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Charles David Liddell (born December 17, 1969) is a retired American mixed martial artist and former UFC Light Heavyweight Champion. He has an extensive striking

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background in Kenpo, Karate, and Kickboxing, as well as a grappling background in collegiate wrestling and Brazilian jiu-jitsu.

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"Iceman: My Fighting Life" was a pleasant

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(although far from flawless) surprise, that with time to spare you'll fly through in a couple of days. Much like he did for so long inside the cage, Chuck Liddell has thrown down the gauntlet and set the standard for his peers to aspire to.... so, with the official UK release of "Becoming The Natural" looming, that means it's over to you, Mr



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Iceman: My Fighting Life is the first MMA biography I ' ve ever read. From the

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proverbial humble beginnings in a one parent family, it tells the life of one of the greatest fighters in MMA history. Ever since he was a young child abandoned by his father (or sperm donor as Liddell refers to him), he only wanted to do one thing – fight. And fight he did, taking karate lessons, competing in ...

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