

Mark Schultz – Athletics Résumé

Career Highlights:

- **1996** Winner of UFC IX in 12 minutes by TKO over Gary “Big Daddy” Goodridge. At the time the UFC was a “No-holds-barred” cage fight before mixed martial arts became a sport. Due to politics and lawsuits only a handful of fighters competed under NHB rules. Mark retired with a cage fighting record of 1-0. Mark considers his win in UFC IX as the greatest victory of his career for allowing him to “go out a winner” in the most brutal form of hand-to-hand combat since the gladiators.
- **1976** Northern California State All-Around Age-Group Gymnastics Champion.
- **1978** California High School State Wrestling Champion. Defeated 3 undefeated wrestlers to win after only 16 months in the sport. This may be the fastest rise to a California State Title in history.
- **1981, 1982, 1983** NCAA Champion. Defeated Mike DeAnna 10-4, Ed Banach 16-8 and voted NCAA Outstanding Wrestler, and Duane Goldman 4-2 (all Iowa Hawkeyes).
- **1982** World Cup Champion. Defeated Vagit Kasibekov, the 1982 Tblisi Champion, 7-2. The Tblisi Tournament was widely considered the toughest tournament in the world since about 10 wrestlers in each weight were capable of winning the world title.
- **1984, 1985, 1986, 1987** U.S. Open Freestyle Champion.
- **1984** Olympic Gold Medalist. Disqualified 30 seconds into his first match for “excessive brutality” using a double wrist lock (kimura) to break the elbow of #1 wrestler in the world, European Champion Resit Karabajak. In the match immediately preceding Mark’s match, Dave Schultz used a high crotch crack down to injure the knee of the Yugoslavian wrestler. Mark and Dave Schultz were assigned a special referee to watch them the rest of the tournament.
- **1985** World Champion. Mark was the only 1984 Olympic Champion to win the 1985 World Championships defeating all countries that boycotted the 1984 Olympics. In addition Mark defeated the 1985 World Champion at 198 lbs 5-4 in the 1985 US Open Freestyle Championships.
- **1987** World Champion. Mark was the first American to win the Olympics and 2 World Titles and joined Lee Kemp as the only American to win 3 World Titles.
- **1991** Entered into the Guinness Book of World Records for most U.S. World Titles with Lee Kemp and John Smith.
- **1995** Inducted as a Distinguished Member of the National Wrestling Hall of Fame.
- **2000** Inducted in the California Hall of Fame.
- **2010** Inducted into the San Jose Sports Hall of Fame with his brother Dave. The Schultz brothers won more U.S. Open, NCAA, World and Olympic titles than any American brothers in history.
- **2013** “Lifetime Service Award” by the National Wrestling Hall of Fame.
- **2015** Inducted into the San Mateo Peninsula Sports Hall of Fame.

Details in Chronological Order

- **1976** Northern California (15-16 year old age group) All-Around gymnastics champion.
- **1976** Southern Peninsula Athletic League All-Around gymnastics champion. Mark won every event. When judges learned Mark was only in the 9th grade they refused to give Mark his medals. The Palo Alto High coach Ed Hart and the team refused to accept any of their medals in protest of the judges decision.
- **1976** Mark quit gymnastics and started Tang Soo Do. After 4 months his brother proved it was no match for wrestling so Mark started wrestling at Ashland High School in Ashland, Oregon. Mark won 10 of 11 challenge matches at 130 lbs to earn his varsity spot but his dismal 4-6 record caused the coach to replace him citing an “inability to win in competition”. Mark complained to Ashland High’s Principal that he had earned his spot and the Principal agreed. Mark was restored to his

varsity spot but the complaint damaged his relationship with the coach beyond repair. 2 weeks prior to the end of the first semester Mark got in a fight, broke his hand, dropped out of school, transferred back to Palo Alto High School, and was declared ineligible the rest of the season.

