

UFC 101

Four ways to win

SUBMISSION

Fighter physically or verbally taps out.

KNOCKOUT (KO)

Fighter is knocked unconscious due to strikes or impact.

TECHNICAL KNOCKOUT (TKO)

The referee stops the contest, usually to prevent injury to an opponent.

DECISION VIA SCORECARDS

• **A unanimous decision:** All judges pick the same fighter as the winner.

• **A majority decision:** Two judges pick the same fighter as the winner, the third judge scores the fight as a draw.

• **A split decision:** One judge picks one fighter while the other two judges pick the other fighter.

Five common finishing moves

GUILLOTINE CHOKE

It is applied in a reverse headlock position with the forearm used to apply pressure to the fighter's neck in an upward manner.

REAR-NAKED CHOKE

The choke is applied behind an opponent upon capturing his back.



KIMURA

Named after Japanese fighter Masahiko Kimura, the move is applied with an arm-lock in which the arm is bent behind the fighter possibly leading to an arm break or shoulder dislocation if the fighter does not tap out.



ARM BAR

This lock is applied when the arm is straightened, hyper-extending the elbow.



TRIANGLE CHOKE

This choke can be applied using the legs or arms from various positions.



Nine fighting styles

BOXING

The skill of fighting with fists, usually with padded leather gloves.

BRAZILIAN JIU-JITSU

Modified Japanese judo that uses less strength to be more effective against larger opponents.

KARATE

Predominantly striking martial art, first developed in Okinawa, Japan and with many branches and variations.

JUDO

Sportive Japanese martial art derived from Jiu-Jitsu that emphasises throws. Striking is prohibited.

JIU-JITSU

Ancient Japanese martial art that encompasses throwing, joint locks, striking and weapons training.

KUNG FU

There are over a hundred different styles, where many are patterned after the movement of animals.

FREESTYLE & GRECO-ROMAN WRESTLING

Contestants struggle hand-to-hand attempting to throw or take down their opponent without striking.

TAEKWONDO

Korean style known for flashy kicking techniques

KICKBOXING

Sportive martial art combining boxing punches and martial arts kicks.