



CONTENTS

01.	TRAINING CAMP 4	Credibility (Cred)	4
	Basic Concepts	Climbing the Division Ranks	5
	Match Rules	Hall of Fame	5
	Attributes	Retirement	5
	Techniques	Trophy Case	5
	Skills	04. UFC HEAVYWEIGHT DIVISION	E
	Stamina		
	Basic Controls	Andrei Arlovski	
	Movement	Mark Coleman	
	Striking	Mirko Cro Cop	5
	Grappling	Gabriel Gonzaga	5
	Defense	Antoni Hardonk	6
	Standing Positions	Heath Herring	6
	Both Standing—Probing 20	Cheick Kongo	6
	Both Standing—Striking	Brock Lesnar	6
	Both Standing—Clinch	Justin McCully	6
	Muay Thai Clinch	Frank Mir	7
	Single Collar Tie	Minotauro Nogueira	7
	Double Underhook	Eddie Sanchez	
	Over/Under Hook	Tim Sylvia	
	Ground Positions	Cain Velasquez	
	Open Guard	Brandon Vera (Heavyweight)	
	Standing in Guard	Fabricio Werdum	
	Open Guard—Down		
	Rubber Guard	05. UFC LIGHT HEAVYWEIGHT DIVISION .	
	Half Guard	Houston Alexander	8
	Half Guard—Down	Ryan Bader (GameStop Exclusive)	8
	Side Control	Michael Bisping (Light Heavyweight)	8
	North/South	Tim Boetsch	9
	Mount	Stephan Bonnar	9
	Back Mount—Both Hooks In	Rashad Evans	9
	Back Mount—Body Triangle	Rich Franklin (Light Heavyweight)	9
	Back Side Control	Wilson Gouveia (Light Heavyweight)	9
	Sprawl Position	Forrest Griffin	10
	Up/Down, Near	Dan Henderson (Light Heavyweight)	10
	Up/Down, Far	James Irvin	
02.	CREATING THE ULTIMATE FIGHTER 36	Rampage Jackson	
	Create a Fighter Mode vs. Career Mode Fighter Creation 36	Keith Jardine	
	Basic Information	Chuck Liddell	
	Fight Style/Attributes	Lyoto Machida	
	Physical Appearance	Kazuhiro Nakamura	
	Clothing/Equipment	Tito Ortiz	
03.	CAREER MODE	Shogun Rua	
	Creating a Fighter	Anderson Silva (Light Heavyweight)	
	Calendar	Thiago Silva	
	Emails	Wanderlei Silva	
		Brandon Vera (Light Heavyweight)	19

06. UFC MID	DLEWEIGHT DIVISION	. 128	08. UFC LIGHTWEIGHT DIVISION	20
Ricardo Alr	neida	128	Mark Bocek	20
Michael Bis	sping (Middleweight)	130	Kyle Bradley (Lightweight)	20
Rich Frank	lin (Middleweight)	132	Rich Clementi	20
Wilson Gou	ıveia (Middleweight)	134	Mac Danzig	21
Kendall Gro	ove	136	Nate Diaz	21
Dan Hende	rson (Middleweight)	138	Efrain Escudero (GameStop Exclusive)	21
Martin Kam	npmann (Middleweight)	140	Frank Edgar	21
Chris Lebe	n	142	Spencer Fisher	21
Thales Leit	es	144	Kenny Florian	22
Jason Mac	Donald	146	Hermes Franca	22
Demian Ma	nia	148	Tyson Griffin	22
Nate Marqı	uardt	150	Roger Huerta	22
Drew McFe	dries	152	Joe Lauzon	22
Yushin Oka	mi	154	Gray Maynard	23
Amir Sadol	lah (Middleweight)	156	BJ Penn (Lightweight)	23
Anderson S	Silva (Middleweight)	158	Diego Sanchez (Lightweight)	23
Mike Swick	(Middleweight)	160	Joe Stevenson	23
Evan Tanne	r	162	Matt Serra (Lightweight)	23
07. UFC WEL	TERWEIGHT DIVISION	. 164	Sean Sherk (Lightweight)	24
	es		Thiago Tavares	24
)		09. CLASSIC FIGHTS	24
	ey (Welterweight)			
	ian		10. ACHIEVEMENTS, TROPHIES,	OF
	vis		AND SECRETS	
Jon Fitch .		174	Game Progress Menu	
Matt Hughe	98	176	Achievements/Trophies	
Anthony Jo	hnson	178	Secret Fighters	
Martin Kam	ıpmann (Welterweight)	180	Punkass	
Josh Kosch	eck	182	Skyskrape	
Chris Lytle		184		
	/an			
BJ Penn (W	/elterweight)	188		
Amir Sadol	lah (Welterweight)	190		
Diego Sand	hez (Welterweight)	192		
Ben Saund	ers	194		

Matt Serra (Welterweight)196Sean Sherk (Welterweight)198Georges St-Pierre200Mike Swick (Welterweight)202

Table of Contents



Climbing the ranks of the UFC takes a lot more than a stiff uppercut or a tight armbar. You have to know your fighter's strengths and your opponent's weaknesses, be able to formulate a game plan to exploit both, and have the mental quickness to improvise in the Octagon if things don't go as expected.

