

**Committee on Energy and Commerce**  
**U.S. House of Representatives**  
Witness Disclosure Requirement - "Truth in Testimony"  
Required by House Rule XI, Clause 2(g)(5)

1. Your Name: Randy D. Couture		
2. Your Title: President; Board Member		
3. The Entity(ies) You are Representing: Xtreme Couture MMA; Mixed Martial Arts Fighters Association (MMAFA)		
4. Are you testifying on behalf of the Federal, or a State or local government entity?	Yes	No X
5. Please list any Federal grants or contracts, or contracts or payments originating with a foreign government, that you or the entity(ies) you represent have received on or after January 1, 2015. Only grants, contracts, or payments related to the subject matter of the hearing must be listed.		
6. Please attach your curriculum vitae to your completed disclosure form.		

Signature: 

Date: 11-6-17

## **Randy Couture Biography**

RANDY COUTURE - As a 6-time World Champion and Hall of Famer in the fastest growing sport in the world, Randy Couture is a true icon in the sport of Mixed Martial Arts and the Ultimate Fighting Championship (UFC). In addition to his stellar standing in combat sports, Randy is also a successful businessman, best-selling author and an actor.

Born in Lynnwood, Washington in 1963, Randy served six (6) years in the U.S. Army (1982-1988) attaining the rank of Sergeant in the 101st Airborne (air assault qualified). Having completed his service, Randy returned to college and graduated from Oklahoma State University in 1992 with a BA in foreign language and literature. Randy became a three-time Olympic team alternate (1988, 1992 and 1996), a semifinalist at the 2000 Olympic Trials, a three-time NCAA Division I All-American and a two-time NCAA Division I runner-up (1991 and 1992) at Oklahoma State University. By December of 1997, at the age of 33, Randy made his debut into the world of professional fighting claiming victory in the Heavyweight division of his first appearance in the UFC and soon earning the moniker of "Randy 'The Natural' Couture."

With over 25 years of training in freestyle and Greco-Roman wrestling, Randy's preferred method of offense in mixed martial arts competition was what is commonly referred to as "Ground and Pound." Although this method was Randy's token technique, he also demonstrated a variety of skills in his base of wrestling, in boxing as well as in Brazilian Jiu-Jitsu. Randy eventually moved down a weight class to the Light-Heavyweight division, where he would spend the remainder of his UFC career spanking out one victory after another, sometimes literally. Randy is to this day the only UFC competitor to hold titles in both the Heavyweight and Light-Heavyweight divisions.<sup>1</sup>

In June of 2006, Randy became the 4th professional fighter to be inducted into the UFC Hall of Fame and that same year also retired. In March of 2007, Randy came out of retirement at the age of 44 shocking the world by re-capturing the UFC Heavyweight belt and becoming the first man in UFC history to win the Heavyweight title a total of three times. In 2007, Randy added author to his growing list of talents when he published "Wrestling for Fighting: The Natural Way", next came "Becoming the Natural: My Life In and Out of the Cage", a book that became a New York Times best-seller and remained on the list for multiple weeks. Then in 2010 he put out, "Xtreme Training: The Fighter's Ultimate Fitness Manual" as well as more recently, a picture-book encapsulating his last MMA bout, entitled "The Last Round."

"The Natural" retired from fighting once and for all at the age of 47 but continues to be a highly respected presence in combat sports. Randy also dedicates time to running his own chain of gyms, Xtreme Couture MMA; a thriving clothing line, Xtreme Couture MMA Clothing; a supplement company, Xtreme Couture Pharmaceuticals (XCAP); and giving back through his foundation, the Xtreme Couture GI Foundation dedicated to honoring the veterans of America's Armed Forces. Additionally, Randy created MMAthletics with NFL insider and Fox Sport's own Jay Glazer, a company focused on training professional athletes from

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<sup>1</sup> BJ Penn, Conor McGregor and Georges St. Pierre (as of now) are also members of the two-title club but in other weight divisions.

various sports in the ways of Mixed Martial Arts and teaching them how that training can be applied to their respective sport's discipline.

Randy also has served on the Rules Committee for the Association of Boxing Commissions (ABC) in which, last year, he led a small group of experts to propose and incorporate multiple rule changes to MMA to be adopted on a state-by-state basis which was to begin January 1<sup>st</sup>, 2017.

Randy's growing career in acting includes the hit films "The Expendables" and "The Expendables 2" (opposite Sylvester Stallone and Bruce Willis) and "The Expendables 3" as well as dozens of other movies. On the television front, as part of his multi-year talent, development and production deal with Viacom in 2013, Randy served as a coach on the first season of "Fight Master: Bellator MMA" in summer 2013 and Spike's reality show "Gym Rescue," for which he also served as an executive producer and he continues his role as a brand ambassador for Bellator MMA as well as the Professional Fighting League (PFL). Randy has also played a recurring character on CBS' "The Unit" - in a role written specifically for him. More recently, Randy has appeared in Spike's "Lip Sync Battle", "I Am Steve McQueen", "Hell's Kitchen", "Whose Line is it Anyway", "Dancing with the Stars", "Bill Nye Saves The World" (for Netflix) and numerous episodes of "Hawaii Five O".

Randy currently resides in Las Vegas, Nevada and is an avid outdoorsman with a passion for motorcycles, hunting, world events, politics and poetry.