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We all love honesty when it comes in our favorite fighters; a straight-forward attitude, humility and admittance that they are indeed mortal just like you and me. They get scared. Well, most fighters do, not everybody is Alistair Overeem, who knows when he is walking to the ring that it will just be a matter of time before someone lays in a pool of their own blood before him. Going into his Mixed Rules bout at Dynamite!! against Shinya Aoki, Yuichiro Nagashima knew what he had to do; he had to get out there and knock Aoki out in the first round. Aoki used his brain to avoid contact with Nagashima all throughout the K-1 rules round, which lead into the MMA rules portion of the bout, where Nagashima was in deep, deep water against one of the best MMA grapplers in the world. After the boisterous, over-the-top entrance from Nagashima, to lose would be a shame, but when you saw the look on his face and the concern of his trainers going into the second round, you saw a defeated man.

The flying knee that connected not only shocked Aoki, but it shocked Nagashima as well. Watch this video of Nagashima as he heads to the back after the bout and watch him coming down from his adrenaline rush and just how lucky he knows he was for scoring that knockout. He even vows to never, ever do MMA again and that he was "so scared!"