

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!



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.



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.

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.



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.

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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.



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	X	□
Right Punch	Y	△
Left Kick	A	X
Right Kick	B	△
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 (**A**, **B**, **X**, and **Y** / **△**, **□**, 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	X	□
Right Arm/Fist Strike	Y	△
Left Leg/Foot Strike	A	X
Right Leg/Foot Strike	B	○

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



Training Camp

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

L / R is a Left Jab

L + L / R + L is a Left Straight to the Body

L + L + L / R + L + L is a Left Hook to the Body.



Throwing a strike while stepping or running toward your opponent (by flicking or pressing R) 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 L attack strength modifier, these heavy strikes can be further modified with the attack height modifier. At Standing-Striking range:

L / R is a Left Jab

L + L / R + L is a Left Straight to the Body

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



Special Attacks by Technique

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

For example, pressing L / R at Standing-Striking range normally results in a Left Jab. But if a Boxing fighter holds the modifier button while pressing L / R, 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 L + L / R + L 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 (L + R / L + R) 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 (L or R or C or E).

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 **X**. 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	L + Y	X + Y	No	No	Yes
Single Collar Tie, Left or Right	L + Y	X + 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 **X**. 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 (A or B or C or E) 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 (L 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 (A + Y / B + Y) can be executed only by Wrestlers from Double Underhook clinches or Judoas 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.

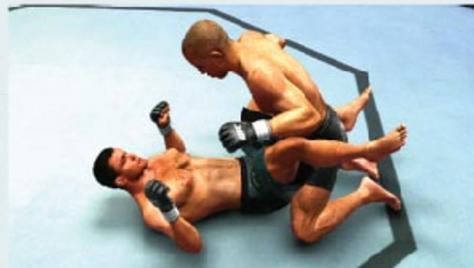
If a fighter does not have access to strong throws in the clinch that he's in, he executes a weak throw instead. These "throws" are usually trips or pulling grapples that end with the offensive fighter in Open Guard, the least advantageous of the advantaged positions.



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.



Position Hierarchy

Most ground positions fit into one of five tiers. The first tier (the Open Guards) is the least advantageous. The fifth tier (Mount) is the most advantageous. The offensive fighter needs to transition to higher tiers in order to gain a greater advantage over the defensive fighter. Conversely, the disadvantaged fighter tries to transition defensively to lower tiers or a standing position.

The following chart lists the major ground positions, how you get into them, and where you can go from them (from an offensive perspective):

Major Ground Positions			
Tier	Position	Transition To It From*	Transition From It To*
1st	Open Guard Down	Weak takedowns	Open Guard, Half Guard Down
1st	Open Guard	Weak takedowns, Open Guard Down	Half Guard, Side Control
2nd	Half Guard Down	Open Guard Down	Half Guard
2nd	Half Guard	Half Guard Down, Open Guard, strong throws	Side Control, Mount Down
3rd	Side Control	Mount Down, North-South, Half Guard, Half Guard Down, strong throws	Mount Down, North-South
3rd	North-South	Side Control	Side Control, Mount Down
4th	Mount Down	Half Guard, Side Control, North-South	Side Control, Mount
5th	Mount	Mount Down	n/a

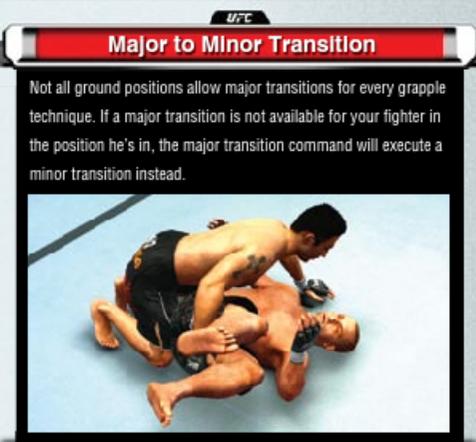
Major and Minor Transitions

All transitions are executed by moving  in a direction and rotating it clockwise or counter-clockwise. For instance, to advance from Open Guard to Half Guard, you need to push  or . There are two types of transitions: major and minor.

Transition Controls	
Type of Transition	Xbox 360/PS3
Minor Transition to the Left	  
Minor Transition to the Right	  
Major Transition to the Left	  
Major Transition to the Right	  
Break and Stand Up (when in advantaged position)	

Minor transitions are relatively safe; they move you one tier up the position hierarchy (on offense) or down it (on defense). They are more likely to succeed against your opponent's ground grapple defense, but they don't significantly improve your position in a single move. They're also easier for your opponent to reverse.

