

# RUSLAN ABDULAEV

“Pauk”

MMA | GRAPPLING

- UWW World Grappling Championship – Antalya 2015 – Gold
- UWW World Grappling Championship – Minsk 2016 – Gold
- UWW World Grappling Championship – Baku 2017 NoGi – Gold
- UWW World Grappling Championship – Baku 2017 Gi – Gold
- UWW World Grappling Championship – Astana 2018 – Gold
- UWW World Grappling Championship – Nur-Sultan 2019 – Gold
- UWW European Grappling Championship – Sardinia 2015 – Gold
- ADCC European Grappling Championship – Poznan 2017 – Gold
- European BJJ Championship – Banja Luka 2017 – Gold

Nationality: Russian

Current Location: Dagestan, Russia

Date of birth: 13 Sept 1994

Height: 190 cm – 6'2"

Fight Weight: 110 kg – 242 lbs

Current Weight: 110 kg – 242 lbs

Weight Class: Heavyweight

MMA Record: 4 (4-0-0) – 2 KOs

Affiliation: **Flipside**

Flipside



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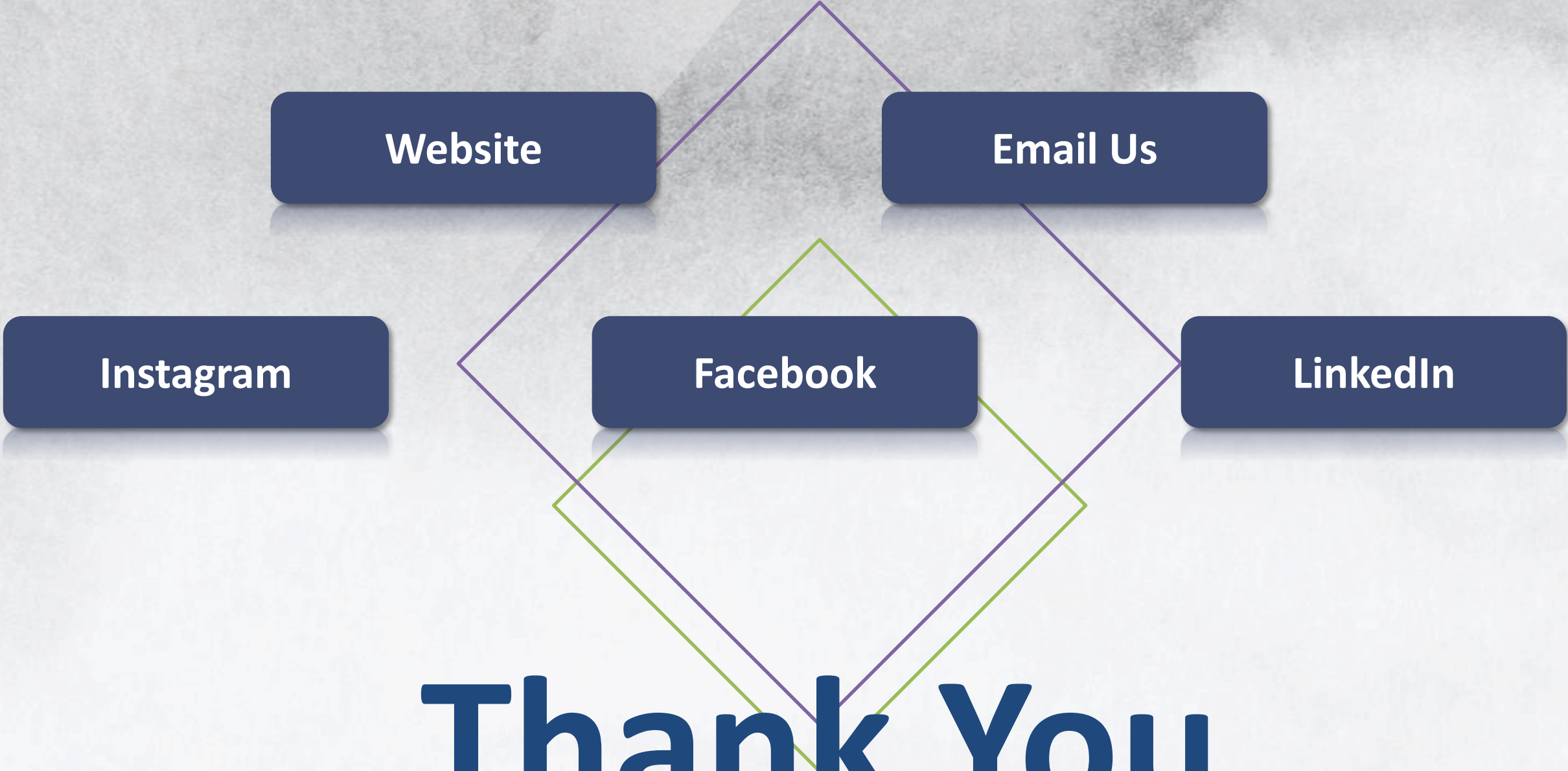
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To reach Flipside:



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