

## **Mixed Martial Arts**

Mixed Martial Arts is also known as no holds barred fighting, it is a combat sport that mixes techniques from different martial arts, wrestling, and boxing. It is a 1 on 1 match with no eye poking and weapons, there were no gloves, no time round but they had little submission. Moreover, they were going broke so they had to commercialize like WWE and boxing so round, gloves and rules were added.

It's very hard to pin point exactly where it started but as some have said on here Mixed Martial Arts as you know it today is its own martial art that started in America in the 1990's and it was first brought into the public eye when they started the UFC.

Presently, it was so called UFC it was invented to put martial artists against each other to see what the most dominant form was. It would be a martial artist from one martial art vs another. In 1993 the Gracie Family and practitioners of other styles to form the original UFC in a business venture to showcase the Jiu Jitsu style. The original point of UFC was to create more interest in Gracies creations and founding more schools around the US.

Finally, they dominated every other style and the other martial artists realized that if they intermingled the fighting styles it makes for a better all around fighter.