Major transitions are high-risk, high-reward transitions. They're less likely to prevail against your opponent's ground grapple defense, but if you execute them successfully, you advance your position by more than one tier. Major transitions are also harder for your opponent to reverse.



Not all ground positions allow major transitions for every grapple technique. If a major transition is not available for your fighter in the position he's in, the major transition command will execute a minor transition instead.



Submissions

Fighters can attempt submissions from most ground positions and a few clinch positions by clicking . Once the submission is attempted, both fighters must struggle by rotating  or mashing the face buttons. If the defending fighter lacks energy to fend off his attacker or has been too badly damaged, he will tap out, awarding the victory to his opponent.



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DEFENSE

Although a fighter has to remain on offense in order to control the match and dominate his opponent, no fighter has the cardio to continually throw punches and shoot for takedowns. Fighters must pace themselves, and part of that is knowing how to defend against their opponents' attacks while they conserve energy and avoid getting gassed.

Strike Defense

Just because your opponent is hurling fists and feet at you doesn't mean you have to let them hit you. In fact, your record will look a lot healthier if you learn to block and counter.

Guarding

Keeping your guard up is the most fundamental defense you can have against strikes. Holding  /  defends against high strikes aimed at the head. Holding  /  defends against low strikes aimed at the body. Activate Defense Low mitigates leg kick damage.

Guarding against strikes with your arms reduces the damage those strikes inflict, but doing so also damages your arms, which eventually results in decreased punching power.



UFC Q&A: FRANK MIR

Q: How do you approach the defensive aspect of fighting?

A: "You always want to make a person off rhythm, and you don't want to hesitate too much. Defense can only last a short time, and you have to revert back to offense quickly. The best defense is a good offense."

Counter Strikes

Counter strikes are a more effective—but much riskier—defense against strikes. They inflict greater damage than regular strikes. There are two categories of counters: major and minor.

To perform a major counter, strike your opponent just as he starts a striking attack of his own. In order to succeed, you must have greater speed than your opponent. Major counters are harder to pull off, but they deliver significantly more damage.

Minor counters are easier to execute—simply strike your opponent immediately after his attack, when he's unable to block the strike.

Minor counters don't inflict as much damage as major counters.



Catch Counters

A catch counter is a special form of counter that avoids damage from the strike and puts you in an advantageous position. Use  to catch counter a high strike or  to catch counter a low strike.

Catch countering a punch transitions you into a body clinch, where you're on the offensive. Catch countering a kick results in a takedown, with you in Open Guard.



UFC Q&A: MIKE SWICK

Q: How do you approach the defensive aspect of fighting?

A: "Defense is sometimes as important as offense. We wear 4-ounce gloves, and one mistake can be the difference between winning a fight and waking up wondering what happened. Having proper defense has saved me on a few occasions."

Clinch Defense

Being on the defensive in a clinch is no fun, especially if you're fighting a Muay Thai fighter. Fortunately, there are ways to avoid getting pulled into a clinch. And there are techniques for limiting your opponent's attacks when you're on the defensive in the clinch.

Grapple Blocking

While you're in a standing position, you can press  to execute a grapple block. Use it against an opponent who's trying to pull you into a clinch; this blocks the attempt and you remain in a standing position.



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 **△** + **○** 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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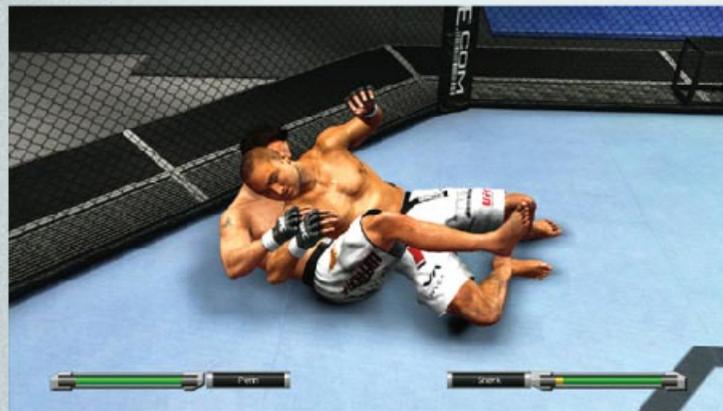
Transition Blocking

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.



