



fun facts

JULY 5, 2008 - BEAT QUINTON "RAMPAGE" JACKSON TO EARN UFC LIGHT HEAVYWEIGHT CHAMPION TITLE.

NOVEMBER 28, 2007 - APPEARED ON LAW & ORDER SPECIAL VICTIMS UNIT EPISODE "FIGHT" AS A MMA CHAMPION AND MURDER SUSPECT.

MMA WEEKLY CURRENT RANKS GRIFFIN AS THE #1 LIGHT HEAVYWEIGHT FIGHTER IN THE WORLD

HEIGHT: 6'3"

WEIGHT: 205 LBS.

MANAGED BY:
ZINKIN ENTERTAINMENT

DOB: JULY 1, 1979

FIGHTS OUT OF:
LAS VEGAS, NV

FAVORITE FOOD:
COOKIES

TEAM/ASSOCIATION:
XTREME COUTURE

FIGHTING STYLE:
BOXING, JIU-JITSU

BEFORE UFC:
STUDENT,
POLICE OFFICER

Forrest

BY DAVID BONILLA

GRIFFIN

Forrest Griffin may have started out as just one of sixteen mixed martial artist on Spike TV's reality series, *The Ultimate Fighter*, but has since established himself as THE ultimate fighter. Forrest was ready to give up mixed martial arts and resume his position with the Athens Police Department when Dana White, president of the UFC, approached him about taking part in the series. Griffin seemed like the perfect candidate with his never say die attitude and refreshing sense of humor. The show was created in hopes of bringing much deserved attention to the sport of fighting and that it did!

HOW DID YOU GET INVOLVED IN MIXED MARTIAL ARTS?

I was first introduced to martial arts during my time at police academy. We were taught self-defense using martial arts and it spiked my interest. Then we had to watch a video that one of the instructors brought in. When I saw Belfort knock somebody out, I was like, oh my God! That's the coolest thing I have ever seen and I knew then I had to fight!

SO WINNING THE UFC OBVIOUSLY CHANGED YOUR LIFE QUITE A BIT. WHAT WAS THE BIGGEST CHANGE?

Well, at the time, I was living on my buddy's couch in Athens, GA. After the fight, I moved to Vegas and lived in a basement. That was a big change for me.

DO YOU THINK THAT YOU HAVE CHANGED SINCE BECOMING SUCH A HUGE SUCCESS IN THE UFC?

No. I am still the same person I was before the UFC except that now I have health insurance. (He laughs as he explains that he fought for years without health insurance.) I still don't really like to go anywhere except to the gym; my favorite place to be is at home watching movies. I have added a few movies to my video library, by the way.

WHAT IS THE TOUGHEST PART OF BEING A PRO FIGHTER?

The wear and tear on my body. The thing about professional fighting is that in order to get ready for a fight, you have to come close to really fighting at least a couple times a week.

WHAT OR WHO ARE YOU MOST INSPIRED BY?

My biggest inspiration is how bad I hate to lose. One thing I have never tried to be in my life is a good loser because a good loser gets good at losing. My fiancé also inspires me everyday because she is always in my corner. I can be a big baby sometimes and she takes good care of me. As for my personal hero, without a doubt it would be Pat Tilman. That man gave up a multi-million dollar contract to defend our country and unfortunately, paid the ultimate price.

DO YOU THINK YOU ARE AN INSPIRATION TO OTHER FIGHTERS?

Honestly, I don't live my life trying to inspire others. If someone gets inspired or motivated by something I did, that's great. Reality is that people are going to do what they want, but if I do hear that I had a positive influence on someone, that is the best compliment.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS JUST STARTING OUT IN WHATEVER THEIR PERSONAL VENTURE MAY BE?

Never quit! You are in control of your own destiny. Condition your mind and body for whatever it is you want to do because that is what gives you the competitive edge.

Forrest Griffin has come full circle in his career as he faced one of the competing coaches from The Ultimate Fight series. On July 5th, 2008, Griffin went to battle with UFC Light Heavyweight Champion, Quinton "Rampage" Jackson for the most coveted title in the UFC. After five rounds and a unanimous decision, Forrest Griffin was crowned the UFC champion, proving that he is THE ultimate fighter. X