Important Health Warning About Playing Video Games

Photosensitive seizures

A very small percentage of people may experience a seizure when exposed to certain visual images, including flashing lights or patterns that may appear in video games. Even people who have no history of seizures or epilepsy may have an undiagnosed condition that can cause these "photosensitive epileptic seizures" while watching video games.

These seizures may have a variety of symptoms, including lightheadedness, altered vision, eye or face twitching, jerking or shaking of arms or legs, disorientation, confusion, or momentary loss of awareness. Seizures may also cause loss of consciousness or convulsions that can lead to injury from falling down or striking nearby objects.

Immediately stop playing and consult a doctor if you experience any of these symptoms. Parents should watch for or ask their children about the above symptoms—children and teenagers are more likely than adults to experience these seizures. The risk of photosensitive epileptic seizures may be reduced by taking the following precautions: Sit farther from the screen; use a smaller screen; play in a well-lit room; do not play when you are drowsy or fatigued.

If you or any of your relatives have a history of seizures or epilepsy, consult a doctor before playing.

PEGI ratings and guidance applicable within PEGI markets only.

What is the PEGI System?

The PEGI age-rating system protects minors from games unsuitable for their particular age group. PLEASE NOTE it is not a guide to gaming difficulty. Comprising two parts, PEGI allows parents and those purchasing games for children to make an informed choice appropriate to the age of the intended player. The first part is an age rating:

The second is icons indicating the type of content in the game. Depending on the game, there may be a number of such icons. The age-rating of the game reflects the intensity of this content. The icons are:

For further information visit http://www.pegi.info and pegionline.eu

TABLE OF CONTENTS

GAME MODES

Select Game Mode from the Main Menu to choose from the following *UFC® Undisputed™ 3* features:

CAREER MODE

Create a fighter and take him from obscurity to championship stardom in front of a global audience. Train your fighter to increase his Skill caps, win fights to purchase new gear in the UFC® Shop and secure your spot in the UFC® Hall of Fame.

TITLE MODE AND TITLE DEFENCE MODE

Start at the bottom rung of the UFC® ladder and win a gauntlet of fights to wear UFC® championship gold around your waist.

Once you win a championship, defend it against all comers in Title Defence Mode!
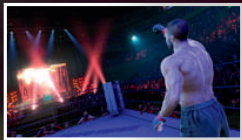
TOURNAMENT MODE

Create an old-school UFC® Tournament or a PRIDE Grand Prix tournament to test yourself against the greatest fighters that the mixed martial arts world has ever seen.

ULTIMATE FIGHTS MODE

Revisit some of the greatest battles in UFC® and PRIDE and take on the roles of legendary gladiators to recreate—or rewrite—fighting history!

NOTE: *All PRIDE fights are unlocked in Ultimate Fights mode. The UFC® Ultimate Fights must be purchased separately as downloadable content.*

EVENT MODE

Think you can design a pay-per-view event worthy of having UFC® in the name? Event Mode gives you that chance!

XBOX LIVE

Go online with your Xbox LIVE® account and test your skills against the best *UFC® Undisputed™ 3* fighters in the world!

Xbox LIVE is your connection to more games, more entertainment, more fun. Go to **www.xbox.com/live** to learn more.

CONNECTING

Before you can use Xbox LIVE, connect your Xbox 360 console to a high-speed Internet connection and sign up to become an Xbox LIVE member. For more information about connecting, and to determine whether Xbox LIVE is available in your region, go to **www.xbox.com/live/countries**.

FAMILY SETTINGS

These easy and flexible tools enable parents and caregivers to decide which games young game players can access based on the content rating. Parents can restrict access to mature-rated content. Approve who and how your family interacts with others online with the Xbox LIVE service, and set time limits on how long they can play. For more information, go to **www.xbox.com/familysettings**.
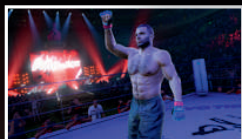
PRIDE

For the first time in UFC® Undisputed™ history, you can fight in the legendary PRIDE Fighting Championships, where several of UFC's greatest legends began their careers—including Minotauro Nogueira, Mirko Cro Cop, Shogun Rua, Dan Henderson and more.

The PRIDE Organisation Ruleset has some important variations from the standard UFC® rules:

- Elbow strikes are not allowed.

- Soccer kicks, foot stomps and knees to the head of a grounded opponent are legal. These extremely powerful strikes can finish an opponent in a hurry.

- Fights take place in a square ring that is smaller than The Octagon™, forcing fighters to pay more attention to their positioning.

