

Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

Total MMA

By Jonathan Snowden

ECW Press, \$19.95, 256 pages

Once called “human cockfighting” by former Republican presidential nominee John McCain, and banned in most states, MMA, or Mixed Martial Arts, has made a stunning comeback, with huge bouts, pay-per-view matches, reality TV shows and tens of thousands of new martial arts students. *Total MMA* is probably the most complete story of the UFC, the fighters that started it and made it famous, the deal-makers, the promoters and the hucksters. The book is not organized in a linear fashion, but jumps from one subject to another, which is a lot less irritating than you might think.



The rise of MMA in Japan, the creation of Pride and the chance Spike TV took when picking up coverage of the UFC are all covered, with hundreds of interviews, footnotes and quotes from the people involved from the beginning.

There are two sets of color photograph plates, but the primary thrust of the book is the narrative. Snowden balances between journalism, and fan interest, keeping enough wide-eyed enthusiasm in his writing without letting it lessen his objectivity. Highly recommended for fans of the UFC or MMA in general.