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)

Both Standing—Striking Action List			
Command	Xbox 360	PS3	Restriction
Left Jab	X	□	—
Right Straight	Y	△	—
Left Front Kick	△	□	—
Right Front Kick	□	△	—
Left Straight to the Body	Y + X	△ + □	—
Right Straight to the Body	Y + Y	△ + △	—
Left Leg Kick	Y + △	△ + □	—
Right Leg Kick	Y + □	△ + △	—
Left Hook	X + X	□ + □	—
Right Hook	X + Y	□ + △	—
Left Snap Kick	X + △	□ + □	—
Right Snap Kick	X + □	□ + △	—
Left Hook to the Body	X + Y + X	□ + △ + □	—
Right Hook to the Body	X + Y + Y	□ + △ + △	—
Strong Left Leg Kick	X + Y + △	□ + △ + □	—
Strong Right Leg Kick	X + Y + □	□ + △ + △	—
Left Sideslapping Jab	△ + X	□ + □	—
Right Sideslapping Jab	△ + Y	□ + △	—
Backstepping Jab	△ + X	□ + □	—
Right Uppercut	X + Y	□ + △	—
Stepping Heavy Jab	Step + X	Step + □	—
Stepping Right Straight	Step + Y	Step + △	—
Left Push Kick	Step + △	Step + □	—
Right Push Kick	Step + □	Step + △	—
Stepping Left Straight to the Body	Step + Y + X	Step + △ + □	—
Stepping Right Straight to the Body	Step + Y + Y	Step + △ + △	—
Reaching Left Leg Kick	Step + Y + △	Step + △ + □	—
Reaching Right Leg Kick	Step + Y + □	Step + △ + △	—
Ducking Left Hook	△ + X	□ + □	Boxing Lv1
Ducking Right Hook	△ + Y	□ + △	Boxing Lv1
Left Superman Punch	△ + X	□ + □	Kickboxing Lv3
Right Superman Punch	△ + Y	□ + △	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."

Both Standing—Striking Action List			
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	Y + X	△ + □	Chuck Liddel
Overhand Right	X + Y	□ + △	Chuck Liddel
Left Hook	X	□	Forrest Griffin
Left Leg Kick	Y + △	△ + □	Forrest Griffin
Right High Front Kick	△ + △	□ + □	Anderson Silva
Right Ducking Uppercut	△ + Y	□ + △	Rampage Jackson
Left Ducking Hook	△ + X	□ + □	Frank Mir
Right Ducking Hook	△ + Y	□ + △	Frank Mir
Left Head Kick	△ + △	□ + □	Michael Bisping
Right Head Kick	△ + △	□ + □	Michael Bisping
Right Head Kick	△ + △	□ + □	Rashad Evans
Left Jab to Sway Back	X + X	□ + □	BJ Penn
Left Jab to Lunge Back	X + X	□ + □	BJ Penn
Right Head Kick	△ + △	□ + □	Tito Ortiz
Body Clinch Grab	X	□	—
Left Single Collar Tie Grab	△ + X	□ + □	Boxing Lv1
Right Single Collar Tie Grab	△ + Y	□ + △	Boxing Lv1
Left Single Collar Tie Grab	△ + X	□ + □	Kickboxing Lv1
Right Single Collar Tie Grab	△ + Y	□ + △	Kickboxing Lv1
Muay Thai Clinch Grab	△ + X	□ + □	Muay Thai Lv1
Shoot to Double Leg Takedown	Y + X	△ + □	—
Shoot to Right Single Leg Takedown	Y + △	△ + □	—
Shoot to Left Single Leg Takedown	Y + □	△ + △	—
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	X	□	—
Short Right Hook	Y	△	—
Left Knee to the Body	△	□	—
Right Knee to the Body	△	□	—
Short Left Hook to the Body	Y + X	△ + □	—
Short Right Hook to the Body	Y + Y	△ + △	—
Left Knee to the Legs	Y + △	△ + □	—
Right Knee to the Legs	Y + □	△ + △	—
Right Elbow	X + X	□ + □	—
Right Elbow	X + Y	□ + △	—
Left Horizontal Knee to the Body	X + △	□ + □	—
Right Horizontal Knee to the Body	X + □	□ + △	—
Left Uppercut to the Body	X + Y + X	□ + △ + □	—
Right Uppercut to the Body	X + Y + Y	□ + △ + △	—
Strong Left Knee to the Legs	X + Y + △	□ + △ + □	—
Strong Right Knee to the Legs	X + Y + □	□ + △ + △	—