This section of the guide breaks down every concept and control you must master to achieve ultimate success in the UFC. It begins with the most basic facts and ends with the most complex information. Once all of it becomes second nature to you, you're well on your way to wearing UFC championship gold!

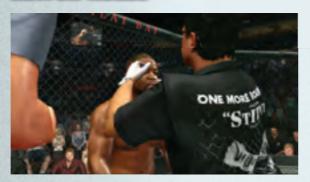
Read the User Manual

This chapter (as well as this guide) is intended as a *supplement* to the user manual that comes with the game, not a *replacement* for it. In order to focus on strategy (the reason you bought this guide), we avoid repeating content from the game's user manual unless it's relevant to the discussion.

BASIC CONCEPTS

Every UFC fighter needs a thorough understanding of the following basic concepts before he even sets foot in the Octagon.

MATCH RULES



Each UFC fight takes place over the course of two or three five-minute rounds. The exception to this is championship matches, which run five rounds. When the time limit in a round is reached, both fighters must immediately disengage and return to their corners, where they get a brief moment to catch their breath and get advice from their trainers.

During the fight, both fighters must stay busy. If they do not continually try to damage or gain an advantage over their opponents, the referee can separate them (if they're on the ground or in the clinch).

Victory Conditions

There are five ways to win a fight:

Knockout (KO)

If you land a perfect strong strike or strong kick against a weakened opponent's head, you might just knock him out cold. If that happens, the fight is over, and you're awarded the victory by KO.



Technical Knockout (TKO)

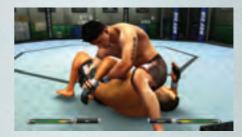
If you gain the advantage over your opponent and hit him with several unanswered head strikes, he will get disoriented ("rocked"). When rocked, an opponent is helpless to defend himself effectively. If you press the attack with additional punches, the referee will stop the fight and declare you the winner by TKO.



Submission

When you gain a dominant (or "advantaged") position on your opponent, you can attempt a submission hold. Submission holds are special grapples intended to either put extreme stress on an opponent's joint or choke an opponent unconscious. If your opponent can't break or withstand the hold, he will either tap out or lose consciousness, awarding

you the victory by submission.



Decision

If neither fighter is able to finish his opponent by the end of the final round, the fight goes to the judges. They score the fight according to a number of factors, including the number of successful strikes, reversals, and takedowns each fighter executes, and the amount of time each fighter spends in an advantaged position on the ground. Fighters who continually remain on defense and show little in the way of offense are not judged favorably.

There are three judges, and each of them rates each fighter's performance in each round of the fight. The winner of each round is awarded 10 points (unless specifically penalized by the referee). The loser of the round receives nine points or less. The sum total of all judges' scores across all rounds determines who wins the fight.

In very rare situations, each fighter receives the exact same number of points from the judges. In that case, the fight is ruled a draw, and neither fighter receives a win or loss. A draw is also declared if two of the three

judges score the fight as a draw, regardless of the third judge's decision.



Forfeit

If either fighter forfeits a fight before it's over, that fighter receives the loss.

Training Camp

ATTRIBUTES

Each fighter in *UFC 2009 Undisputed* has three physical attributes: strength, speed, and cardio.

Strength

A fighter's strength is self-explanatory. It's the physical power behind every strike he throws and every grapple he executes. Fighters with higher strength inflict greater damage with their strikes, and they have an advantage when attempting grappling moves, often overpowering their opponents with brute force. Strength also helps with brute force submission escapes.

Speed

Speed determines how quickly a fighter can execute his moves. The higher a fighter's speed attribute, the faster the fighter can punch and grapple, and the shorter his opponent's window is for blocking or countering. On defense, a fighter with high speed has a better chance of countering and blocking his opponent's attacks.

Cardio

Cardio is a measure of a fighter's maximum energy reserves. The more cardio a fighter has, the more active he can be during the fight before he gets exhausted ("gassed"). Every physical action during the fight, from strikes to transitions, requires energy. The bigger the move, the more energy it takes. The higher a fighter's cardio, the more energy he has to burn.

