



CHRIS COOK

Age: 30

Rank: Blue Belt

City of Residence: Norfolk

Occupation: Ship repair

Why did you decide to study the martial arts and what are you getting out of it?

It's a sport, a hobby to me.

I've been interested in the martial arts since I was a child. I've always watched different kinds of fighting. I finally decided to try it all and compete in the most realistic style available. That's why I train with Bill. He might not be the best at everything, but he has a good grasp of the overall picture. You have to know it all to some degree to compete in mixed martial arts competitions. If you don't cross-train you are going to get beat badly.