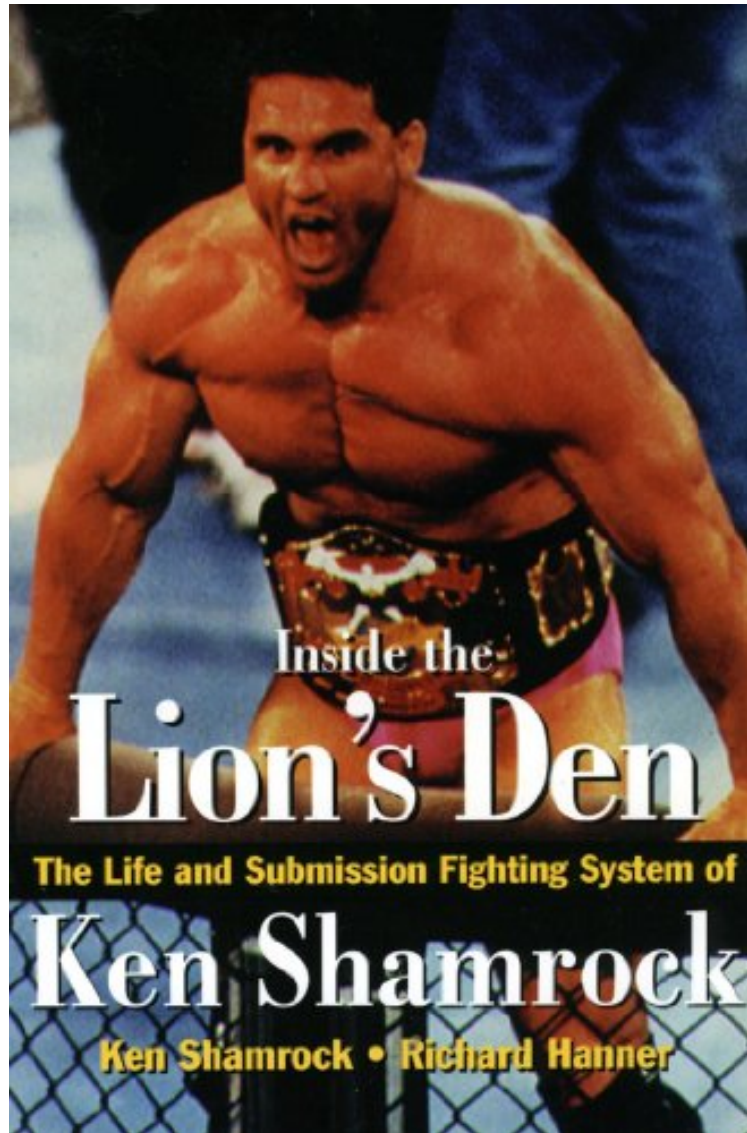


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Inside the Lion's Den

Von Ken Shamrock, Richard Hanner
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Von Ken Shamrock, Richard Hanner : Inside the Lion's Den before purchasing it in order to gage whether or not it would be worth my time, and all praised Inside the Lion's Den:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Useful Background PieceVon Lee Casebolt (LRC7@mailexcite.com)This book is divided into two sections. The first is a biography of Ken Shamrock, focusing primarily on his fighting career. Its tone is somewhat odd; on the one hand, it frequently reads as a very hero-worshipy accounting of Shamrock's accomplishments. On the other, the book is very honest about Shamrock's personal and professional shortcomings, including his often delinquent childhood and his

struggle to control a violent temper. The second section is a submission-primer. I believe this section is really only useful to those with some martial arts background already; novices will be lost as there is little information on transitions and other details needed to make the techniques work. However, it is a somewhat useful introduction. For those with the background, this section gives a glimpse at how the Lion's Den fighters train, and helps explain their success. Overall, this book is of value to anyone who is a fan of the UFC or Ken Shamrock.

