

**Professional MMA fighter**

# Rin Nakai

SHOOTO DOJO SHIKOKU

Height 156 cm | 5'1.42

Weight 56.7 kg | 125 lb.

- Current DEEP JEWELS Flyweight Champion
- Former Pancrase Bantamweight Champion
- Former VALKYRIE Open Weight Champion

RIN NAKAI

SHOOTO DOJO SHIKOKU WILD GYM

# PROFILE



- Rin NAKAI (born October 22, 1986) is a Japanese Professional mixed martial artist.
- Born in Matsuyama City, Ehime Prefecture. Graduated from Tokai University Takanawadai High School and turned pro before graduating from Teikyo University.
- Belongs to Shooto Dojo Shikoku.
  - Current DEEP JEWELS Flyweight Champion
  - Former Pancrase Bantamweight Champion
  - Former VALKYRIE Open Weight Champion

Web <https://rin-nakai.com/>  
 X <https://x.com/RinNakai2>  
 Instagram <https://www.instagram.com/rinnakai1/>  
 Blog <https://nakarin89.hatenadiary.com/>

- Date of Birth: October 22, 1986 (Age:38)
- Born : Matsuyama, Ehime Prefecture
- Residence: Imabari, Ehime Prefecture
- Affiliation: Shooto Dojo Shikoku
- Height: 156 cm | 5'1.42
- Weight: 56.7 kg | 125 lb.
- Weight Class: Flyweight
- Background: Judo
- Record: 32 fights, 29 wins, 2 losses, 1 draw





# VISION

- ★ *Be the best female flyweight in the world.*
- ★ *Perform a somersault after victory as the best champion in the world.*



**UFC**



At the time, the UFC only had the bantamweight division as an option, so Rin had no choice but to fight at bantamweight.

Now, Rin is eager to fight in the flyweight division on the world MMA stage!



# RECORD

Undefeated strength in the flyweight division !

## 100% KO / Win by Ippon

29 career wins, 23 were by KO and ippon finishes.

13 consecutive KOs and finishes by Ippon!



|      |   |                         |                                  |
|------|---|-------------------------|----------------------------------|
| WIN  | DEEP JEWELS 47<br>11/23/2024              | Suzuki "BOSS" Haruka    | 1R 3:32<br>TKO (left hook→Pound) |
| WIN  | DEEP JEWELS 45<br>5/26/2024               | HIME                    | 3R 1:33<br>Front Choke           |
| WIN  | DEEP JEWELS 40<br>2/18/2023               | Aoi Kuriyama            | 2R 4:31<br>Rear-Naked Choke      |
| WIN  | DEEP JEWELS 37<br>5/8/2022                | Shizuka Sugiyama        | 1R 4:53<br>Armbar                |
| WIN  | DEEP JEWELS 37<br>5/8/2022                | Te-a                    | 2R 4:43<br>Armbar                |
| WIN  | DEEP JEWELS 36<br>3/12/2022               | Shoko Fujita            | 2R 4:38<br>TKO (Pound)           |
| WIN  | HEAT49 (No official record)<br>10/17/2021 | Mariya Suzuki           | 2R 0:22<br>TKO (Pound)           |
| WIN  | DEEP JEWELS 26<br>10/22/2019              | Titapa<br>Junsookplung  | 1R 3:20<br>Armbar                |
| WIN  | DEEP JEWELS 24<br>6/9/2019                | Kaewjai<br>Prachumwong  | 2R 1:56<br>TKO (Pound)           |
| WIN  | DEEP 82 IMPACT<br>2/24/2018               | Young Ji Kim            | 1R 4:37<br>TKO (Mounted Punches) |
| WIN  | RIZIN.3<br>12/29/2016                     | Kanako Murata           | 3R 1:16<br>Rear-Naked Choke      |
| WIN  | PANCRASE 282<br>11/13/2016                | Charlene<br>Watt-Broome | 2R 3:43<br>TKO (Mounted Punches) |
| WIN  | PANCRASE 279<br>7/24/2016                 | Raika                   | 3R 2:43<br>TKO (Elbow)           |
| LOSE | UFC Fight Night 85<br>3/19/2016           | Leslie Smith            | 3R 5:00<br>Decision (Unanimous)  |
| LOSE | UFC Fight Night 52<br>9/20/2014           | Miesha Tate             | 3R 5:00<br>Decision (Unanimous)  |
| WIN  | PANCRASE 258<br>5/11/2014                 | Sarah D'Alelio          | 3R 5:00<br>Decision (Unanimous)  |

