



# Into the Cage: The Rise of UFC Nation

*Nick Gullo*

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In the late-1980s, a VHS tape circulated through the martial arts underground. The grainy video, *Gracies in Action*, showed a slim Brazilian fighter in a traditional *gi* fighting a boxer, a wrestler, and finally a karate master. Art Davie saw the tape, and with Rorion Gracie, devised *War of the Worlds*, a combat tournament featuring fighters from every discipline. In 1993, the *Ultimate Fighting Championship* debuted in Denver, Colorado, and 86,000 home viewers paid to watch. Since then, under the leadership of UFC president Dana White, the popularity of MMA has skyrocketed.

In *Into the Cage*, UFC insider Nick “the Tooth” Gullo gives us an unprecedented tour through the world of ultimate fighting. Here you will find the history of mixed martial arts; an in-depth appreciation of mixed martial arts styles; a behind-the-scenes look at *The Ultimate Fighter*; and a glimpse into life with a fight team and what it takes to face an opponent in the Octagon. Through 196 remarkable photographs and never-before-told anecdotes, Nick Gullo gives UFC fans unparalleled access to the training, lives, and careers of some of MMA’s most celebrated fighters, including Anderson Silva, Georges St-Pierre, Nick and Nate Diaz, Jon Jones, Ronda Rousey, and Chad Weidman; and also the people and personalities, from Joe Rogan to Arianny Celeste, who make the sport great.

Above all, *Into the Cage* chronicles the hero’s journey embarked upon by some of the toughest, most skilled fighters the world has ever seen. Fascinating, uncensored, and insightful, this remarkable first-hand account reveals the world’s most compelling and fastest growing sport as it has never been seen before.

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