

# Lyoto Machida

## Quotes

*Mma, Dream, Mind, Fighting, Believe, Important, Discipline, Challenges,  
Pressure, Philosophy, Thinking, Ufc, Division, Achieve, Guy, I Believe,  
Together, Journey, Art, Retiring*

If you don't give up, eventually you will break the cycle and you will overcome any obstacle.

~Lyoto Machida

Every time you achieve a dream, you must set another one. Because that will strengthen your path. Or you will become dead, because if you have no dreams, you have no life.

~Lyoto Machida

I use discipline and focus as my greatest weapons.

~Lyoto Machida

The Samurai always has to rise and move on, because new challenges will come.

~Lyoto Machida

You can have talent and strength, but the most important is determination.

~Lyoto Machida

I try to clear my mind of everything, I try to think of nothing. I just let my body act, the body can take control and do what it's trained to do.

~Lyoto Machida

My philosophy is the same as a Samurai: To hit without getting hit.

~Lyoto Machida

To be happy is very important to do a great performance because you have to be comfortable; your mind has to be clear.

~Lyoto Machida

If you gave up, you've already lost. If you keep going, you get to a new level.

~Lyoto Machida

Before a fight I empty my mind. Every fighter is able to lose. It is not a big thing. You have to accept what comes and remain calm.

~Lyoto Machida

I never fear my opponent, for me he only represents a new challenge to conquer.

~Lyoto Machida

I'm just a regular guy that had a dream and ran for it.

~Lyoto Machida

You have to walk and believe that you can find the light.

~Lyoto Machida

When I fight I try to empty my mind... I only see that moment, nothing else matters.

~Lyoto Machida

The good point is when you combine excitement and calm together.

~Lyoto Machida

Positivity helps produce better results.

~Lyoto Machida

It's not a defeat nor an obstacle that is going to get in the way of our dream, my dream continues, the journey continues

~Lyoto Machida

The main thing Karate offers to me is a philosophy of life. The philosophy of Karate is respect and discipline. You give 100% of whatever you do, in every activity.

~Lyoto Machida

I was thinking Im going to die but I'm not going to tap

## Lyoto Machida Quotes

~Lyoto Machida

There's always pressure but I change that pressure into motivation.

~Lyoto Machida

The pressure is always there... I just have got to go out there and enjoy my moment and do my best.

~Lyoto Machida

If you have a dream in your life, go ahead it's possible, go ahead

~Lyoto Machida

I have to accept everything... I will be back strong.

~Lyoto Machida

I believe a lot in what I do and in my work. I believe in me.

~Lyoto Machida

This is one of the toughest divisions and I'm going to be champion.

~Lyoto Machida

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