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 (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	△ + X	□ + □	Boxing Lv2
Inside Right Uppercut	△ + Y	□ + △	Boxing Lv2
Right Dodge Knee to the Body	△ + △	□ + □	Muay Thai Lv2
Body Clinch Grab	X	□	—
Left Single Collar Tie Grab	△ + X	□ + □	Boxing Lv1
Right Single Collar Tie Grab	△ + Y	□ + △	Boxing Lv1
Left Single Collar Tie Grab	△ + X	□ + □	Kickboxing Lv1
Right Single Collar Tie Grab	△ + Y	□ + △	Kickboxing Lv1
Muay Thai Clinch Grab	△ + X	□ + □	Muay Thai Lv1
Shoot to Double Leg Takedown	Y + X	△ + □	—
Shoot to Right Single Leg Takedown	Y + △	△ + □	—
Shoot to Left Single Leg Takedown	Y + □	△ + △	—
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 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	[X]	[R2]	—
Right Straight	[Y]	[R1]	—
Left Hook to the Body	[LB] + [X]	[L1] + [R2]	—
Right Hook to the Body	[RB] + [Y]	[R1] + [R1]	—
Left Elbow	[LB] + [X]	[L1] + [R2]	—
Right Elbow	[RB] + [Y]	[R1] + [R1]	—
Roundhouse Left Hook	[LB] + [X]	[L1] + [R2]	Boxing Lv2
Roundhouse Right Hook	[RB] + [Y]	[R1] + [R1]	Boxing Lv2
Left Hammerfist	[LB] + [X]	[L1] + [R2]	Kickboxing Lv1
Right Hammerfist	[RB] + [Y]	[R1] + [R1]	Kickboxing Lv1
Horizontal Left Elbow	[LB] + [X]	[L1] + [R2]	Muay Thai Lv2
Horizontal Right Elbow	[RB] + [Y]	[R1] + [R1]	Muay Thai Lv2
Minor Transition To Half Guard, Left	[LB] + [X] / [LB] + [Y]	[L1] + [R2] / [L1] + [R1]	—
Minor Transition To Half Guard, Right	[RB] + [Y] / [RB] + [X]	[R1] + [R1] / [R1] + [R2]	—
Major Transition to Side Control, Left	[LB] + [X] / [LB] + [Y]	[L1] + [R2] / [L1] + [R1]	—
Major Transition to Side Control, Right	[RB] + [Y] / [RB] + [X]	[R1] + [R1] / [R1] + [R2]	—
Stand Up to Up/Down, Near	[Z]	[Z]	—
Minor Transition to Open Guard—Full Posture	[LB] + [X] / [LB] + [Y] / [LB] + [Z]	[L1] + [R2] / [L1] + [R1] / [L1] + [Z]	Wrestling Lv1
Kneebar	[Z]	[Z]	—

Open Guard Action List (Defense)			
Command	Xbox 360	PS3	Restriction
Left Straight	[X]	[R2]	—
Right Straight	[Y]	[R1]	—
Left Straight to the Body	[LB] + [X]	[L1] + [R2]	—
Right Straight to the Body	[RB] + [Y]	[R1] + [R1]	—
Left Hook	[LB] + [X]	[L1] + [R2]	—
Right Hook	[RB] + [Y]	[R1] + [R1]	—
Minor Transition to Open Guard—Down	[LB] + [X] / [LB] + [Y]	[L1] + [R2] / [L1] + [R1]	—
Major Transition to Both Standing—Striking	[LB] + [X] / [LB] + [Y]	[L1] + [R2] / [L1] + [R1]	—
Punch Counter to Armbar	[Z]	[Z]	—
Punch Counter to Triangle Choke	[LB] + [Z]	[L1] + [Z]	BJJ Lv3
Punch Counter to Triangle Choke	[RB] + [Z]	[R1] + [Z]	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.