|      |   |                  |                                  |
|------|---|------------------|----------------------------------|
| WIN  | PANCRASE 252<br>9/29/2013                 | Tara LaRosa      | 3R 5:00<br>Decision (Majority)   |
| WIN  | PANCRASE 247<br>5/19/2013                 | Brenda Gonzales  | 1R 4:47<br>Rear-Naked Choke      |
| WIN  | PANCRASE 2012 PROGRESS TOUR<br>12/1/2012  | Danielle West    | 3R 5:00<br>Decision (Unanimous)  |
| WIN  | PANCRASE 2012 PROGRESS TOUR<br>9/1/2012   | Super Benkei     | 2R 3:45<br>TKO (Pound)           |
| WIN  | PANCRASE 2012 PROGRESS TOUR<br>5/20/2012  | Kyoko Kimura     | 1R 4:32<br>Armbar                |
| DRAW | PANCRASE 2011 IMPRESSIVE TOUR<br>9/4/2011 | Danielle West    | 3R 5:00<br>Draw                  |
| WIN  | Sengoku Soul of Fight<br>12/30/2010       | HARI             | 1R 2:09<br>Armlock               |
| WIN  | VALKYRIE 08<br>11/28/2010                 | Mizuho Sato      | 1R 5:00<br>TKO (Doctor Stoppage) |
| WIN  | VALKYRIE 07<br>9/26/2010                  | Super Benkei     | 1R 2:40<br>Armbar                |
| WIN  | VALKYRIE 06<br>6/19/2010                  | Megumi Yabushita | 3R 3:00<br>Decision (Unanimous)  |
| WIN  | VALKYRIE 04<br>2/11/2010                  | Mizuho Sato      | 3R 1:50<br>Double Wrist Lock     |
| WIN  | PANCRASE 2008 SHINING TOUR<br>12/7/2008   | WINDY Tomomi     | 1R 1:33<br>TKO (Mounted Punches) |
| WIN  | SMACKGIRL WORLD ReMix<br>4/25/2008        | Kanako Takeshita | 2R 5:00<br>Decision(Split)       |
| WIN  | SMACKGIRL 2007<br>9/6/2007                | Asha Ingeneri    | 1R 1:03<br>Armbar                |
| WIN  | SMACKGIRL 2007<br>5/19/2007               | Kazue Matake     | 2R 5:00<br>Decision (Unanimous)  |
| WIN  | PANCRASE 2006 BLOW TOUR<br>10/1/2006      | Asuka Ito        | 1R 1:25<br>TKO (Doctor Stoppage) |



# RECORD

**32 fights, 29 wins,  
2 losses, 1 draw**

Undefeated except for two UFC  
losses at bantamweight

※Rin Nakai is a flyweight, but at the time,  
bantamweight was the only option  
available

**RIZIN**  
FIGHTING FEDERATION

Complete GP won by armbar



**DEEP JEWELS**  
DEEP WOMEN'S FIGHTING ENTERTAINMENT

GP semi-final also won by armbar



**PANCRASE**  
HYBRID WRESTLING

**DEEP**  
DEEP INTERNATIONAL

**UFC**

**FIRAR**



# RECORD

She won against Kanako Murata(UFC fighter at the time) at RIZIN, the largest promoter in Japan. One of the matches that remains in the fans' memory.

**RIZIN**  
FIGHTING FEDERATION



Punches from a low stance to contain, forced her to knees.

Rear naked choke to take the give up.



December 29, 2016  
Saitama Super Arena  
RIZIN: Openweight Tournament





# ATTRACTIVE

## Top class in popularity and recognition!

- Beautiful MMA fighter's ranking in Japan
- Top-level pound-for-pound female MMA fighter



Overwhelming strength through  
unrelenting effort



Combines cuteness and beauty





# ATTRACTIVE

## Whenever she competes, she becomes the center of attention!

The appearance scene at the weigh-in for RIZIN 3 has garnered the highest number of views for movie related to Rin Nakai in the Pancrase YouTube channel, surpassing 1.8 million views!

She accepted the idea and implemented a sexy approach. Given the significant attention it garnered, it may have been a great way to quickly attract the attention of male MMA fans, benefiting the entire female's MMA industry.

Note: She plans not to perform any sexy acts in the future.



Pancrase Rin Nakai RIZIN weigh-in the day before



The weigh-in the day before is always news!



VIDEO

# Ground & Pound Finishes!

Owing to Rin Nakai's power, the finish with ground and pound is truly impressive! Also, don't miss her elegant somersault after the victory!



Please watch the video of her TKO moment at DEEP JEWELS and HEAT and her spectacular somersault after the victory!



30sec version

<https://vimeo.com/657283583>



60sec version

<https://vimeo.com/657283628>

# VIDEO

## The legend of Rin's strongest physical



YouTube

■ Rin Nakai's Daily Morning Training (March 8, 2021)

<https://youtu.be/xBAeL1ztzuo>

\*This video is completely unedited and unaltered.

After long-distance running, 20 muscle-ups for 5 sets, rope climbing and descending with 30 kg (two 15 kg plates) using only arm strength for 10 sets, 3 rounds of 5 minute shard boxing, and other martial arts technique training, including repetitive drills of techniques



Hard training without fail on a daily basis

When she first started mixed martial arts, the number of exercises, sets, weights, and intensity of my physical training was as about 20 times more as now.

She has training by strength up to 120kg of bench press and squat with 200kg barbell, but now she doesn't need to do such heavy training, so she keeps training light and easy.



# VIDEO

## The first Asian female UFC fighter



YouTube

■ Strength and Beauty: Rin Nakai, the First Asian Female UFC Fighter

<https://www.youtube.com/watch?v=GQgD4pXd0J4>



A full crowd filling the venue



She combines strength and beauty.



Overwhelming strength even against the man

With the hopes of Japanese women's MMA, Rin Nakai faced the tough opponent Miesha Tate on September 20, 2014, at UFC Fight Night 52. Rin's strengths lie in her powerful fighting style.

The power, techniques, flexibility, and sense of rotation she developed from practicing judo and gymnastics in her childhood have greatly contributed to her current mixed martial arts skills.

# CONTACT

## Contact

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## Payment information

BANK NAME: MIZUHO BANK, LTD.  
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BRANBCH NAME: IMABARI BRANCH  
ACCOUNT NO. 650- 1706017  
BENEFICIARY'S NAME: SHOOTO DOJO SHIKOKU

# Please support Rin Nakai!

Seeking sponsorship, support, and partners

Please support Rin Nakai for competing on the global stage!  
We are currently seeking sponsors to support Rin Nakai's activities.  
Your company logo or name will be featured on her website!  
(Individuals are also welcome!)



## Current Sponsors, Supporters, and Partners