- **1977-78** Mark grew 30 lbs over the summer and wrestled at 159 lbs. He went through the regular season wrestling in only two 16-team tournaments. His best finish was 3rd at the Monta Vista Invitational. At the end of the year he won the league (9 schools), the region (20 schools), the Central Coast Section (90 schools) defeating the defending champion and was voted “CCS Outstanding Wrestler”. A week later, Mark competed in the California State Championships at San Diego State University. During the tournament Mark defeated 3 undefeated wrestlers in a row to win the California State Championships, the largest state tournament in the country with over 800 teams. Mark went from gymnastics to winning a California State Wrestling Championship in 16 months, perhaps the fastest rise to a California State title. Mark considers this the most miraculous event of his life and started to believe in God.
- **1978-79** Mark received a full scholarship from Coach Dave Auble at UCLA. His record was 18-8 and took 3rd in the PAC 8 Conference Championships which qualified him for the NCAA’s. He lost his first NCAA match to N. Carolina and was eliminated. but saw Mike DeAnna compete in the NCAA finals. 2 years later Mark would defeat DeAnna in the NCAA finals 10-4.
- **1979** Mark and his brother Dave made the US Junior World Team competing in Ulan Bator, Mongolia. Their coach was Jim Humphrey, the assistant coach at Oklahoma University who convinced them to transfer to Oklahoma University. Mark and Dave were forced to redshirt the year after they left UCLA.
- **1980** Mark went from unranked to ranked 2nd by defeating the #1 ranked wrestler in the country, Mike DeAnna, 8-1 in the finals of the Great Plains. Mark experienced a “spiritual revelation” in the middle of the match as though the secrets of wrestling were revealed to him.
- **1981** NCAA Champion. In 1980-81 season Mark lost 3 times. Twice to 1980 NCAA runner-up Perry Hummel and once to 1979 NCAA runner-up Mike DeAnna. He avenged both losses in the 1981 NCAA’s by defeating Hummel in overtime in the semi’s 4-4, 4-0, and DeAnna 10-4 in the finals. The Hummel win clinched Oklahoma’s runner-up status.
- **1982** NCAA Champion and voted “Outstanding Wrestler”. Mark moved up a weight to 177 lbs to challenge 2-time NCAA Champion Ed Banach to attempt to stop him from becoming the first 4-time NCAA Champion in history. Mark had 2 losses that year. The first was a defensive pin to a freshman by a University of Kentucky referee with a reputation for calling defensive pins for his hometown team. Mark’s other loss came in the finals of the Midlands Championships to Ed Banach 5-4. Then Mark met Banach in the Iowa-Oklahoma dual where Mark defeated Banach in a “barn burner” taking him down with 2 seconds left to win 10-9. Mark and Banach met for the 6th time in the 1982 NCAA finals. Mark won 16-8. 4 NCAA titles were represented at 177 that year: 2 titles by Banach, one by Mark, and one by 1980 NCAA Champion Matt Reiss. It also included 4-time All-American Perry Hummel who split 6 matches with Schultz 3-3 and who Mark defeated 2-1 in the semi’s. The Schultz-Banach match is considered by many as the greatest match in NCAA history. Banach moved up a weight to 190 lbs the next year, won his 3rd NCAA title, then won the 1984 Olympics without a close match.
- **1982** World Cup Champion defeating Tblisi Tournament Champion Vagit Kasabekov 7-2.
- **1983** NCAA Champion. Defeated Duane Goldman 4-2 in the finals. This was the 3rd time Mark defeated an Iowa Hawkeye in the finals. Mark also set the Oklahoma University record for most wins in an undefeated season going 27-0. The record stood for 18 years until it was broken by a wrestler Mark coached.
- **1983** National Sports Festival Champion. Defeated NCAA Champion Duane Goldman.
- **1984** U.S. Open Champion. Defeated Don Shuler 7-2, in the finals of the U.S. Open and 7-2, 2-7, and 4-2 in the Olympic Trials.