- In PRIDE fights, the first round is always 10 minutes long, and subsequent rounds are 5 minutes long.

- In a decision, judges evaluate the fight as a whole (not on a round-by-round basis as is typical in UFC®).

- PRIDE judges also base their decision on which fighter dealt the most damage and displayed the most aggression. Actively throwing strikes, performing submissions and getting into positions where the fight could be finished score big points with PRIDE judges.

Knee to the Head of Downed Opponent	Ⓐ / Ⓑ or LB + Ⓐ / Ⓑ while on top in certain ground positions
Foot Stomp to Face of Downed Opponent	🕹 toward opponent + Ⓐ / Ⓑ
Block Foot Stomp	RB (successful block results in greater opportunity to stand up—click in 🕹)
Soccer Kick	Ⓐ / Ⓑ after opponent's takedown fails, or opponent is rocked and down on all fours, or you rock the opponent from Sprawl Position with a Technique Kick

LADIES AND GENTLEMEN, IT'S TIME!

Before you set foot in The Octagon™, you'd better know exactly how to win and what you need to do in order to do it. If you read nothing else in this manual, don't skip this section!

ROUNDS AND VICTORY CONDITIONS

Under UFC® rules, fights last either three (non-title) or five (championship or main event fight) five-minute rounds. There are five ways to win a fight under UFC® rules:

- **KO (Knockout):** Turn out your opponent's lights with a crushing strike to the head, and the fight is over.

- **TKO (Technical Knockout):** Inflict enough damage on your opponent to the point where the referee determines that he is no longer capable of continuing without risking serious injury.

- **Submission:** Twist your opponent's extremities in ways that nature never intended and force him to tap out.

- **Stoppage:** Open up a cut above your opponent's eyes that leaves him unable to see, and therefore unable to defend himself intelligently.

- **Decision:** Battle through to the final round and leave it up to the judges to determine who is the better man.

NOTE: As mentioned previously, PRIDE has slightly different rules, but all of the victory conditions other than decision are the same in UFC® and PRIDE.

ROCKED AND TKO

If you continue to land unanswered strikes against your opponent, they will enter the Rocked state. When a fighter is Rocked, his offensive potential is significantly reduced. A Rocked fighter can still attempt to shoot for a takedown, but it's very risky and difficult to execute.

A Rocked fighter must intelligently defend himself in order to prevent a TKO. Seize the moment and follow up with additional strikes to cause the referee to jump in and declare you the winner via TKO.

Strike Rocked Fighter	❌, 🅨, 🅐, 🅑
Transition vs. Rocked Fighter	🅡 ⬆ ⬈ ➡ , 🅡 ⬇ ⬊ ➡ , 🅡 ⬆ ⬉ ⬅ , 🅡 ⬇ ⬋ ⬅
Submission vs. Rocked Fighter	Press 🅡
Block While Rocked	🅡 and 🇷🇹
Sway While Rocked On the Ground	🅛
Catch Strike While Rocked	Press 🅡

KO

If a fighter is weakened and his opponent hits him with a powerful strike to the head, there is a chance that the fighter will be knocked out cold. KO's are more likely when the attacking fighter has high Strength or high Offence in a Striking Skill, or when the fighter performs a Major Counter.

HOW TO EARN KO'S AND TKO'S

In addition to simply pummelling an opponent's head or landing a lucky Strong Strike, there are a number of other ways to KO or TKO an opponent, including:

- Continually attacking the opponent's body and accumulating damage. Head shots make the highlight reels, but body damage is a less flashy but just as effective way to finish a fight.

- Keep striking at an opponent's legs. This won't ever earn you a KO, but as a great fighter once said, "If a man can't stand, he can't fight."

- A less likely method of scoring a TKO is by countering leg kicks with successful kick check Counter Grapples, resulting in an injury to the opponent's leg and a victory by TKO.

STOPPAGE

If your fighter suffers a cut above the eyes that impairs his ability to see, the referee may stop the fight. Most cuts are not fight-threatening when they first appear, but if you don't defend them from further attack, they will get deeper and cost you the match.

DECISION

If the fight lasts the scheduled number of rounds and neither fighter is KO'ed or TKO'ed, or forced to submit, or is unable to continue the fight due to stoppage, the outcome of the fight will be decided by the judges, who evaluate both fighters' performance during the fight. Here are a few of the things that the judges will be looking for:

- Which fighter displayed more Octagon Control by holding the centre of The Octagon™ and forcing his opponent up against the cage more?

- Did a fighter make every attempt to finish the fight with strikes and submissions, or did he fight a conservative and defensive battle?