TECHNIQUES

Each fighter specializes in one striking technique and one grappling technique.



UFC Q&A: NATE MARQUARDT

Q: What are your thoughts on the three striking techniques? What are the strengths and weaknesses of each, as you see them?

A: "Boxing has the best leverage for power in punches, and a good boxer has the best footwork and angles. But boxers do not handle kicks, knees, or elbows well and can be predictable.

"Kickboxing has a good combination of Muay Thai and Boxing technique, and kickboxers have a lot of tricks, but they are sometimes easier to take down.

"Muay Thai is the traditional style of kickboxing and has excellent knees and elbows. It's great for the clinch as far as strikes, but it lacks in punch power and punch combinations, and specialists can also be taken down easier."

Striking Techniques

There are three striking techniques in *UFC 2009 Undisputed*. Most strikes in a fighter's move-set are common to all three styles, but several strikes are unique to a particular technique.

Boxing

Boxing strikers have a background in the sport of the same name. Their standing offense is made up of a variety of punches, at the expense

of kicks and knee strikes. They have additional technique-specific punches available to them, but they lack technique-specific kicks.



The most important skills for fighters with the Boxing technique are Standing Strikes.

UFC fighters who have Boxing as their striking technique include Rampage Jackson, Rashad Evans, Michael Bisping, Rich Franklin, Frank Edgar, and BJ Penn.

Kickboxing

Kickboxing uses many of the same punching strikes as Boxing, but as the name implies, it also incorporates a number of kicks into the fighter's striking offense. Kickboxers can use technique-specific punches and kicks.

Fighters with the Kickboxing technique should bump up their Standing Strikes and Standing Kicks.

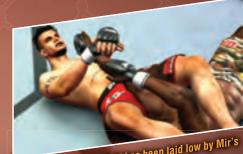
Mike Swick, Cheick Kongo, Georges St-Pierre, Chuck Liddell, Forrest Griffin, and Mirko Cro Cop are all Kickboxing strikers.



FRANK MIR

Frank Mir is living proof that anything is possible in the UFC for a fighter with the drive and the natural gifts to achieve his goals. Just three years into his professional MMA career, Mir defeated Tim Sylvia for the vacant UFC Heavyweight Championship, but less than three months after winning the title, Mir was forced to vacate it after suffering a catastrophic leg injury in a motorcycle accident.

Mir's return to UFC began more than a year later, and it was a rocky one. He lost two of his first three fights, but he persevered and racked up two first-round submission victories over Antoni Hardonk and Brock Lesnar at UFC 74 and UFC 81. Mir capped off his comeback by defeating Minotauro Nogueira via TKO in the second round of their match at UFC 92, which awarded him the UFC Interim Heavyweight Championship. And at UFC 100, he has the opportunity to reclaim the UFC Heavyweight Championship



Many a UFC heavyweight has been laid low by Mir's submissions.

73 63

73 83

70

67

48

76

50

72

63

59

81 86

92 92

Mir's high cardio and above-average speed make him a formidable opponent, especially when coupled with his many strengths. He's a bona fide striker, with strong standing strikes and kicks, although his defense against kicks is much higher than his standing strikes defense. His clinch striking offense and defense is strong standing strikes and kicks, annough his detense against kicks is much higher than his standing strikes detense. His chief striking offense and defense, his submission skills are also impressive. But it's on the ground where Mir really shines. Not only does he have incredible ground grapple offense and defense, his submission skills are also off the charts, and he's more than capable of making even the toughest opponents tap out.

TECHNIQUES

STRIKING MUAY THAI

GRAPPLING

RJJ

ATTRIBUTES

OVERALL RATING 91 59 STRENGTH 63 73 SPEED CARDIO

SPECIAL TECHNIQUES

The following moves are uniquely available to Frank Mir:

The following moves are u	niquely availab	DC3	Move
	And .	m + 📵	Left Ducking Hook Standing
- ding	□ + (X)		Right Ducking Hook
(Striking Range) (Striking Range)	1 ■ + ()	11 + 🙆	

SKILLS

STANDING STRIKES OFFENSE STANDING STRIKES DEFENSE STANDING KICKS OFFENSE STANDING KICKS DEFENSE CLINCH STRIKING OFFENSE CLINCH STRIKING DEFENSE

