



Tapped Out: Rear Naked Chokes, the Octagon, and the Last Emperor: An Odyssey in Mixed Martial Arts

Matthew Polly

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An aging amateur takes his shot at glory in the world of mixed martial arts.

As a younger man, Matthew Polly traveled to the Shaolin Temple in China and spent two years training with the monks who had invented the ancient art of kung fu. Fifteen years later, his weakness for Chinese takeout and Jack Daniel's had taken its toll. Firmly into middle age and far removed from his past athletic triumphs, Polly decided to risk it all one last time. Out of shape and over the hill, he jumped headlong into the world of MMA.

In *Tapped Out*, Polly chronicles his grueling yet redeeming two-year journey through an often misunderstood sport. From Thailand to Russia, Manhattan to Las Vegas, Polly studied with the best trainers, concluding with a six-month fight camp at Randy Couture's legendary gym. He explores the history of fighting sports and joins a fascinating subculture of men who roll around on sweaty mats with one another in appreciation of the purity of contained combat. And in the end, Polly straps on the gloves, gets into the cage, and squares off with a fighter fifteen years younger.

An honest and humorous look at a hard-core sport, *Tapped Out* is a fascinating look into the fastest growing sport in America and what it takes to be an MMA fighter.

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