- Which fighter scored more takedowns and established a more dominant ground position overall?

Remember that judges score each round individually. The winner of a round scores 10 points, and the loser scores 9 or fewer. It takes an unusually poor performance to earn fewer than 9 points in a round, so be aware that one very strong round probably won't be enough to win the fight if you don't win at least one other round.

NOTE: PRIDE fights are scored differently, with the judges looking at the fight as a whole. They value aggressive offence and damage dealt as their primary criteria for deciding who earns the victory.

GASSED

Every time that a fighter performs any action, it costs energy, represented by a green bar under the fighter's name on the HUD. Strong Strikes and Technical Strikes cost more energy than Quick Strikes. For every punch or kick thrown, the green bar turns yellow. The energy bar will naturally return to its green state if you pace yourself, but if you are too reckless with your attacks and deplete your energy, you'll wind up gassed.

While a fighter is gassed, his movement and striking speeds are reduced, and his attributes and skills are decreased as well, giving his opponent a huge advantage until the gassed fighter can recover.

If you are low on energy, block and use Quick Strikes to fight efficiently. If you are standing, the best way to recover energy is by clinching with your opponent. From the ground position, either hold your base position as the advantaged fighter, or enter a ground head clinch position by holding a Grapple Block.

REFEREE BREAK

In a clinch or in certain neutral positions, fighters have to work to advance their position, escape from the hold, inflict damage or threaten with a submission. If they don't, the referee will force a break, returning both fighters to the standing position. Use this to your advantage when you're in a disadvantaged position against a superior fighter.

ATTRIBUTES

A fighter's physical makeup is defined by four Attributes:

- **Strength** is the raw physical power of the fighter. It influences the amount of damage done by striking and the fighter's success when grappling with or struggling against an opponent.

- **Speed** is the quickness with which the fighter attacks. Fighters with great Speed strike faster, shoot faster and are more difficult to counter.

- **Cardio** is the degree of stamina that the fighter possesses. A fighter with high Cardio can attack more frequently without becoming gassed and possesses more energy at the start of a fight.

- **Footwork** is the measurement of a fighter's movement speed. Fighters with great Footwork are very quick on their feet and can move into and out of an opponent's range quickly.

SKILLS

If Attributes are a measure of what a fighter is, then Skills indicate what he knows. There are nine different Skills, and each fighter has an Offence and Defence rating in each:

- **Standing Strikes:** applies to punch and elbow attacks performed in the standing position. The higher the Offence, the more damage is inflicted on an opponent. The higher the Defence, the less damage is taken from the opponent's Standing Strikes.

- **Standing Kicks:** applies to kick and knee attacks performed in the standing position. The higher the Offence, the more damage is inflicted on an opponent. The higher the Defence, the less damage is taken from the opponent's Standing Kicks.

- **Clinch Striking:** applies to strikes performed in the clinch. The higher the Offence, the more damage is inflicted on an opponent. The higher the Defence, the less damage is taken from the opponent's Clinch Strikes.

- **Ground Striking:** applies to strikes performed in the ground position. The higher the Offence, the more damage is inflicted on an opponent. The higher the Defence, the less damage is taken from the opponent's Ground Strikes.

- **Clinch Grapple:** applies to transitions performed while in the clinch. The higher the Offence, the higher the rate of success is when attempting a clinch transition. The higher the Defence, the better your chances are to block a clinch transition.

- **Takedown:** applies to takedowns and throws. A high Offence makes it easier to take an opponent down or throw him to the mat. A high Defence helps to block a takedown or throw attempt.

- **Ground Grapple Top:** applies to transitions performed while on the ground in the top (advantaged) position. The higher the Offence, the higher the rate of success is when attempting a ground transition while on top of an opponent. The higher the Defence, the better your chances are to block a transition attempt from an opponent beneath you.

- **Ground Grapple Bottom:** applies to transitions performed while on the ground in the bottom (disadvantaged) position. The higher the Offence, the higher the rate of success is when attempting a ground transition while beneath an opponent. The higher the Defence, the better your chances are to block a transition attempt from an opponent on top of you.

- **Submission:** applies to submission attempts. The higher the Offence, the easier it is to make an opponent tap out to a submission. The higher the Defence, the better a fighter is able to resist and escape a transition.

BASIC MOVEMENT

While in standing position, move around The Octagon™ to keep some distance between you and your opponent or close in for combat.