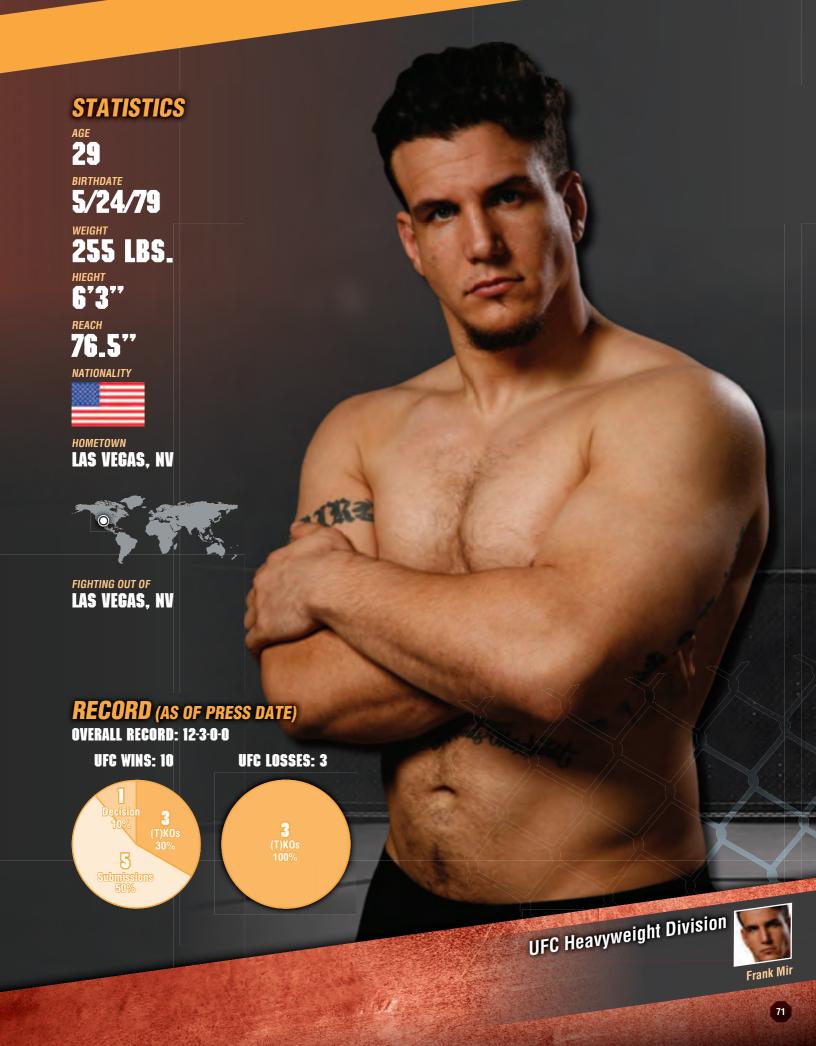
GROUND STRIKING OFFENSE GROUND STRIKING DEFENSE

CLINCH GRAPPLE OFFENSE CLINCH GRAPPLE DEFENSE

TAKEDOWN OFFENSE TAKEDOWN DEFENSE

GROUND GRAPPLE OFFENSE GROUND GRAPPLE DEFENSE

SUBMISSION OFFENSE SUBMISSION DEFENSE



ANTÔNIO RODRIGO NOGUEIRA "MINOTAURO"

Minotauro Nogueria is a 10-year veteran of mixed martial arts, and the list of fighters he's defeated reads like a who's who of MMA legends. Tim Sylvia, Dan Henderson, Mark Coleman, Mirko Cro Cop, and Heath Herring are among the many elite fighters who have succumbed to Nogueira's Brazilian Jiu-Jitsu. He spent six years in PRIDE, where he became the first PRIDE Heavyweight Champion, a title he held for nearly a year and a half. His first UFC appearance was at UFC 73, where he defeated Heath Herring by unanimous decision. In his next fight, he earned a submission victory over Tim Sylvia at UFC 81, becoming the UFC Interim Heavyweight Championship and the first fighter to hold both the PRIDE and UFC Heavyweight Championships. And although he lost the interim title to Frank Mir at UFC 92, there's no



Use Minotauro's Hip Takedown to Side Control, Right technique to put your opponent on the canvas.

64

52 60

58

65

60

77

63

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72

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86 85

90

92

Although Minotauro has reasonably strong standing striking skills, his ground game has allowed him to rack up his impressive record. When fighting as Minotauro, Annough minutation has reasonably strong standing striking skins, his ground game has anowed min to rack up his impressive record, which can be performed from you should always be on the lookout for the takedown. Make good use of his patented Hip Takedown to Side Control, Right technique, which can be performed from you should always be on the lookout for the takedown. Make good use of his patented Hip Takedown to Side Control, Right technique, which can be performed from your should always be on the lookout for the takedown. Wake your use of his patented hip rakedown to side control, my it technique, which can be performed non-the clinch. Once you have your opponent down, advance your position by using Minotauro's incredible ground grapple offense, and look for the submission attempt. the clinch. Once you have your opponent nown, any ance your position by using withotauro's increating ground grapping defense should prevent you from taking too much damage, and he's Even if you wind up in a disadvantaged position, Minotauro's high ground striking and grappling defense should prevent you from taking too much damage, and he's almost impossible to submit.

