

## Project Idea ( MMA) or Boxing

- A quick and simple website where someone can go if they want to learn more about the basics of MMA.

## Brief History

Mixed Martial Arts (MMA) has a relatively short but rich history. The sports can be seen back to ancient Greece, where pankration, a combat sport that combined striking and grappling techniques, was practiced. Modern MMA is now known as UFC. The early UFC events featured fighters from various martial arts disciplines competing against each other in a no-holds-barred format.

The sport quickly gained a reputation for being violent and was even banned in many states in the US. However, with the introduction of rules and regulations, MMA began to gain mainstream acceptance and has since become one of the fastest-growing sports in the world. Today, MMA fighters are among the most well-rounded athletes, possessing skills in striking, grappling, and wrestling, among other disciplines.

## Categories

- History
- Fighting Styles
- Current State