

Ken Shamrock Appreciates Voluntary Drug Testing

[Ken Shamrock](#), one of the biggest stars of MMA, has appreciated Filipino-American boxer Nonito “The Filipino Flash” for his efforts to clean up the sport by willingly opting for voluntary drug testing.

Shamrock remarked the Filipino-American boxer has become the ideal example of a drug-free fighter after subscribing to 24/7 drug testing with the Voluntary Anti-Doping Association (VADA). Shamrock, who admitted to using anabolic steroids in the past, said Nonito Donaire is a name that comes into my mind and is someone who has proven that he does not [use steroids](#) because he does random drug testing. Ken Shamrock said the fighter has demonstrated there is nothing to hide as he is open to testing at any given time. The MMA great, who is best known for his rivalry with Brazilian jiu-jitsu great Royce Gracie in the early 1990s, said anti-doping officials can come to his gym whenever they want and they would test Donaire.

Shamrock became the first UFC superfight champion after he defeated Dan Severn at UFC 6. He was the first foreign MMA champion in Japan after he won the title of King of Pancrase. Shamrock then entered the world of [professional wrestling](#) to become the WWF intercontinental champion, the WWF tag team champion, and the 1998 WWF "King of the Ring."

Shamrock remarked he never used steroids while in the ring and never fought using them. He added he understands the present-day turmoil in the context of drug testing in MMA but said the fighters who have already been making money can afford to get around the testing. Shamrock, described by many as "*The World's Most Dangerous Man*", is working these days as a security guard for the world-renowned rapper 50 Cent.

The retired American mixed martial artist, UFC Hall of Famer, and professional wrestler emerged as one of the biggest stars in the history of mixed martial arts during the course of his career. Shamrock set many pay-per-view records with his drawing power. Considered to be the #1 mixed martial artist in the world, Shamrock was ranked by Inside MMA as one of the top 10 greatest mixed martial arts fighters of all time. World Wrestling Entertainment—formerly the World Wrestling Federation—credited Shamrock for popularizing the ankle lock that was named by it one of the top five submission holds in history. Born Kenneth Wayne Kilpatrick, Shamrock came to overnight prominence by defeating world kickboxing champion and future UFC Heavyweight Champion Maurice Smith and Alex Cook in the Opening Round of the 16 man King of Pancrase Tournament. He defeated Masakatsu Funaki and Manabu Yamada in the Second Round to become the first King of Pancrase.

Shamrock's finishing moves were mostly all about ankle locks and his signature moves included sleeper hold, hurricanrana, and belly-to-belly suplex. Ken Shamrock is the only fighter to ever defend the UFC Superfight Championship and is credited with having the longest Fight in UFC History UFC 5 at 36 minutes. He was the first inductee into the UFC hall of fame with Royce Gracie and was the first fighter to defend a UFC title belt. Shamrock was ranked by Pro

Wrestling Illustrated as the Most Improved Wrestler of the Year (1997) and #8 of the 500 best singles wrestlers of the PWI Years in 1998.