TECHNIQUES

STRIKING BOXING

GRAPPLING

ATTRIBUTES

OVERALL RATING 88 47 STRENGTH 61 68 SPEED CARDIO

SPECIAL TECHNIQUES

The following moves are uniquely available to Minotauro Nogueira:

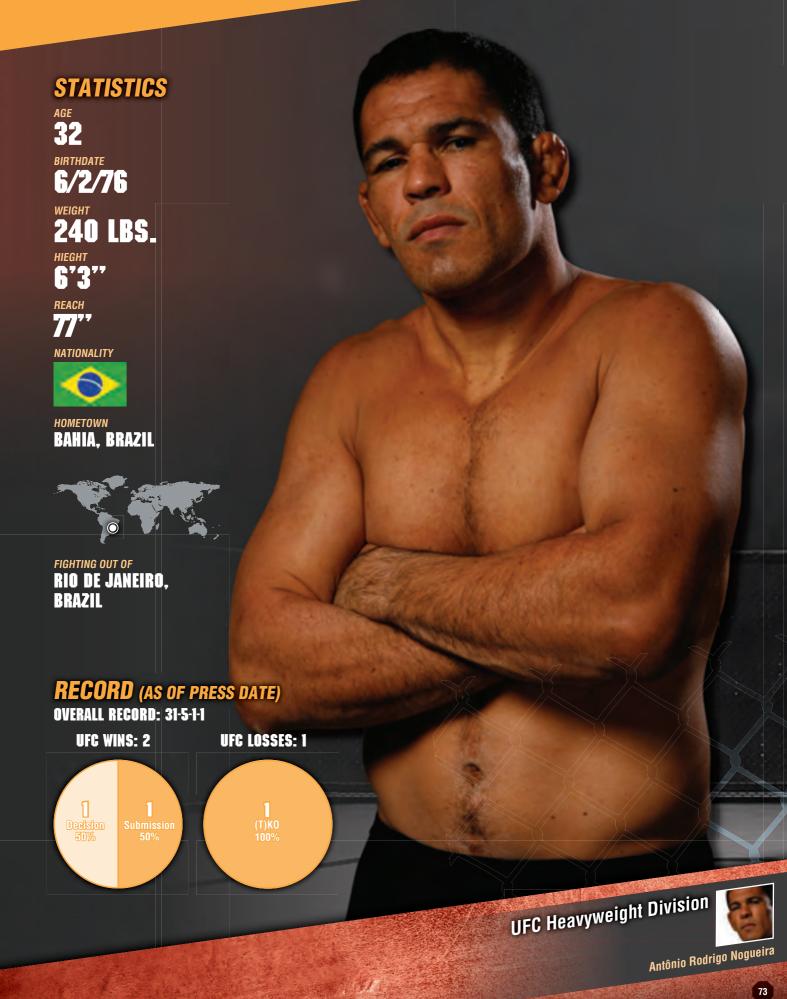
The following moves are u	niquely availar Xbox 360	PS3	Move Hip Takedown to Side
Condition	TB + 83	1 + 3	Control, Right
Clinch (Double Underhooks)			

SKILLS

STANDING STRIKES OFFENSE STANDING STRIKES DEFENSE STANDING KICKS OFFENSE STANDING KICKS DEFENSE CLINCH STRIKING OFFENSE CLINCH STRIKING DEFENSE GROUND STRIKING OFFENSE GROUND STRIKING DEFENSE CLINCH GRAPPLE OFFENSE CLINCH GRAPPLE DEFENSE TAKEDOWN OFFENSE TAKEDOWN DEFENSE

GROUND GRAPPLE OFFENSE GROUND GRAPPLE DEFENSE

SUBMISSION OFFENSE SUBMISSION DEFENSE





OFFICIAL STRATEGY GUIDE

Written by Bryan Stratton

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During his nine years in the strategy guide business, Bryan Stratton has authored over 60 guides, including *The World Ends With You* and *Dark Sector*. He has also written five years' worth of storylines for THQ and over 100 articles for a number of online gaming sites, including GameSpy.com, DailyRadar.com, and Bitmob.com. He currently resides in Portland, OR, with his girlfriend Sara and two cats, one of whom was well-behaved enough to leave him alone while he was on deadline.