0 von 0 Kunden fanden die folgende Rezension hilfreich. Good Fighter / Lousy Author Von Keith Kimler While I enjoy true stories and respect and admire what Ken Shamrock has accomplished in his life and career, he should have chosen a more neutral person to write his story. While there is no question Shamrock is one of the greatest fighters in the world today, the author paints an unfair picture of some of the opponents Ken has faced. Bottom line: Royce Gracie beat Shamrock once and Shamrock never defeated Royce. They did fight to a draw in their second bout, but Shamrock never won a match against Gracie. Yet the author describes Gracie as going to great lengths to avoid facing Ken. Remember, Gracie was 178 lbs and Shamrock was around 215-220. The author also unfairly badmouths Dan Severn. I saw the second superfight between the two, and anyone who says Severn unfairly won, is kidding themselves. Severn escaped the mount and reversed positions which is rarely done in a real fight. The author complains that Detroit laws prevented Shamrock from going all out, and Severn violated the laws to win. FALSE! Ken Shamrock NEVER won a UFC tournament and Severn won 2. Shamrock won Superfights but never won a 3 fight tournament. I think this author is a whiner, and reading this book, one gets the impression Shamrock whines also. I hope that is not the case. Too bad such an inspiring story was written by such a louse. Get this book and ignore the author's implicit tones. Enjoy Shamrock's story as it truly is inspiring.

0 von 0 Kunden fanden die folgende Rezension hilfreich. Wonderful Insight Into The Man Personally Professionally Von Ein Kunde This book will not only intrigue fans of all types of fighting styles that Ken Shamrock has competed in, it will also serve as a source of motivation and inspiration for all. The book is creatively and effectively divided into two parts. The first half is ghost written, or at least co-authored, and chronicles Ken's life. It is a brief, yet very thorough and captivating life story. The second half is a nuts and bolts introduction to all aspects of competing in mixed martial arts - from eating to strength training to technique. "Inside The Lion's Den" is more than just a book about a tough guy who won some fighting contests and became a pro wrestler. "Inside The Lion's Den" delves deep into the trials and tribulations that chronicle Ken's awkward upbringing. His childhood was far from, "The Cosby Show" yet it is explained in a way that is quite unlike most biographies of high profile stars that claim of such horrible childhood life. Too often are we subjected to a "Where Are They Now" documentary by some celebrity telling us that they were mentally abused, or how their horribly painful past forced them into a drug plagued life. Ken Shamrock doesn't mirror this all too common pattern. He simply tells about his life - and it doesn't appear to be one that most of us would have wanted at times. The second half of the book can, and will, put any reader who isn't a professional athlete or combatant into shape. One will be surprised at the amount of inside information that Shamrock shares. I've met many mixed martial artists and several of them couldn't complete the training regimen that is covered here. Some have belittled Shamrock for having the book co-authored, but that is a very unfair criticism. Ken Shamrock is a master fighter - an athlete - a competitor. He has a great story to share with us. Does any of that make him qualified to transfer that to paper and deliver it in a manner that is entertaining and interesting? No. That is no disrespect to Ken. He is a master at what he does. And he is very smart for having a co-author. I would assume that Ken, and most of you, have an accountant prepare your taxes. We all bring in experts to handle tasks for us. There is no shame in that. Professional wrestlers have amazing stories to tell and they are finally being shared with us all. I am proud to say that I have been given the opportunity to work with wrestling legend, Jimmy "Superfly" Snuka on his biography and a documentary. I hope that when the book is available through .com, many of you will come and review it. And in the interim, while it is being written, let me know what you would like covered in the book that is tentatively being titled, "Tales From The Top Of The Cage."

Kurzbeschreibung Inside the Lion's Den is the remarkable story of Ken Shamrock's ascent to the top of reality martial combat. A legendary Mixed Martial Arts (MMA) fighter and former professional wrestler, Shamrock is an inspiration to thousands. This is the story of his rise from a troubled youth to champion in the ring in both America and Asia. The first "King of Pancrase" in the Japanese fighting circuit, and the first "Superfight Champion" of the Ultimate Fighting Championship (UFC), Shamrock also founded the Lion's Den in Northern California, a facility that has trained many champion MMA fighters. Readers and fans will learn the secrets of Shamrock's ultra-efficient submissions fighting system and the training regimen that he and his trainees followed. With over 150 dynamic photos, Inside the Lion's Den is both an inspiring portrait of the fighter known as the "World's Most Dangerous Man" and an invaluable guide for the martial artist, novice and master alike.

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