Standing in Guard Action List (Offense)			
Command	Xbox 360	PS3	Restriction
Left Straight	[X]	[R2]	—
Right Straight	[Y]	[R1]	—
Left Straight to the Body	[LB] + [X]	[L1] + [R2]	—
Right Straight to the Body	[RB] + [Y]	[R1] + [R1]	—
Left Hook to the Body	[LB] + [X]	[L1] + [R2]	—
Right Hook to the Body	[RB] + [Y]	[R1] + [R1]	—
Minor Transition to Open Guard	[LB] + [X] / [LB] + [Y]	[L1] + [R2] / [L1] + [R1]	—
Major Transition to Side Control, Left	[LB] + [X] / [LB] + [Y]	[L1] + [R2] / [L1] + [R1]	—
Major Transition to Side Control, Right	[RB] + [Y] / [RB] + [X]	[R1] + [R1] / [R1] + [R2]	—
Stand Up to Up/Down, Far	[Z]	[Z]	—
Kneebar	[Z]	[Z]	—

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 (Defense)			
Command	Xbox 360	PS3	Restriction
Left Struggle Punch	[X]	[R2]	—
Right Struggle Punch	[Y]	[R1]	—
Left Struggle Kick	[LB]	[L1]	—
Right Struggle Kick	[RB]	[R1]	—
Minor Transition to Up/Down, Far	[LB] + [X] / [LB] + [Y] / [LB] + [Z]	[L1] + [R2] / [L1] + [R1] / [L1] + [Z]	—
Major Transition to Both Standing—Striking	[LB] + [X] / [LB] + [Y]	[L1] + [R2] / [L1] + [R1]	—
Minor Transition to Open Guard—Down	[LB] + [X] / [LB] + [Y]	[L1] + [R2] / [L1] + [R1]	BJJ Lv1
Punch Counter to Armbar	[Z]	[Z]	—

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."

Training Camp



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 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.

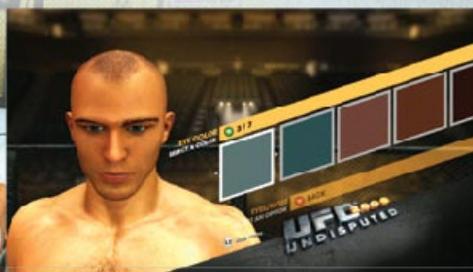
Eye Color

Eye Shape/Rotation

Eye Size/Placement

Nose Size

Nostril/Angle



Creating the Ultimate Fighter

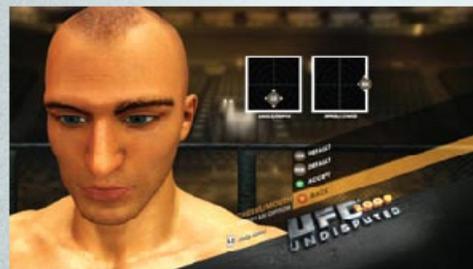
Cheeks/Mouth

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.

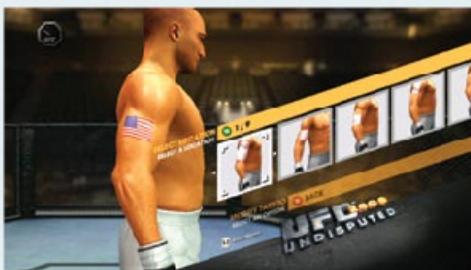
Once you choose the layer slot, select the body location where you want to place it.



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.

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 play-through 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.



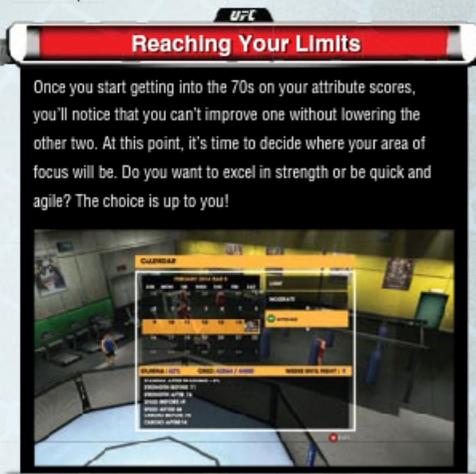
IMPROVING YOUR FIGHTER

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.



Once you start getting into the 70s on your attribute scores, you'll notice that you can't improve one without lowering the other two. At this point, it's time to decide where your area of focus will be. Do you want to excel in strength or be quick and agile? The choice is up to you!



