

New York UFC Gym

New UFC The Largest of the East Coast

The UFC Gym is the largest mix martial arts and fitness gym in the East Coast with 37000 square foot facility all on the street level floor with its own parking. This outstanding gym equipped with these massive amount of exercise machines especially design for the new edge of sport and body work out is suitable for anyone who can and will use it to enhance their body, soul and mind. There are tread mills, bike steps machines, punching bags, weight lifting free style, pick up and sit up benches, and combination weight machines to work out all parts of your body. The facility has a special element to it, even a jiu jitsu work out club is there to learn the Brazilian martial arts which is big part of all UFC training and fighting needs to qualify to fight in the Octagon.

When I stepped inside to test the ring it felt safe for practice. The floor is padded to absorb all elements that are part of UFC fights such as hard falls to the floor, slams, wrestling, take down, body flips and elbow strikes.

The padded floor technology is safe and well built to avoid injuries which is a concern for everyone that gets involve in contact sport. The punching bag area has over 30 bags that are set in different heights to allow the practitioners to push themselves to reach their maximum when kicking or striking the bags.

The floor area is also well padded for safety. The new UFC Gym has a large reception area, cafe, sports boutique shops that sell merchandise such as uniforms, shirts and all mix martial arts equipment. The cost to join the gym is \$50 a month for basic training and \$100 for extended programs. There are personal trainers for each section that specialize in several mix martial arts that the gym has to offer. The facility operates 24hrs a day seven days and is close proximity to the LI Expressway.

What made my day special was the UFC stars that came to show their support and gave me a chance to meet some of my old friends as well. I took the privilege to interview the great UFC World Champion Chuck Liddell, a native of California who goes by the nickname "The loeman" because of his knock out of some of the best fighters UFC Champions such as Tito Ortiz and UFC 47 Jeremy Horn at UFC 54 Show and Randy Couture UFC 43 rematch. During this brief moment I managed to do a Q&A with him.

Q: At what age did you start training mix martial arts?

A: At the age of 12 - I was very active in wrestling and moved on to mix martial arts, working out 7 days a week.

Q: What was the most exciting and memorable fight of your mix martial arts career as UFC ultimate fighting champion.

A: With regards to the rematch fight at UFC 52 with Randy Couture. I had to get back my light heavy-weight UFC champion belt and prove to the world that I am the ultimate champion by becoming the first and only man to ever knock out Randy Couture. I just couldn't take another loss to Randy as I did in UFC 43.

Q: How do you keep yourself busy as a retired UFC champion.

A: I enjoy my family, coaching and help promote UFC organization World wide. I also give seminars and visit UFC gyms.

Q: What is your advice to the new UFC comers.

A: Discipline yourself, practice and exercise daily. Be good to your friends and family and be good example, no drugs. Thank you for your time all the best to you.

Among other UFC stars that were in attendance were:

Jon Jones who was the busy UFC champion signing autographs taking pictures with everyone, smiling and definitely was a gentleman. Jon is a big UFC champion defeating Rashad Evans at UFC 145, "Mauricio Shegum Ria by TKO at UFC 126, Stephan Bonnal at UFC 94, and Andre Guarnao at UFC 87." He is still very much active as mix martial arts UFC champion.

Forrest Griffin former light heavy weight champion with a record 19-7-0 from Columbus Ohio. A former police officer who now makes UFC his full time job.

Frankie Edgar former UFC lightweight champion, a very charming man who treats everyone with respect and professionalism.

B.J. Penn a favorite, former UFC champion, Muay Thai and Jiu Jitsu practitioner, ambitious and very charismatic. He's a good MMA ring star.