Moving Around	🕹

STEPPING

You can take a quick step toward or away from your opponent to quickly close distance or open more up. If you step toward an opponent when you're up close, you'll push your opponent back and create some space. When stepping toward an opponent, you can execute a Step Strike to put some power behind a Quick Strike, potentially KO'ing an opponent.

Step	Flick 🕹 in any direction
Step Strike	❌, Ⓨ, Ⓐ or Ⓑ while stepping

DASHING

When you and your opponent are on opposite sides of The Octagon™, you can close the distance in a hurry by dashing toward him. Strike while dashing to perform a Dash Strike and inflict some serious pain on an opponent who doesn't block or avoid it. Like a Step Strike, a Dash Strike is considered a Strong Strike and can KO an opponent.

Dash	Press 🕹 and tilt 🕹 in any direction
Dash Strike	❌, Ⓨ, Ⓐ or Ⓑ while dashing

SWITCH STANCE

Some fighters can switch between right- and left-handed stances. If your fighter is one of them, you can only perform a stance switch from a standing position.

Switch Stance	Press Ⓡ

STANDING POSITION

QUICK STRIKES

Use Quick Strikes to set up an opponent for stronger or more elaborate attacks. Their speed makes them harder to anticipate, which makes them harder to block. Quick Strikes also cannot be caught by Counter Grapples or make a fighter susceptible to a Short Takedown.

Quick Strikes are also good for intercepting an opponent's Strong Strikes and Technique Strikes, making them significantly less effective. However, because they don't have a lot of power behind them, Quick Strikes do not inflict much damage and cannot KO a fighter.

NOTE: These commands assume that your fighter is on the left side of the screen; if you're on the right side, the left/right commands are mirrored.

| Quick Left Punch	ⓧ
Quick Right Punch	Ⓨ
Quick Left Kick	Ⓐ
Quick Right Kick	Ⓑ

STRONG STRIKES

Strong Strikes are slower, heavier strikes that are easier to block than Quick Strikes but do significantly more damage if they land. They also require more energy to throw than Quick Strikes. Consecutive Strong Strikes to the head may KO an opponent.

NOTE: These commands assume that your fighter is on the left side of the screen; if you're on the right side, the left/right commands are mirrored.

Strong Left Punch	🕹 + ⓧ
Strong Right Punch	🕹 + Ⓨ
Strong Left Kick	🕹 + Ⓐ
Strong Right Kick	🕹 + Ⓑ
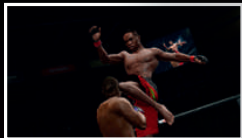
TECHNIQUE STRIKES

Depending on a fighter's technique, he has certain Technique Strikes available to him that he can execute. Because Technique Strikes are tied to specific techniques, not every fighter will have the same Technique Strikes. Some can execute a Technique Strike as a Step Strike.

Technique Strikes require as much energy to throw as Strong Strikes, so pace yourself when using them.

Technique Strike	Hold **LB** while striking

STRIKE ATTRIBUTES

Although pressing **X** and **Y** always results in a head strike, the specific strike varies depending on the position it is thrown in, the technique of the fighter who throws it and any modifiers applied to it. Experiment with different strikes, because many have additional attributes. For example:

- Sharp attacks, like elbow strikes, are more likely to cause a cut.

- Heavy strikes, like hammer fists, are more likely to rock your opponent.

VARY STRIKE HEIGHT
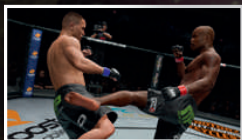
Using the vary strike height modifier with a strike causes that strike to land lower than usual. Head punches target the body of the opponent, and body kicks target the opponent's legs.

Vary Strike Height	**LT** + Quick Strike or Strong Strike

COMBOS

Certain strikes flow smoothly into each other, creating a fast combo of strikes that inflicts greater damage than the individual strikes themselves. You must press each strike button with proper timing, just as the previous strike connects. Alternating between right and left strikes is an excellent way to spin together combos.

When putting together a combo, the best tactic is to start with Quick Strikes and progress to Strong Strikes or Technique Strikes. Beginning with heavier strikes and moving to lighter ones will not create effective combos.

DAMAGE MULTIPLIERS

The direction that you are moving in when an opponent's strike connects can increase or decrease the amount of damage that you take from the strike. Generally speaking, moving away from the opponent's strike lessens the damage, while moving into it increases the damage.

If you are walking into or away from a strike, the damage multiplier is not significant. However, when running or stepping into or away from a strike, the damage multiplier is considerably more significant. Navigate effectively to avoid your opponent's strongest attacks, and time your own strongest attacks for when your opponent is moving toward you.

