRE VS. MATT HUGHES III

"It showed that anybody can elevate their skill level in any aspect of martial arts. St-Pierre didn't start life as a wrestler, while Hughes had wrestled his whole life, but due to diligent training, GSP was able to throw and take down Hughes almost at will."

UFC 80: BJ PENN VS. JOE STEVENSON



"At UFC 80, two outstanding 155-pound fighters were set to square off for the Lightweight Championship: BJ Penn and Joe 'Daddy' Stevenson. BJ came in as the favorite. His skills make him one of the most feared and respected fighters in the sport.

"But no one was crazy enough to count out Joe Stevenson. After winning The Ultimate Fighter 2 as a welterweight, Stevenson dropped down a weight class and had smashed his way to the title shot with his superior strength and wrestling ability. They both knew it would be a tough fight.

"When the night was done, it was BJ Penn who held the belt, with his impressive victory by Rear Naked Choke in round two. Can you do the same?"

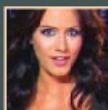
CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by Rear Naked Choke in Round 2 with BJ Penn.

Back Mount—Body Triangle and Back Side Control are the only positions from which Penn can attempt a Rear Naked Choke. The easiest way to get into a Back Mount is to achieve Mount on Stevenson and let him make the transition to Back Mount (Defense). Stevenson's submission defense is very low, and Penn's is very high, so if you spend the first round softening him up with standing strikes, you should be able to get him to tap out in the second.



UFC 82: ANDERSON SILVA VS. DAN HENDERSON



"After Anderson Silva's total domination of the Middleweight Division, 'The Spider' earned not only the championship, but the title of 'greatest pound-for-pound fighter in the world.' There was only one man who could compete with those kinds of credentials: another knockout artist by the name of Dan Henderson.

"Dan came into the UFC as an international superstar, holding championships in two different weight classes at the same time. At UFC 82, it was Anderson Silva, however, that proved he was the best pound-for-pound fighter, with a Rear Naked Choke victory in the second round."

CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by Rear Naked Choke in Round 2 with Anderson Silva.

Silva's takedown defense isn't equal to Henderson's takedown offense, so you might have a tricky time getting into Sprawl Position, which transitions to the back positions that you need for a Rear Naked Choke. Your better bet might be to get into Rubber Guard from Open Guard—Down (Defense) and transition to a back position from there. Henderson's submission defense isn't stellar, but you'll want to soften him up with some Muay Thai whips and Head Kicks before you try to grapple with him on the ground, which is his element.



UFC 83: MATT SERRA VS. GEORGES ST-PIERRE II



"In their first fight, TUF season 4 winner Matt Serra shocked the world by knocking out GSP in the very first round! After the rematch was delayed due to a Matt Serra injury, the two men met again at UFC 83, in GSP's hometown of Montreal. In this second meeting, it was GSP who walked away with the belt, after a second-round TKO of Serra.

"Serra vs. St-Pierre II. Let's see if you can make it happen again..."

CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by KO or TKO in Round 2 with Georges St-Pierre.

George St-Pierre's standing kicks are the one weapon against which Matt Serra doesn't have equivalent defense. In every other category, GSP's offense is equivalent to or inferior to Serra's defense (except takedowns, but Serra is well protected against ground attacks). Go after Serra's head with standing kicks and punches in the second round. If you don't get sloppy, you should be able to turn Serra's lights out before the end of the round.



NATE MARQUARDT ON MATT SERRA VS. GEORGES ST-PIERRE II

"I helped GSP train for that fight, and I knew that the first fight was a fluke, but fighting someone who has beaten you before is no easy task and takes a true warrior to overcome."

Classic Fights



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UFC 84: BJ PENN VS. SEAN SHERK



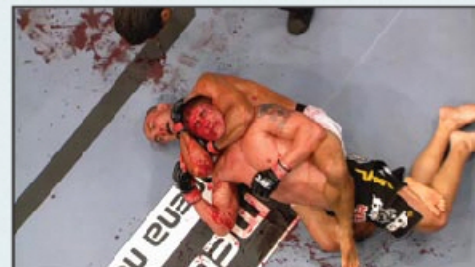
"Sean Sherk is one of the most dominant fighters in the exciting 155-pound division. Known for his wrestling and for having the strength of a heavyweight, 'The Muscle Shark' became the first Lightweight titleholder after the UFC reinstated the division. Sherk was stripped of the belt just after one defense, due to a controversial drug test result. When it was put up for grabs in a battle between the two top contenders, former champ BJ Penn came away with it.

