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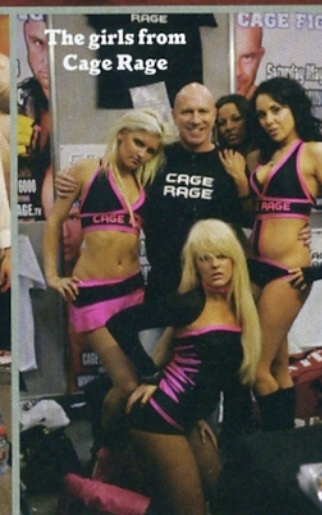
From Wushu to freestyle wrestling, there was something for everyone in the tournament zone



Holger Kimm holding Natalie Minh with Eva Martinkova and Haylen Ryan



Charlotte Hawksworth, Audrey Kaigio and Martin Denton on the Weider stand



The girls from Cage Rage



Top fitness and martial arts professionals showed how to kick start your new fitness regime



Rosi Sexton on the PhD stand



The 'Beast from the East' Haroldas Dambrauskas tucks in

DAY ONE

If there is one place in the world you don't want to start a fight it's Seni. Billed as the greatest combat show on Earth, it attracts thousands of fighters from the UK and beyond, including some of the leading names in the UFC and boxing. The floor gets so busy you can't help but bump into a few people and you never know who they might be. Fortunately, they never know who you might be either, so for the most part everyone is extremely respectful, just in case.

But if you are looking for trouble you've come to the right place. The huge ExCel arena in London's Docklands is kitted out with rings, cages and mats for the two-day event so you are never more than a few metres away from a good kicking. The highlight is the 'Pain and Glory' event on Saturday night, which features mixed martial arts, Thai boxing, kick-boxing and K-1. Besides this there are all manner of weird and wonderful activities from the world of martial arts and fitness taking place to amuse and amaze.

The weekend begins with a flying visit from IBF and WBO heavyweight world champion Wladimir Klitschko. The giant Ukrainian is not here for a dust-up – although Britain's world cruiserweight champion David Haye does his best to provoke him by calling him out for a fight – but as part of his role as a Laureus ambassador. He is promoting Fight for Peace, which may sound like a contradiction in terms but is actually a new social project aimed at getting young people off the streets and into boxing gyms. Big Wlad is joined by not-so-big former world featherweight champion Barry McGuigan, the patron of the charity, in backing the initiative.

After their flying visit, attention turns to the UFC stand. The organisers bring a smattering of top UFC guys over every year but this year it's more of an invasion with a plethora of stars led by interim heavyweight world champion Antonio 'Minotaur' Rodrigo Nogueira. He recently disposed of Tim Sylvia at UFC 83 and is the only man to have held both