BLOCKING

Block strikes to reduce damage from them. You can block while moving as well. Note that blocking a strike still means that you will take some damage from it, so absorbing strikes—though blocked—will not prevent you from winding up in a bad way.

Block Head Strike	RB
Block Body/Leg Strike	RT

SWAYING

You can avoid an opponent's strikes by swaying to avoid them. Unlike a block, which only reduces damage from a strike, a well-timed sway keeps the strike from connecting and therefore prevents you from taking any damage from it.

Sway	Flick 🕹 while holding RB

SWAY STRIKE

While you're swaying, you can perform a Sway Strike. Depending on the direction that you're swaying, you will perform different Sway Strikes. If your timing is perfect, you can counter-strike a striking opponent and punish an overly offensive opponent.

Sway Strike	X, Y, A, B while swaying

COUNTER HITS

If you connect with a Quick Strike just as your opponent is attempting to strike, it's called a Counter Hit. A Major Counter connects just as your opponent's strike begins, and it does much more damage than normal. In a very few cases, a Major Counter will result in a KO, regardless of how much damage the opponent has suffered thus far.

A Minor Counter connects just as your opponent's strike is ending. It doesn't do as much damage as a Major Counter, but it does inflict more pain than a normal strike of the same type.

COUNTER GRAPPLING

You can counter strikes to the head or body and legs with a well-timed counter grapple, which puts you into a standing clinch position (if a head counter), catches the opponent's leg and gives you the chance to strike or take him down (if a body counter) or performs a kick check, which damages the opponent's leg instead of your own (if a leg counter). You can only Counter Grapple Strong strikes; Quick Strikes cannot be Counter Grappled.

Head Counter Grapple to Clinch Position	**R** ⬆ as opponent attempts a head strike
Body Counter Grapple to Leg Catch	**R** ⬇ as opponent attempts a body strike
Kick Check Counter Grapple	**R** ⬇ as opponent attempts a leg strike
Leg Catch Strike	**X**, **Y**, **A**, **B** after catching opponent's leg with counter grapple
Leg Catch Takedown	Tilt **R** toward opponent after catching leg with counter grapple

FEINTING

Throw off a block-happy opponent's rhythm by feinting a strike or a grapple. When they throw up a block against your feint, be ready to throw an actual strike or shoot for a real takedown once they drop their guard. Feints can be performed from a standing position or while on the ground.

Feint Strike	**RB** + **RT** + **X** / **Y** / **A** / **B**
Feint Grapple	**RB** + **RT** + **R** toward opponent

TAUNT
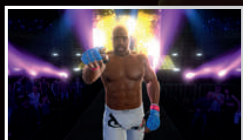
Show a bit of personality during your fights and prove that you're ready to entertain the UFC® crowds by executing a few taunts. Not all taunts are meant to show up an opponent; some are respectful, like an invitation to touch gloves.

Taunt Opponent	◯
Cancel Taunt	Any button

OCTAGON CONTROL

Forcing your opponent up against the cage wall is an excellent way to gain the advantage. To transition to a cage position, simply execute a clinch or takedown when you are close to an opponent whose back is near the cage.

If your opponent is not near the cage, you can muscle him over to it by clinching him and backing him into the cage. However, you need to be careful not to focus exclusively on gaining cage position and leaving yourself open to clinch strikes.

It's very tough for your opponent to escape from cage position when he's on the defensive. Punish him with strikes while you have the advantage in cage position.

Grab Opponent and Transition to Cage Position	Tilt 🕹 (or hold 🄻 and tilt 🕹) toward opponent whose back is near cage
Back Opponent Into Cage From Clinch Position	Tilt 🕹 toward cage
Press Opponent Into Cage	🄻 + 🕹 toward cage
Cage Position Strikes	❌ or 🔼 while pressing opponent into cage

THROWS
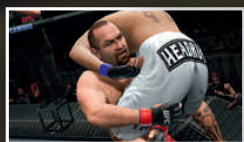
In certain clinch positions, some fighting techniques allow you to throw an opponent to the ground with a Minor Transition. If you think that your opponent is going to try to throw you, you can block the throw.

Throw	Hold 🄻 + 🕹 ⬆ ⬈ ➡ or 🕹 ⬇ ⬊ ➡ or 🕹 ⬆ ⬉ ⬅ or 🕹 ⬇ ⬋ ⬅
Block Throw Attempt	Tilt 🕹 away from opponent

CLINCH POSITION

In the clinch position, you have access to another set of close-quarter attacks. Muay Thai fighters are especially deadly in the clinch.