"Fast forward to UFC 84, where an angry, determined Sean Sherk returned from a suspension, eager to reclaim what was his. But Sherk just couldn't compete with BJ Penn's power and suffered a brutal loss by TKO in round three."

CLASSIC STRATEGY

Unlock Conditions: Defeat the CPU by KO or TKO in Round 3 with BJ Penn.

BJ Penn has some of the heaviest hands in the business, and that's exactly what you need to finish off Sherk in the third round. For the first couple of rounds, avoid letting Sherk take you down and dominate you on the ground. Fortunately, although BJ's takedown offense is lackluster, his defense is top-notch. He also has superior ground grapple skills, which makes it very tough for Sherk to do anything after getting the takedown.



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ACHIEVEMENTS, TROPHIES, AND SECRETS

GAME PROGRESS

If you choose "Game Progress" from the Main menu, you can take a look at how you've done so far and what remains to be accomplished. There are three options in the Game Progress menu:

- **Achievements/Trophies:** Lists all of the Achievements (Xbox 360) or Trophies (PS3) that you have earned in the game so far.
- **Records:** A complete list of performance-related statistics, broken down by online play, offline play, and both modes combined.
- **Unlock:** Whenever you unlock items with Cred in Career Mode, they are available in the rest of the game as well; here's where you can see what you have to work with.



This section of the guide lists all of the secrets in the game, with tips for how to discover them.

XBOX LIVE ACHIEVEMENTS AND PS3 TROPHIES

The following table lists all of the Xbox Live Achievements/PS3 Trophies available in *UFC 2009 Undisputed*. Some of these can be earned only via online play, some are available only offline, and others are available in either mode.

Xbox Live Achievements						
Achievement	How to Earn It	Secret?	Category	Xbox Points	PS3 Grade	PS3 Trophy Points
Pound-for-Pound Champion	Win the UFC Championship in each weight class in Career Mode.	No	Online Play	100	Gold	100
Undisputed Champion	Win the UFC Championship with a fighter in Career Mode.	No	Online Play	25	Silver	25
Hall of Famer	Enter the Hall of Fame with a fighter during Career Mode.	No	Online Play	25	Silver	25
Call Me "No Touch!"	Complete Career Mode and retire undefeated.	No	Online Play	75	Gold	75
Where's My Bonus Check?	Obtain the KO, Submission, and Fight of the Night awards with a fighter in Career Mode.	No	Online Play	20	Bronze	20
That Was Easy!	Win a fight in less than 20 seconds of the first round against a COM UFC Fighter in Exhibition or Career Mode.	No	Online Play	20	Bronze	20
Student of the game	Complete all tasks from the Tutorial Mode.	No	Online Play	25	Silver	25
Wax On!	Escape 20 submission attempts by technical escape against a COM UFC Fighter in Exhibition or Career Mode.	No	Online Play	20	Bronze	20
Trophy Collector	Obtain all the trophies in Career Mode with a fighter.	No	Online Play	25	Silver	25
UFC Historian	Unlock all movies from the Classic Fights Mode.	No	Online Play	20	Silver	20
World Class Striker	Win a fight by KO without using any grappling moves against a COM UFC Fighter in Exhibition or Career Mode.	No	Online Play	30	Silver	30
World Class Grappler	Win a fight by Submission without using any striking moves against a COM UFC Fighter in Exhibition or Career Mode.	No	Online Play	30	Silver	30
Roster Run-Through	Complete one fight in Exhibition Mode with each UFC fighter.	No	Online Play	40	Silver	40
White Belt	Win a Ranked Match with a CAF or UFC fighter in online play.	No	Online Play	10	Bronze	10
Blue Belt	Win 15 Ranked Matches with a CAF or UFC fighter in online play.	No	Online Play	20	Bronze	20
Purple Belt	Win 30 Ranked Matches with a CAF or UFC fighter in online play.	No	Online Play	30	Silver	30
Brown Belt	Win 50 Ranked Matches with a CAF or UFC fighter in online play.	No	Online Play	50	Silver	50
Black Belt	Win 100 Ranked Matches with a CAF or UFC fighter in online play.	No	Online Play	100	Gold	100
Wax On!	Win 15 Ranked Matches with a CAF or UFC fighter by submission in online play.	No	Online Play	30	Silver	30
Papa Said Knock You Out!	Win 15 Ranked Matches with a CAF or UFC fighter by KO in online play.	No	Online Play	30	Silver	30
Gold Digger!	Obtain all the gold medals in an online Ranked Match Weekly Mission.	No	Online Play	30	Silver	30
You Really Like Me!	Gain a million or more fans in online play.	No	Online Play	20	Silver	20
Oon, in Ya Face!	Win a fight by knock KO in an online Ranked Match with a CAF or UFC fighter.	No	Online Play	25	Silver	25
Original Fighter	Create a Fighter and use the CAF in Exhibition or online play.	No	Online Play	25	Silver	25
Red Belt	Reach level 50 or higher in online play.	No	Online Play	100	Gold	100
Two of My Favorites!	Watch the Octagon Girl cutscene 15 times without skipping it.	Yes	Both	15	Bronze	15
Unbreakable Mouthpieces	Mouthpiece travels more than 3 meters when knocked out.	Yes	Both	15	Bronze	15
Ultimate Highlights	Dominate the opponent in all 3 scenes of a replay segment.	Yes	Both	15	Bronze	15
Ultimate Knockout	From the gassed state, KO an opponent in any mode.	Yes	Both	15	Bronze	15
Ultimate Submission	From the gassed state, Submit an opponent in any mode.	Yes	Both	15	Bronze	15

