



# CAGED!

■ Tribal member Jake McKnight begins his mixed-martial-arts fighting career in a cage.



Photo by Sunni Ulestad

Tribal member Jake McKnight currently holds the Lightweight Championship belt in the Pacific Coast Cage Fighting organization. McKnight has been studying the fight technique known as mixed martial arts (MMA) for about five months. McKnight has an extensive history in boxing and wrestling and has now combined the two while on his way to a prosperous MMA career. He fights for Team Chaos out of Keizer and trains four nights a week. He has a record of 3-1 and plans to pursue a professional fighting career and hopefully one day obtain an Ultimate Fighting Championship (UFC) title. McKnight also works for the Tribe's Natural Resources Department and currently resides in Salem.



Photos by Toby McClary

## By Toby McClary

After two years of boxing and wrestling throughout his life, Tribal member Jake McKnight has decided to take his skills to the next level. McKnight now trains for what is arguably the most grueling, punishing and intense style of fighting known as mixed martial arts (MMA). You may already be familiar with MMA as it is the style of fighting used in the Ultimate Fighting Championship (UFC).

According to the UFC website, MMA is an intense and evolving combat sport in which competitors use interdisciplinary forms of fighting that include jiu-jitsu, judo, karate, boxing, kickboxing, wrestling and others to their strategic and tactical advantage in a supervised match.

"I just got into it and now I love it," said McKnight. "It's a great sport."

McKnight has been training in MMA for about five months and has already had four fights. He has a 3-1 record as of July 1, 2006. In his first fight, McKnight knocked his opponent out in one minute fifteen seconds and forced his second opponent to submit in one minute, seventeen seconds via an arm bar.

"I wanted the guy to tap out before things got ugly," said McKnight. "But he wouldn't tap so I extended my hips and that's when I heard his arm pop."

McKnight said he is more known for his "ground and pound" style of fighting rather than his technical moves.

"So beating a guy with an arm bar and showing off my technical side is a pretty big accomplishment," he said. "No one expected that."

On Saturday, June 3, McKnight knocked his opponent out in the

second round and won the title in the 155 pound weight class. McKnight currently holds the Lightweight Championship belt for the Pacific Coast Cage Fighting organization.

McKnight explained his thought process before going into a fight.

"I think about what I'm going to do," said McKnight. "I learn about my opponent and find out what his specialty is. While I train, I concentrate on that specialty and work on ways to defend it. Right before the fight I listen to music and pump myself up. I get a mindset of my strategy," he said.

His second opponent was a kick boxer so McKnight knew that he had to defend himself against kicks. He practiced with a teammate that was also a kick boxer and found that the "superman punch" worked

really well. The superman punch is when one leaves their feet and throws a punch while in mid-air. This time the superman punch assisted McKnight in his victory on Saturday, May 20 at the Rumble at the Roseland XXII in Portland.

McKnight suffered his first loss at Rumble at the Roseland XXIII on Saturday, June 17. He was forced to tap out due to a choke hold in the first round.

McKnight trains four nights a week and is currently fighting for Team Chaos out of Salem. He explained that it took about one month for him to prove himself to the trainers and team members for an opportunity to fight with them.

McKnight also works in the Natural Resources Department for the Tribe and currently resides in Salem with his son Lucas. ■