- **1984 Olympic Champion.** Mark was seeded #2 behind the #1 wrestler in the world, European Champion Resit Karabajak from Turkey. Karabajak defeated every wrestler that boycotted the 1984 Olympics. Mark drew the Turk by random draw the first match of the tournament. The first move of the match Karabajak grabbed Mark's leg, Mark grabbed a double wrist lock and threw the Turk on his back, broke the Turk's arm, and pinned him in 30 seconds of the 1st round. 8 hours later Mark was disqualified for excessive brutality but since it was a double-elimination tournament and the Turk was out of the tournament with a broken arm, Mark could still win gold if he went undefeated the rest of the tournament which is what he did, however Mark survived perhaps the closest match of his life in a match against Olympic bronze medalist Chris Rinke from Canada. Rinke beat Mark in the 1983 Pan Ams in Caracas, Venezuela. Mark's college coach at Oklahoma University Jim Humphrey was hired to coach Canada was in Rinke's corner. No one knew Mark's style better than Jim Humphrey. Mark pulled off a 5-3 victory in the last 30 seconds. In the finals Mark won by technical fall 13-1 in 1 minute 59 seconds against Hideyuki Nakashima of Japan. The only point awarded to Nakashima was for Schultz not arching on a gut-wrench.
- **1985 National Sports Festival Champion.** Defeated NCAA Champion Jim Scherr.
- **1985 U.S. Open Freestyle Champion at 198 lbs.** After losing his weight cutting gear on the plane, Mark moved up to 198 lbs and met 1985 World Champion Bill Scherr. Mark was losing 4-4 criteria tie-breaker but managed to score with 6 seconds left to win 5-4. At the 1985 World Championships the only World Champions were Mark (82kg) and Bill (90kg).
- **1985 Super Champion Title Match Champion.** Defeated 2-time defending World Champion Taram Dzgoev 5-0.
- **1985 Voted Wrestling Masters Magazine International Wrestler of the Year.**
- **1986 U.S. Open Champion.** Defeated 2-time NCAA Champion and NCAA Outstanding Wrestler Mike Sheets, 7-6. Sheets was so dominant at the 1983 NCAA's, defeating his opponents by a combined score of 68-3, the NCAA imposed the "Sheets rule" the next year which ends a match by technical superiority when a wrestler gets ahead by 15 points.
- **1987 National Sports Festival Champion.** Defeated NCAA Champion Rico Chipiarrelli.
- **1987 U.S. Open Champion.** Defeated 2-time NCAA Champion and Mark's workout partner at Oklahoma University Melvin Douglas, 10-2. Melvin went on to win a world title.
- **1987 World Champion.** Mark was disqualified in the quarter finals for stalling against the West German. Now in order to get to the finals Mark had to pin, caution out, or shut out the defending World Champion from the Soviet Union Vladimir Modosyan. Mark shut him out 1-0 then defeated 1986 World runner-up Alexander Nanev 2-1 in the finals.
- **1987 USA Wrestling Athlete of the Year**
- **1987 Sullivan Award Nominee**

From 1982 to 1987 Mark made 6 consecutive U.S. World and Olympic Teams and went undefeated in the U.S. for 5 years.

- **1996** At 35 years old Mark was offered a chance to replace Canadian heavyweight wrestler Dave Beneteau in the Ultimate Fighting Championships. Mark signed a \$50,000 to win \$25,000 to lose contract with one day's notice. At the time the UFC was a new cage fighting event. The rules were not MMA rules. They were NHB rules (no-holds-barred). There were no weight classes, no gloves and 3 rules: no biting, no eye gouging, and no kicking if you chose to wear shoes. Mark defeated 4th degree black belt and UFC VIII Runner-up Gary "Big Daddy" Goodridge in one 12 minute round by TKO. Goodridge was 6 inches taller and 40 lbs heavier. Mark was the Head Wrestling Coach at Brigham Young University. Due to some negative press Mark was prohibited from fighting again by BYU President Merrill Batemen.

The Schultz brothers are the only U.S. brothers in history to win World and Olympic gold.

Coaching and Administration

- Head Coach Brigham Young University. BYU teams had the highest GPA in the nation 3 times and 2nd highest 3 times.
- Western Athletic Conference Coach of the Year.
- Coach of the University World Team.
- Head Coach for the State of Queretaro, Mexico.
- Assistant Coach Brigham Young University.
- Assistant Coach United States Air Force Academy.
- Assistant Coach Villanova University.
- Assistant Coach Stanford University.
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Education

- Masters of Science Degree, Exercise Science with a 3.6 GPA.
- Bachelors of Science, Exercise Science
- Oklahoma University Big 8 Medallion Winner for “Outstanding Senior Male Scholar-Athlete”.
- Post-grad courses in accounting, law, and blue-print reading.