SECRET FIGHTERS—TAPOUT

The world-famous Tapout crew, producers of the Tapout fighting gear line and stars of the Tapout reality show are available for play as hidden fighters...if you manage to unlock them!

Achievements, Trophies and Secrets



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MASK (R.I.P. 1963-2009)

STATISTICS

CLASS

LIGHT HEAVYWEIGHT

AGE

31

HOMETOWN

LOS ANGELES, CA

BIRTHDATE

3/15/78

WEIGHT

205 LBS.

HEIGHT

6'0"

REACH

73"

NATIONALITY



FIGHTING OUT OF
LOS ANGELES, CA

TRAINING CAMP

N/A

TECHNIQUES

STRIKING
BOXING

GRAPPLING
BJJ

ATTRIBUTES

OVERALL RATING

74

STRENGTH

47

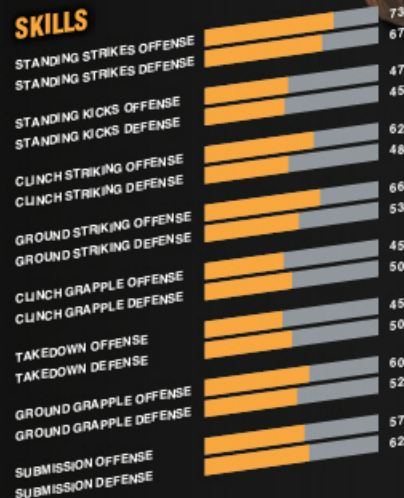
SPEED

52

CARDIO

50

SKILLS



How to Unlock

Win three consecutive fights via submission in Career Mode.



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PUNKASS

STATISTICS

CLASS
LIGHTWEIGHT


AGE
30 HOMETOWN
LOS ANGELES, CA

BIRTHDATE
6/6/78

WEIGHT
155 LBS.

HEIGHT
5'9"

REACH
74" FIGHTING OUT OF
LOS ANGELES, CA

NATIONALITY
 TRAINING CAMP
N/A

TECHNIQUES

STRIKING
KICKBOXING

GRAPPLING
WRESTLING

ATTRIBUTES

OVERALL RATING **74**

STRENGTH **47**

SPEED **51**

CARDIO **49**

SKILLS

STANDING STRIKES OFFENSE **46**

STANDING STRIKES DEFENSE **44**

STANDING KICKS OFFENSE **69**

STANDING KICKS DEFENSE **66**

CLINCH STRIKING OFFENSE **63**

CLINCH STRIKING DEFENSE **48**

GROUND STRIKING OFFENSE **49**

GROUND STRIKING DEFENSE **47**

CLINCH GRAPPLE OFFENSE **71**

CLINCH GRAPPLE DEFENSE **65**

TAKEDOWN OFFENSE **68**

TAKEDOWN DEFENSE **56**

GROUND GRAPPLE OFFENSE **48**

GROUND GRAPPLE DEFENSE **49**

SUBMISSION OFFENSE **47**

SUBMISSION DEFENSE **50**

How to Unlock

Earn the TapOut sponsorship in Career Mode.

Achievements, Trophies
and Secrets



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SKYSKRAPE

STATISTICS

CLASS
MIDDLEWEIGHT


AGE
30 HOMETOWN
LOS ANGELES, CA

BIRTHDATE
10/23/78

WEIGHT
185 LBS.