Grab Opponent and Transition to Clinch Position	Tilt 🎮 toward opponent
Avoid Opponent's Clinch Attempt	Tilt 🎮 away from opponent
Escape From the Opponent's Clinch	Strike and tilt 🎮 away from opponent

CLINCH STRIKES AND TRANSITIONS

Clinch Strikes use the exact same controls as standing strikes. From the clinch, you can also execute a transition to establish a more dominant position.

Clinch Left Elbow Strike	ⓧ
Clinch Right Elbow Strike	ⓨ
Clinch Left Knee	Ⓐ
Clinch Right Knee	Ⓑ
Minor Transition	🕹 ⬆ ⬀ ➡ or 🕹 ⬇ ⬊ ➡

CLINCH NAVIGATION

While in the Single Collar Tie or Muay Thai Clinch positions, the direction that you move influences the strikes that you throw.

If you move toward your opponent, you throw weaker strikes but have the advantage of backing your opponent up toward the cage. It also makes it more difficult for them to break out of your clinch.

If you move away from the opponent, you can unleash stronger strikes. However, moving away from the opponent also makes it easier for them to break the clinch.

STRONG WHIP

Fighters skilled in Muay Thai technique can perform a Strong Whip from the Muay Thai Clinch. Performing leg strikes during a Strong Whip executes Strong Knee, which is extremely powerful. This is one of the deadliest strikes in the UFC®, so make good use of it if it's available to your fighter.

Strong Whip	Hold **LB** + **R** ⬆ ⬈ ➡ or **R** ⬇ ⬊ ➡ or **R** ⬆ ⬉ ⬅ or **R** ⬇ ⬋ ⬅
Strong Knee	**A** or **B** during Strong Whip

TAKEDOWNS

A successful takedown puts your opponent on the ground and lets you seize an advantaged position. Fighters with high grappling skills should always try to take the fight to the ground, but you need to be sure to soften up your opponent before attempting a takedown.

During the takedown attempt, the attacker and the defender need to rotate **R** to try and gain advantage. Depending on who wins the struggle (and how definitively he does), the attacker may wind up in a slightly advantaged position, an extremely advantaged position, or the defender may successfully force the fighters back to a standing position.

Time a takedown when your opponent is performing a Strong Strike, and you'll execute a Short Takedown. Short Takedowns automatically succeed and do not require any further action. If you use a Technique Takedown in this scenario, the position that you wind up in will depend on your skills, as well as those of your opponent.

Attempt Takedown	Hold **LT** and tilt **R** toward opponent
Complete Takedown Attempt	Rotate **R**
Defend Against Takedown Attempt	Tilt **R** away from opponent
Struggle Against Takedown Attempt	Rotate **R**
Short Takedown	Hold **LT** and tilt **R** toward opponent while opponent attempts Strong Strike

TAKEDOWN COUNTER ACTIONS

If you successfully avoid an opponent's takedown attempt, you have a chance for a split-second counter action. Counter actions include strikes, transitions and submissions. If you fail to execute a counter action within the very narrow window of opportunity, you and your opponent return to standing position.

Takedown Counter Strike	⊗, ⓨ, Ⓐ, Ⓑ
Takedown Counter Transition	Tilt ® toward opponent
Takedown Counter Submission	Press ®

TAKEDOWN INTERCEPT ATTACK

By executing a knee strike with precise timing, you can intercept an opponent's takedown and deal heavy counter damage. You must perform the Takedown Intercept Attack as the opponent is shooting for the takedown. If it is successful, there's a chance you can KO your opponent on the spot.

Takedown Intercept Attacks are a great way to discourage a takedown-happy opponent and force him into using offensive tools that he's less skilled with.

Takedown Intercept Attack	Ⓑ while tilting ⓛ away from opponent who is shooting for a takedown

GROUND POSITION

Grappling controls are used when you and your opponent are in ground position. One fighter is always in an advantaged or "dominant" position on top, and the other fighter is in a disadvantaged or "defensive" position beneath him.

The more dominant your position, the easier it is to execute strikes and submissions against your opponent. However, even when you have your opponent at an extreme disadvantage, you can't afford to get cocky, because you're just one reversal away from losing position and possibly winding up on the wrong end of a huge momentum shift.

Don't let yourself be distracted during a fight by spending a lot of time thinking about which position transitions into which, and whether it's a minor or major transition that gets you there. All you really need to know is that a minor transition always improves your position slightly, whether you're on offence or defence, and a major transition always improves your position significantly.