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 Minihan, 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 **Y** / **X**.



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.



UFC

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.



UFC

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.



Career Mode



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

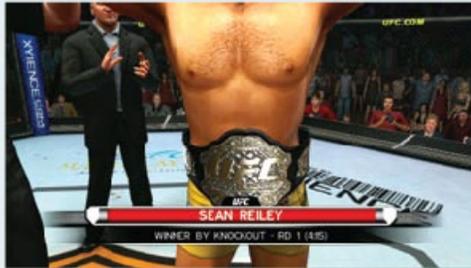
Sponsor Logos	Requirements
Random Level-2 Sponsor	35,000 Cred
Random Level-3 Sponsor	37,500 Cred
Random Level-3 Sponsor	40,000 Cred
Random Level-3 Sponsor	42,500 Cred
Random Level-3 Sponsor	45,000 Cred
Random Level-3 Sponsor	47,500 Cred
Random Level-3 Sponsor	50,000 Cred
Random Level-3 Sponsor	52,500 Cred
Random Level-3 Sponsor	55,000 Cred
Random Level-3 Sponsor	57,500 Cred
Random Level-3 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-5 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)
- XXYY (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)



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



Career Mode

"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 59. 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 88
STRENGTH 58
SPEED 71
CARDIO 71

SKILLS

STANDING STRIKES OFFENSE	81
STANDING STRIKES DEFENSE	78
STANDING KICKS OFFENSE	62
STANDING KICKS DEFENSE	65
CLINCH STRIKING OFFENSE	61
CLINCH STRIKING DEFENSE	64
GROUND STRIKING OFFENSE	63
GROUND STRIKING DEFENSE	69
CLINCH GRAPPLE OFFENSE	58
CLINCH GRAPPLE DEFENSE	62
TAKEDOWN OFFENSE	57
TAKEDOWN DEFENSE	69
GROUND GRAPPLE OFFENSE	64
GROUND GRAPPLE DEFENSE	77
SUBMISSION OFFENSE	72
SUBMISSION DEFENSE	82

STATISTICS

AGE

24

BIRTHDATE

11/8/84

WEIGHT

155 LBS.

HEIGHT

5'7"

REACH

67"

NATIONALITY



HOMETOWN

FLORIANOPOLIS,
BRAZIL



FIGHTING OUT OF

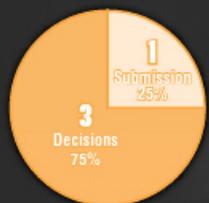
FLORIANOPOLIS,
BRAZIL

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



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.



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.

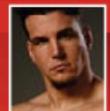
"Fate had conspired to bring us this amazing rubber match at UFC 79, St-Pierre vs. Hughes III for the Interim Welterweight Championship. This time, it was GSP who managed to catch Hughes in the armbar and submit him in round two to take the interim belt.

"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.

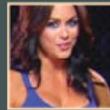
St-Pierre can execute the Armbar from Mount, Mount—Down, Open Guard, and Open Guard—Full Posture. Considering how solid Hughes' wrestling skills are, that's a mighty tall order. You'll want to weaken Hughes before the second round, so that he doesn't have enough energy to withstand the Armbar. St-Pierre's 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.



ACHIEVEMENTS, TROPHIES, AND SECRETS

GAME PROGRESS

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

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.



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.

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
Hal 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 Off!	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 Zigzag!	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
Out in Ya Face!	Win a fight by flash 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

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
USA



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.



PUNKASS

STATISTICS

CLASS
LIGHTWEIGHT

AGE
30 HOMETOWN
LOS ANGELES, CA

BIRTHDATE
6/6/78

WEIGHT
155 LBS.

HEIGHT
5'9"

REACH
74"

NATIONALITY
 TRAINING CAMP
N/A



FIGHTING OUT OF
LOS ANGELES, CA

TRAINING CAMP
N/A

TECHNIQUES

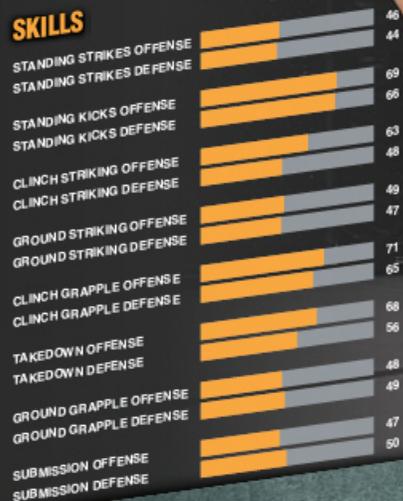
STRIKING
KICKBOXING

GRAPPLING
WRESTLING

ATTRIBUTES

OVERALL RATING **74**
STRENGTH **47**
SPEED **51**
CARDIO **49**

SKILLS



How to Unlock

Earn the Tapout sponsorship in Career Mode.