HEIGHT
6'5"

REACH
75" FIGHTING OUT OF
LOS ANGELES, CA

NATIONALITY
 TRAINING CAMP
N/A

TECHNIQUES

STRIKING
BOXING

GRAPPLING
WRESTLING

ATTRIBUTES

OVERALL RATING **74**

STRENGTH **54**

SPEED **40**

CARDIO **48**

SKILLS

STANDING STRIKES OFFENSE **54**

STANDING STRIKES DEFENSE **57**

STANDING KICKS OFFENSE **45**

STANDING KICKS DEFENSE **48**

CLINCH STRIKING OFFENSE **52**

CLINCH STRIKING DEFENSE **48**

GROUND STRIKING OFFENSE **60**

GROUND STRIKING DEFENSE **50**

CLINCH GRAPPLE OFFENSE **51**

CLINCH GRAPPLE DEFENSE **57**

TAKEDOWN OFFENSE **69**

TAKEDOWN DEFENSE **75**

GROUND GRAPPLE OFFENSE **60**

GROUND GRAPPLE DEFENSE **51**

SUBMISSION OFFENSE **62**

SUBMISSION DEFENSE **47**

How to Unlock

Enter the following code on the Title screen: ♦♦♦♦.

♦♦♦♦♦♦♦♦ START

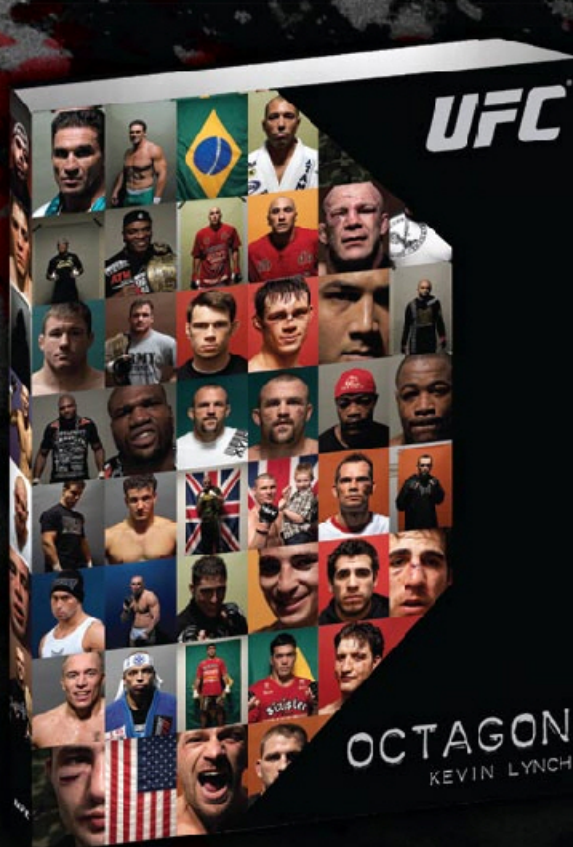


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OFFICIAL STRATEGY GUIDE

Written by Bryan Stratton

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ISBN: 0-7440-1088-8

Printing Code: The rightmost double-digit number is the year of the book's printing; the rightmost single-digit number is the number of the book's printing. For example, 09-1 shows that the first printing of the book occurred in 2009.

12 11 10 09 4 3 2 1
Printed in the USA.

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Acknowledgments

BradyGames sincerely thanks everyone at THQ, UFC, and Yuke's, both for a stellar game worthy of the Octagon and for their generous support throughout this project. Special thanks to Kirk Somdal at THQ and Beth Turnbull at UFC for their indispensable help in making this guide the best it can be. Big thanks to Thiago Alves, Kenny Florian, Nate Marquardt, Frank Mir, and Mike Swick for taking the time for our interview questions. Finally, we express our sincere gratitude to Thomas Gerbasi, Sean Shelby, and Jaime Pollack at UFC for their extraordinary effort on our behalf at the 11th hour—your help has made this guide more complete, accurate, and informative—thank you!

Bryan Stratton would like to thank Kirk Somdal of THQ for advancing our position; Mike Degler for coming through in the clinch; and especially Tim Fitzpatrick and Stacey Beheler for never tapping out.

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During his nine years in the strategy guide business, Bryan Stratton has authored over 60 guides, including *The World Ends With You* and *Dark Sector*. He has also written five years' worth of storylines for THQ and over 100 articles for a number of online gaming sites, including GameSpy.com, DailyRadar.com, and Bitmob.com. He currently resides in Portland, OR, with his girlfriend Sara and two cats, one of whom was well-behaved enough to leave him alone while he was on deadline.



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