PERFORMING TRANSITIONS

Minor transitions are less risky but less rewarding; they only advance your position slightly. Major transitions are a bigger gamble, but you gain tremendous advantage if you pull them off. Think of them as the grappling equivalent of Quick Strikes and Strong Strikes.

Each fighter has certain Technique Transitions that are available to them as a result of their grappling technique. Usually, these Technique Transitions allow a fighter to execute a Major Transition in certain situations by performing a Minor Transition command.

Minor Transition	® ↑ ↗ ➡ or ® ⬇ ↘ ➡ or ® ↑ ↖ ⬅ or ® ⬇ ↙ ⬅
Major Transition	® ⬅ ↖ ↑ ↗ ➡ or ® ↗ ➡ ↘ ⬇ ↙ ⬅ or ® ↙ ⬅ ↖ ↑ ↗ ➡ or ® ↘ ⬇ ↙ ⬅
Technique Transition	Hold LB + ® ↑ ↗ ➡ or ® ⬇ ↘ ➡ or ® ↑ ↖ ⬅ or ® ⬇ ↙ ⬅
Return to Standing Position	Press ● (when in dominant position)

BLOCKING, INTERRUPTING AND REVERSING TRANSITIONS

If you are in the disadvantaged position, you can block an opponent's transition attempt by tilting 🕹 away from him. However, you can only hold the block for so long, so read your opponent's moves carefully and only use it when he is attempting to transition. Otherwise, your opponent only has to wait until your fighter drops his block, at which point your opponent can transition at will.

Also, landing a Strong Strike as soon as an opponent attempts a transition will interrupt his transition attempt—and probably ring his bell a little. But, if your opponent blocks your interrupting strike or dodges it with a Ground Sway, he can immediately attempt another transition that will have a higher chance of succeeding.

You can also reverse an opponent's transition attempt, which requires excellent timing. A successful transition reversal not only prevents your opponent from transitioning; it also advances your position.

Transition Block	Tilt 🕹 away from opponent
Transition Interrupt	🕹 toward opponent + ❌ or 🟡
Transition Reversal	Flick 🕹 ⬅ ➡

GROUND SWAYING

As in the standing position, you can avoid an opponent's strikes in the ground position by swaying to the left or right to avoid them. Ground Swaying in either direction with proper timing will always dodge a straight punch, or any other attack that comes straight down from above.

However, against a strike that comes in from the side, like a hook, you can reduce (but not avoid) damage if you Ground Sway in the same direction that the strike is travelling in, but you will increase the damage if you accidentally Ground Sway into the strike.

| Sway | Flick 🕹 |

SUB POSITIONS

Each position has certain sub positions that you can transition to. While in a sub position, you can unleash stronger strikes than normal.

When on defence, you can grab onto your opponent with a Grapple Block and keep him from being able to transition to a sub position, which keeps him from being able to land Strong Strikes against you. A fighter being held in a Grapple Block can continue to struggle and transition to a sub position. Holding a Grapple Block long enough will cause the referee to force a break and return you to a standing position.

Transition to Sub Position	Tilt 🕹 in any direction
Grapple Block vs. Sub Position Transition	Hold 🎮 ⬅ or 🎮 ➡
Break Grapple Block	Tilt 🕹 in any direction

ESCAPING THE BOTTOM

When you're on your back on The Octagon™ mat, you can try to escape by using the same transition commands as a fighter would use on offence. Remember, successfully executing a transition—from any position—always improves your positioning. Improve your position enough on defence, and you'll kick your opponent off of you.
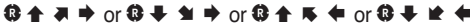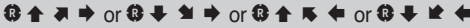
Once your opponent is off of you, you can then stand up and return the fight to standing position. However, keep in mind that you're vulnerable for a moment when you're standing up, and a well-timed strike can ruin your day in a hurry. Wait until there's some distance between you and your opponent. If your opponent refuses to back away, remain on your back and execute upkicks when he draws near or attempts to establish dominant position again.

Minor Transition	🎮 ⬆ ⬈ ➡ or 🎮 ⬇ ⬊ ➡ or 🎮 ⬆ ⬉ ⬅ or 🎮 ⬇ ⬋ ⬅
Major Transition	🎮 ⬅ ⬉ ⬆ ⬈ ➡ or 🎮 ⬈ ➡ ⬊ ⬇ ⬋ ⬅ or 🎮 ⬋ ⬅ ⬉ ⬆ ⬈ ➡ or 🎮 ⬊ ⬇ ⬋ ⬅
Stand Up	Press 🕹 when opponent is off of you

CAGE TRANSITIONS

When you are near the cage and on the defensive in certain ground positions, you can execute a Minor Transition to use the cage wall and sweep the opponent, putting you in dominant position.

