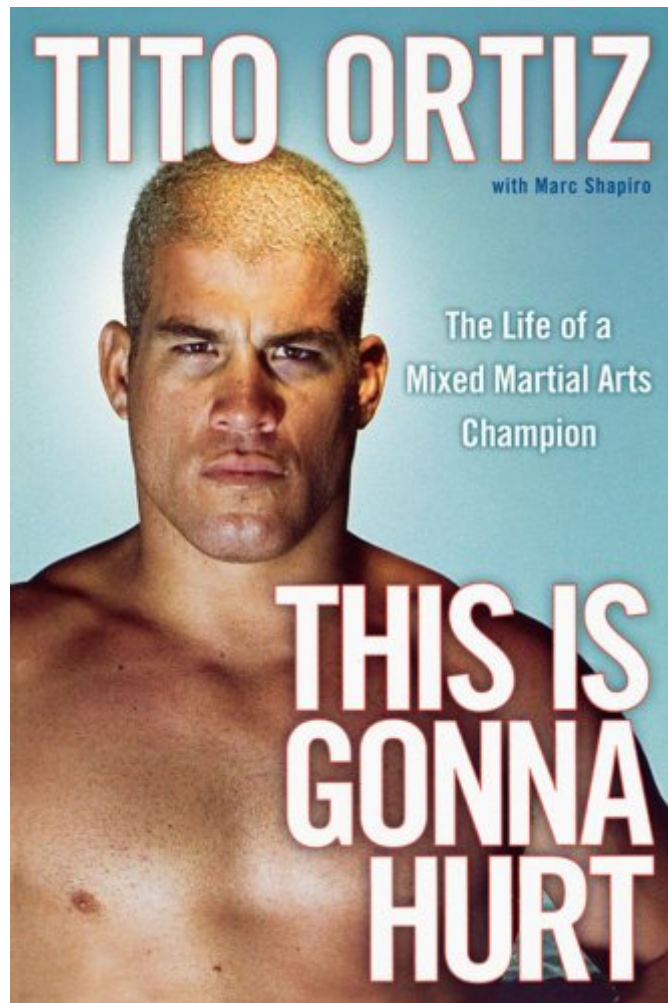


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# This Is Gonna Hurt: The Life Of A Mixed Martial Arts Champion



## Synopsis

He's the ultimate showman in the world's greatest spectator sport -- a controversial, charismatic figure who has dominated Ultimate Fighting for more than ten years as one of its most exciting and skillful stars. But for Tito Ortiz, life very nearly took a different path. Growing up in Huntington Beach, California, Ortiz spent part of his childhood living in motels and in the backs of other people's houses, as his heroin-addicted parents were forced to leave one apartment after another. By the time he was in sixth grade, he had dabbled in almost every drug available, and his early youth involved time in juvenile detention centers, a string of petty crimes, and a stint in a local gang. Then, in high school, Tito discovered wrestling -- the perfect match for this tough, streetwise, ambitious kid. Tito made his mixed martial arts debut at UFC 13 in 1997, winning his first fight in twenty-two seconds. In 2000, he was chosen as a light heavyweight contender in UFC 25 and took the belt, successfully defending it five times in the following three years. Tito Ortiz pulls no punches as he recounts his journey from Huntington Beach Bad Boy to UFC superstardom -- his difficult upbringing, his first marriage and struggles with fidelity, his battles with the UFC, his career highs and lows, and his current happy relationship with former porn star Jenna Jameson. An inspirational story of beating the odds, and an incredible glimpse into just what it takes to win in the world's most brutal arena, *This Is Gonna Hurt* is raw, frank, funny, and as fearless as its subject.

## Book Information

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## Customer Reviews

I shouldn't have expected much of a book written by a guy who's best known for smashing heads. Tito Ortiz was, for quite awhile, the light-heavyweight champion and poster boy for the UFC. I'm a big Tito Ortiz fan. He's brash, cocky, and hasn't been at the top of the heap for several years now, but I think he's a good guy at heart and he's done a lot of good things for the sport. Unfortunately, I can't say many good things about this autobiography. Tito talks mostly about his troubled youth and how he got into the fight game. He details his early drug use, his romances (and his many infidelities), his feuds with other fighters and UFC president Dana White, and his charitable activities. I wish he'd given as much attention to his fights--the strategies, or breaking down how the fight went. Instead, he recaps most of his fights in a paragraph or two, giving the name and date of the event, a few sentences about how the fight unfolded, an excuse if he lost (nearly always an injury that kept him from training to his fullest potential), and what was on his t-shirt (he considers his t-shirts to be one of his trademarks--I never paid much attention to them myself). I wasn't expecting a book on fighting strategy, necessarily, but it would have been more interesting. What we get instead is a celebrity bio, with some entertaining takes on some other fighters and celebrities. If there's any insight given in this book it comes early in some advice Tito got from fellow fighter Tank Abbott: "You talk the smack to make people either love you or hate you. Once they love you or hate you, then they'll talk about you. If they stop talking about you, then you've got problems." Above all else, Tito knows how to market himself. Unfortunately, the rest of the book is fairly insufferable.

Viva la Tito!!! "This is Gonna Hurt" is an autobiography of the short life of one Tito Ortiz. Among the revelations and themes of this book: \* Tito clearly has a vendetta with Dana White, who he excoriates as a two-faced wannabe' - no news there. I doubt these two will be exchanging Christmas cards. \* He paints an unflattering picture of Chuck Liddell as a lackey of the UFC, a "company man." At one point, he describes Liddell as a trailer park kind of guy who walks around in flip-flops and T-shirts\* When he wasn't in the ring, Tito had a hard time (no pun intended) keeping it in his pants, as he was flagrantly unfaithful to his wife (Kristin) and the mother of his child\* Growing up was not exactly an Ozzie and Harriett environment for little Tito, who writes that he was doing drugs and downing beers by age five. The guy deserves credit for rising above his upbringing.\* He describes his courtship of porn star Jenna Jameson. Hey -- who says romance is dead?! This

pairing must make it interesting when they have friends over for "home movie" night! Overall, Tito comes off refreshingly candid. He lays it all out there and does not try to portray himself as any kind of saint. I must say that seeing him during his season on The Ultimate Fighter and later on Celebrity Apprentice, he came off as being very personable. His following in the UFC seemed disproportionate to his ring success. I'm hard-pressed to recall when he last beat a top-level MMA fighter - no disrespect to Forest Griffith, who is superb and who fought valiantly in their bout. Tito never beat Liddell. Never beat Couture.

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