

Name:

Day One

Ultimate Fighting

Part 1: Silent read

➔ Is ultimate fighting the ultimate sport, or just an excuse for violence? Read silently.

Who is toughest: a wrestler, a boxer, or a martial arts expert? Art Davie thought it could be a tossup. He thought people would pay to see different kinds of fighters battle to see who was the best. He was right. His idea became the Ultimate Fighting Championships.

The original UFC logo said “There Are No Rules!” However, this was not quite true. There were two rules: no biting and no eye-gouging. Competitors could butt heads, twist fingers, and pull hair. They could punch, slap, kickbox, and choke their opponents.

Some people were disgusted by ultimate fighting. They worried that fighters would be killed. They were shocked to see audiences cheering as fighters were brutally beaten. In response, 36 states outlawed ultimate fighting.

However, many people pointed out that UFC fighters tended to be highly trained and highly educated. Matt Hughes, a former college wrestler, became an ultimate fighter. He called the fights “chess matches that require immense dedication and discipline.”

Still, UFC decided to adjust its hardcore image. It banned headbutts, pinching, and hits to the groin, neck, and head. But it remains controversial—and very popular. “It’s not for everybody,” says Mark Ratner, a UFC employee. “But if you go to an event, you see the art of it.”



Day One Ultimate Fighting

// one minute

Part 2: First timed read

WPM _____

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48

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75
89
90

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115
123

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148
160
161

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189
205
211

Part 3: Comprehension and discussion

What makes Ultimate Fighting so dangerous?

What changes did Ultimate Fighting make to improve its image?

Day One

Ultimate Fighting

Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

Who is toughest: / a wrestler, / a boxer, / or a martial arts expert? // Art Davie thought it could be a tossup. // He thought people would pay to see different kinds of fighters / battle to see who was the best. // He was right. // His idea became the Ultimate Fighting Championships. //

The original UFC logo said / “There Are No Rules!” // However, / this was not quite true. // There were two rules: / no biting and no eye-gouging. // Competitors could butt heads, / twist fingers, / and pull hair. // They could punch, / slap, / kickbox, / and choke their opponents. //

Some people were disgusted by ultimate fighting. // They worried that fighters would be killed. // They were shocked to see audiences cheering / as fighters were brutally beaten. // In response, / 36 states outlawed ultimate fighting. //

However, / many people pointed out that UFC fighters / tended to be highly trained and highly educated. // Matt Hughes, / a former college wrestler, / became an ultimate fighter. // He called the fights / “chess matches that require immense dedication and discipline.” //

Still, / UFC decided to adjust its hardcore image. // It banned headbutts, / pinching, / and hits to the groin, / neck, / and head. // But it remains controversial— / and very popular. // “It’s not for everybody,” / says Mark Ratner, / a UFC employee. // “But if you go to an event, / you see the art of it.” //

I read the passage in phrases out loud to my partner.