If your head is facing the cage wall while you're in a defensive ground position, you can also execute a minor transition to ground cage position, which makes it easier to perform further transitions from there.
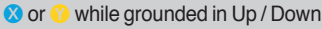
Cage Wall Sweep	**R** ⬆ ⬈ ➡ or **R** ⬇ ⬉ ➡ or **R** ⬆ ⬋ ⬅ or **R** ⬇ ⬊ ⬅ while on defence near cage
Transition to Ground Cage Position	**R** ⬆ ⬈ ➡ or **R** ⬇ ⬉ ➡ or **R** ⬆ ⬋ ⬅ or **R** ⬇ ⬊ ⬅ while on defence and head is pointing toward cage

UP/DOWN POSITION
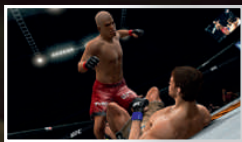
When one fighter is on his back and the other is standing, the position is called Up / Down. From this position, the offensive (standing) fighter can punch, kick, or shoot for a submission. He can also enter the downed fighter's guard and return to ground position.

The defending (grounded) fighter can perform vertical up kicks, attempt a submission if the opponent is near or return to a standing position. As mentioned previously, a fighter is vulnerable when getting up, so time it carefully. The defending fighter can also shoot for a takedown while getting up; this is a risky manoeuvre that leaves you open to a Takedown Intercept Attack.

Enter Downed Fighter's Guard	**R** toward opponent or **LT** + **R** toward opponent when standing
Up Kick	**X** or **Y** while grounded in Up / Down
Takedown From Ground Position	**LT** + press **R** while grounded in Up / Down

SUBMISSIONS

In addition to winning by decision, KO'ing an opponent and earning a TKO by landing unanswered strikes against an opponent who is not intelligently defending himself, you can also force an opponent to tap out to a joint-straining submission.

Different fighters can perform submissions from different positions. You can always attempt a submission from the top or bottom while on the ground, and some fighters can even pull them off while in the clinch or in standing position. Not all fighters can execute submissions from every position.

Once a submission has been attempted, both the attacker and defender attempt to gain the advantage in the same way. An Octagon-shaped course with red and blue bars appears in the centre of the screen. Each player is represented by the bar that matches his corner colour and uses ® to move his coloured bar around the course.

The attacker, whose coloured bar is on the outside of the course, "chases" the defender's coloured bar on the inside of the course. By overlapping and holding the defender's bar with his own, the attacker wears down the defender and ultimately causes him to tap out. The defender must try to stay away from the attacker's bar to escape the submission.

Each submission attempt has a certain time limit associated with it, based on the attacker's position at the time of the submission attempt and the condition of each fighter. The more energy that the offensive fighter has, the longer his coloured bar will be. The less energy the defending fighter has, the slower his bar will move.

As the time ticks down, the attacker's bar gets smaller. The attacker must successfully pursue and hold the defender before the time limit is reached in order to make the defender tap out.

If the defender has the energy advantage and successfully escapes the submission, it might result in the defender slamming his opponent, or stepping over him and into a better position after the escape.

Attempt Submission	Press ®
Gain Advantage During Submission	Move coloured bar with ®

BLOCKING SUBMISSIONS

You can block your opponent's submission attempt before it's even executed, which keeps you from having to win the coloured bar minigame to break the submission. Submissions are blocked in the same way that transitions are, but unlike transition blocks, you can block them repeatedly without fear of failing, no matter how many attempts are made.

Block Submission	Tilt 🕹 away from opponent

REVERSAL SUBMISSIONS

In specific situations, some fighters can execute a Reversal Submission when an opponent attempts certain transitions—typically throws from the clinch and escapes from the bottom of ground positions. Not all fighters have this ability, and it is not available as a reversal against every transition that an opponent attempts.

Reversal Submission	Press 🕹 as opponent attempts specific transitions

STRIKE CATCH SUBMISSIONS

Another way to initiate a submission is to catch a dominant opponent's strike. This requires precise timing, and only certain fighters can pull it off from certain positions. But if you're successful, you not only avoid the strike; you also turn the tables on your opponent in a hurry.

Strike Catch Submission	🎮 + press 🕹 as opponent strikes

SUBMISSION SWITCHING

Some fighters can perform a Submission Switch during a submission when the Submission Switch indicator is displayed. Submission Switches are most useful when time is about to expire, when you are at a disadvantage or when the opponent is about to escape. You can only perform a Submission Switch if you have enough energy remaining.

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