Achievements, Trophies and Secrets

SKYSKRAPE

STATISTICS

CLASS
MIDDLEWEIGHT

AGE
30 HOMETOWN
LOS ANGELES, CA

BIRTHDATE
10/23/78

WEIGHT
185 LBS.

HEIGHT
6'5"

REACH
75"

NATIONALITY
 TRAINING CAMP
N/A



FIGHTING OUT OF
LOS ANGELES, CA

TRAINING CAMP
N/A

TECHNIQUES

STRIKING
BOXING

GRAPPLING
WRESTLING

ATTRIBUTES

OVERALL RATING **74**
STRENGTH **54**
SPEED **40**
CARDIO **48**

SKILLS



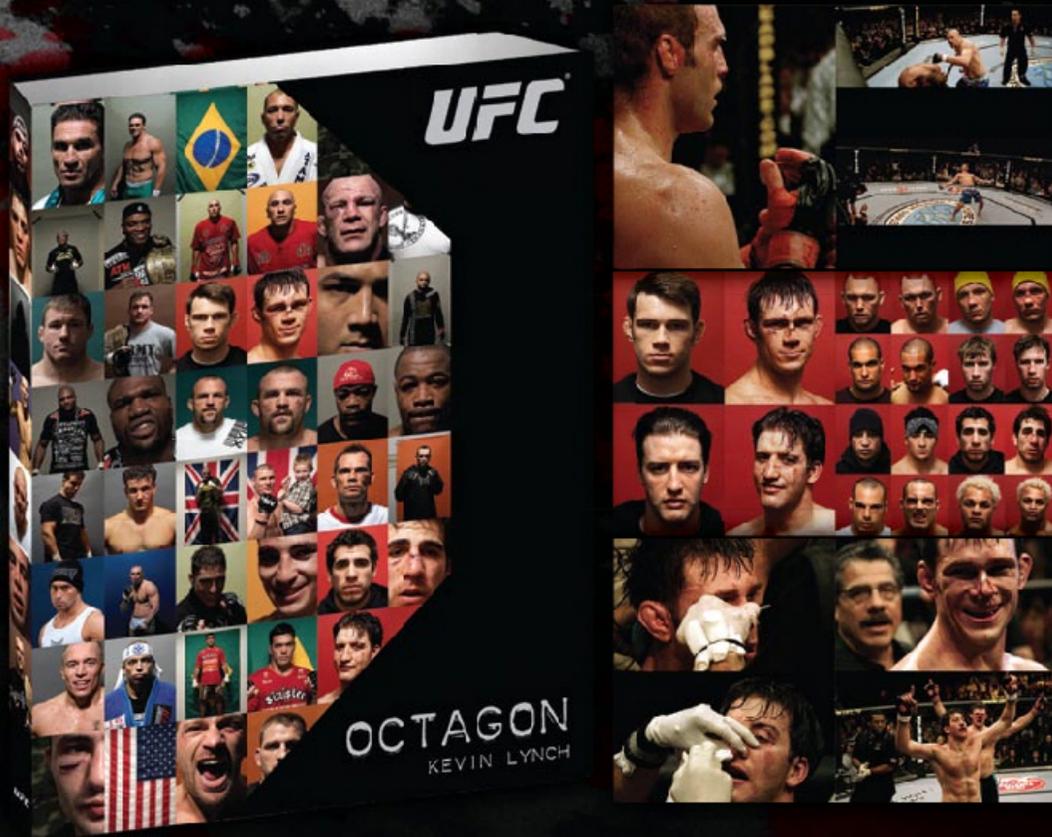
How to Unlock

Enter the following code on the Title screen: + + +

+ + + + + **START!**



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UFC[®] 2009 UNDISPUTED[™]

OFFICIAL STRATEGY GUIDE

Written by Bryan Stratton

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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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