



MMA

Mixed Martial Art (MMA)



What is MMA?

01. It is a full-contact combat sport that allows striking and grappling, both standing and on the ground, using techniques from various combat sports and martial arts.



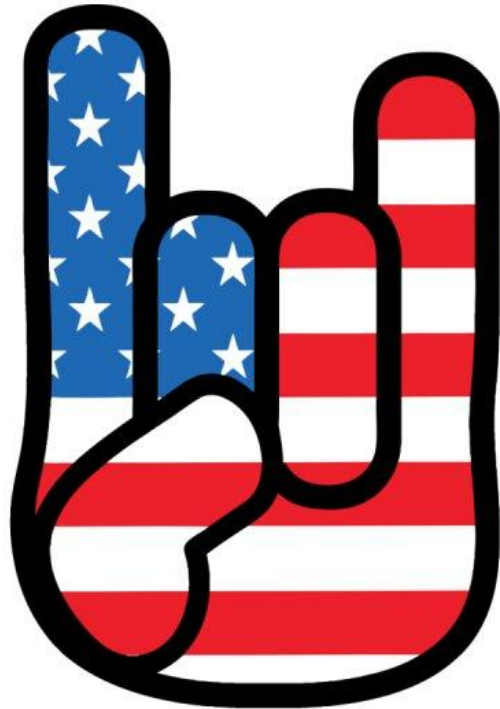
02. The first documented use of the term MMA was in a review of UFC 1 by television critic Howard Rosenberg in 1993.

03. The movement that led to the creation of the Brazilian MMA scenes was rooted in Brazilian Jiu-Jitsu. The vale tudo events in Brazil.



In Brazil, there was the sport of Vale Tudo, in which fighters from various styles fought with little to no rules. The Gracie family was known to promote Vale Tudo matches as a way to promote their own **Brazilian Jiu-Jitsu** style. (BJJ)

Morden MMA



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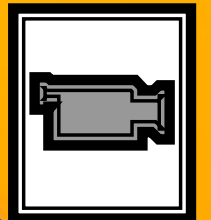
The history of modern MMA competition can be traced to mixed style contests throughout **Europe, Japan, and the Pacific Rim during the early 1900s**. In Japan, these contests were known as *merikan*, from the Japanese slang for "American [fighting]". *Merikan* contests were fought under a variety of rules, including points decision, best of three throws or knockdowns, and victory via knockout or submission.

Sambo

a martial art and combat sport developed in Russia in the early 1920s, merged various forms of combat styles such as wrestling, judo and striking into one unique martial art. The popularity of professional wrestling, which was contested under various catch wrestling rules at the time, waned after World War I



WAIT
FOR A
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Masahiko Kimura vs. Hélio Gracie

a 1951 bout between judoka Masahiko Kimura and Brazilian jiu jitsu founder Hélio Gracie in Brazil, was an early high-profile mixed martial arts bout.

Kimura defeated Gracie using a gyaku-ude-garami armlock, which later became known as the "Kimura" in Brazilian jiu jitsu.

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