

## Table of Contents

1.....	Author's Note
3.....	Author's Note 2
5.....	Foreword
13.....	Preface
17.....	Introduction
27.....	Chapter 1: Tough Guys
33.....	Chapter 2: Parallel Lives
58.....	Chapter 3: Steel City
67.....	Chapter 4: First Fight Genesis
111.....	Chapter 5: The Name Game
123.....	Chapter 6: The Real Thing in the Ring
156.....	Chapter 7: Hold That Tiger
177.....	Chapter 8: The League
192.....	Chapter 9: Enemy Territory
217.....	Chapter 10: Standing Eight Count
245.....	Chapter 11: The Final Bell
270.....	Chapter 12: The Hollywood Effect
282.....	Chapter 13: Paradigm Shift
305.....	Chapter 14: The Long and Winding Road
317.....	Chapter 15: Fact or Fiction
337.....	Chapter 16: Respect
354.....	Afterword: Bill Viola, Jr.
366.....	Appendix 1: Looking Back
374.....	Appendix 2: An Ultimate Irony
376.....	Appendix 3: WMAFA
377.....	Appendix 4: Stats
378.....	Where Are They Now
382.....	Epilogue: Dana Doubleday
387.....	MMA Milestones: The Firsts
388.....	Pittsburgh MMA