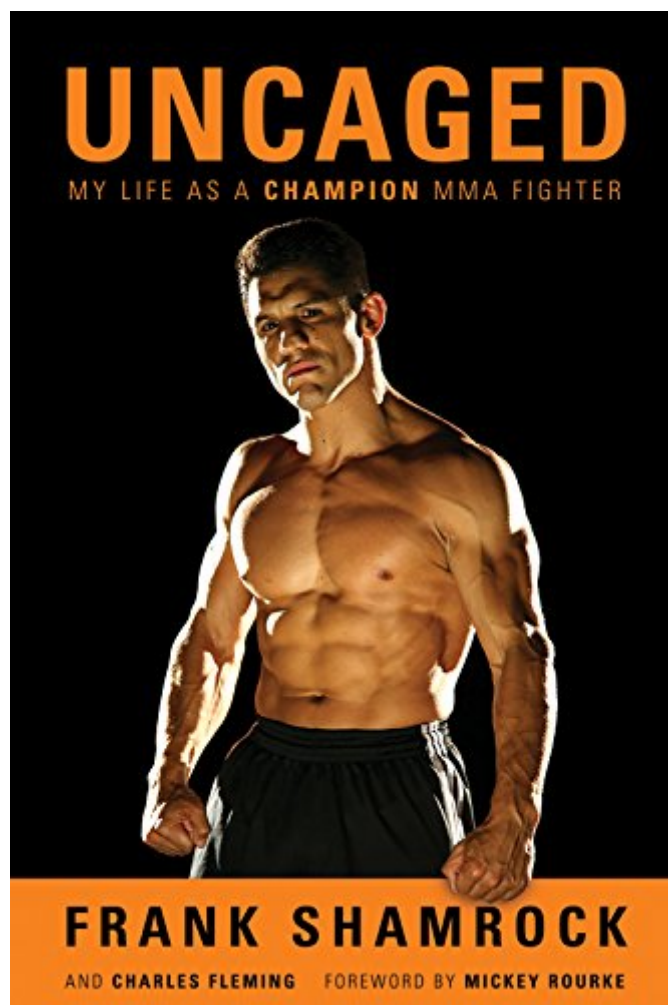


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# Uncaged: My Life As A Champion MMA Fighter



## Synopsis

Before Frank Shamrock became known professionally as "The Legend"â "winning almost every mixed martial arts title in existenceâ "he endured a childhood marred with abuse, neglect, and molestation that led to an equally troubled young adulthood. This riveting book tells his whole story: his neglect as a child by his hippie mother and absentee father, his salvation under the foster father who took him in when no one else would, his desperate act of armed robbery and subsequent incarceration in state prison, and his eventual rebirth as a cage fighter who would go on to dominate the entire sport for the next two decades. Detailing his fights inside and outside of the ring, it discusses the people and events that enabled him to become a champion as well as his problems with the Ultimate Fighting Championship and the reasons behind his retirement. With eye-opening depictions of the world of mixed martial arts fighters and refreshing candor, this thrilling story of sex, violence, crime, and redemption reveals the numerous pitfalls a famous fighter encountered in his life and how he successfully overcame them to become a champion in every sense of the word.

## Book Information

File Size: 4100 KB

Print Length: 282 pages

Page Numbers Source ISBN: 161374465X

Publisher: Chicago Review Press; 1 edition (October 1, 2012)

Publication Date: October 1, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B009K914M0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #351,129 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85

inÂ Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts

#86 inÂ Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #151 inÂ Books >

Sports & Outdoors > Extreme Sports

## Customer Reviews

A lot of newer MMA fans might be more familiar with Frank Shamrock as the color commentator for the now defunct Strikeforce or as the guy who is regularly involved in a war of words with the UFC's Dana White the very organisation where he became a star back in the late nineties when he was the UFC light heavyweight champion (back then it was known as the Middleweight title) with four straight title defenses before walking away from the sport after his title defence over future champion Tito Ortiz. Shamrock's story is one of hardship growing up in a dysfunctional family with an abusive foster father that would see Shamrock leave home and end up being in and out of Juvenile care and be taken in by different families on numerous occasions. While it was never a secret that Frank Shamrock did jail time it does come as a shock as he covers how long he was actually locked up for. His autobiography also documents how he ends up in the care of Bob Shamrock and how he begins training with his adoptive brother Ken Shamrock and The Lion's Den and covers the infamous tough process every fighter has to go through to get into the camp. His falling out with both Bob and Ken are covered as are his early career fights and even the feeling that some of his fights in the Japanese organisation Pancrase were fixed in his favor. Shamrock also covers his personal life and his different relationships he has been through and exactly why he walked away from the sport in his prime, as well as some of his ventures outside MMA and some of his ideas he had for his own promotion. His epic battles with Phil Baroni, Cung Le and Nick Diaz are all well detailed as well as his life spiraling out of control when Zuffa (UFC's parent company) bought Strikeforce and how the aftermath almost cost him his family.

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