Training Mask Corporate Office.   FOR IMMEDIATE RELEASE
Sean Sherk - CEO. / Founder
Casey Danford – President, D.O.O / Founder
September 3, 2013

UFC Veteran, Sean "The Muscle Shark" Sherk is retiring from UFC

At the age of 40 and after an extraordinary 14 year career, Sean "Muscle Shark" Sherk is retiring from the UFC with a 38-4-1 record, but will always be remembered as a UFC Lightweight Champion.

Sean Sherk began his road to the UFC as a wrestler at the age of 7. After 13 years of wrestling and 400 matches, Sherk began his martial art training with Greg Nelson at the Minnesota Martial Arts Academy. After realizing that his strong background in wrestling would give him a clear advantage in MMA, he decided to enter his first NHB fight in 1999 and won. Sherk accumulated an impressive 17-0-1 record before signing with the UFC in 2001.

Sherk began his UFC career against Tiki Ghosen at UFC 30 (2001). After going an astounding 22-0-1 Sherk recorded his first loss to Matt Hughs, Sherk was more determined than ever and went on a remarkable 12 fight winning streak. In 2006, Sean Sherk became the UFC Lightweight World Champion after winning all five rounds and defeating Kenny Florian via unanimous decision.   Sherk credits his win to his superior wrestling technique and unwavering stamina from practicing extreme cardio using the Training Mask, a product he cofounded.

Sherk's career accomplishments include UFC lightweight champion, 3 fight-of-the-night awards, undefeated in PRIDE FC, and Sherk was one of only two UFC lightweight champions to compete in PRIDE FC.

After retirement Sherk plans to maintain his involvement at Training Mask while coaching MMA, and teaching seminars. Sherk is also continuing a successful career in real estate investment.

If you'd like more information about this topic or to schedule an Interview with Sean Sherk please contact us via email Casey@TrainingMask.com
http://www.trainingmask.com/ufc-veteran-sean-sherk-is-retiring-from-ufc/