

**THE OFFICIAL
CHUCK NORRIS
FACT BOOK**

“Chuck Norris is a close friend who I love like a brother (and who once put a choke hold on me at my request, which I immediately regretted). I was delighted to find that *The Official Chuck Norris Fact Book* includes many of the great stories Chuck has told me that I wished others could hear. This book is fun, encouraging, and inspirational. I thoroughly enjoyed it. So will you!”

RANDY ALCORN

author of *Heaven* and *If God Is Good*

THE OFFICIAL
CHUCK
NORRIS
FACT BOOK

**101 OF CHUCK'S FAVORITE
FACTS AND STORIES**

CHUCK NORRIS
with Todd DuBord



Tyndale House Publishers, Inc.
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The Official Chuck Norris Fact Book: 101 of Chuck's Favorite Facts and Stories

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For the past three years, I've been asked repeatedly to select my favorite Chuck Norris Facts. For three years, people from everywhere have inquired in person and by mail about what I think of particular Chuck Norris Facts. For three years, I've been solicited to write this manuscript. So, finally, I'm happy to offer the world *The Official Chuck Norris Fact Book*, 101 of my favorite Facts, with my personal reflections on each.

For those who have somehow not heard of the Chuck Norris Facts, they are mythical expressions of my life and abilities, a collection of sayings, quips, and quotes, created by young and old alike, that have elevated my character and personhood to almost legendary, Paul Bunyan-like dimensions.

I've heard that there are literally hundreds of thousands of Chuck Norris Facts that circle the globe. They proliferate on the Internet, are found in speeches and books, and are written on bathroom walls from schools in America to battlefields in the Middle East. (I was honored twice to visit our troops in Iraq, and I was glad to learn that the Chuck Norris Facts provide them with a daily dose of humor and encouragement.)

The Chuck Norris Facts have also reconnected me to the younger generations. To some who know little of my martial arts or film careers but perhaps grew up with *Walker, Texas Ranger*, it seems that I have become a somewhat mythical superhero icon. I am flattered and humbled.

At the same time, although I have been reintroduced to those younger generations, it has become apparent to me that they know me only in part. For example, they may know me as Walker, Texas Ranger, or maybe as a character from one of my twenty-three action films, but they don't know that I participate in humanitarian work, including nearly twenty years of promoting the **KICKSTART** program in public schools in Texas (www.kick-start.org); or that I've written six books besides this one; or that I write a weekly syndicated column (www.creators.com/opinion/chuck-norris.html); or that I'm engaged in America's culture wars on many fronts.

Prior to my television and movie careers, I was a martial arts champion. From 1964 to 1968, I won many state, national, and international amateur karate titles. In 1968, I fought and won the world professional middleweight karate championships by defeating the world's top fighters. I held that title until 1974, when I retired as a six-time-undefeated world professional middleweight karate champion.

In 1968, I was inducted into the Black Belt Hall of Fame as Fighter of the Year. In 1975, I was inducted as Instructor of the Year; and in 1977, I received the honor of Man of the Year. I am also founder and president of the United Fighting Arts Federation (www.ufaf.org), with more than 2,300 black belt members all over the world. My martial arts system is called Chun Kuk Do (Universal Way).

In 1997, I reached another milestone by being the first man from the Western Hemisphere ever to be awarded recognition as an eighth-degree black belt grand master in the Tae Kwon Do system. This was a first in 4,500 years of that tradition.

Because of my martial arts background and career, I was

able to become an action-movie star in more than twenty major motion pictures, followed by 203 episodes of the television series *Walker, Texas Ranger*.

FILMOGRAPHY

The Wrecking Crew (1969), starring Dean Martin

Return of the Dragon (1972), starring Bruce Lee

Breaker! Breaker! (1977)

Good Guys Wear Black (1978)

A Force of One (1979)

The Octagon (1980)

An Eye for an Eye (1981)

Silent Rage (1982)

Forced Vengeance (1982)

Lone Wolf McQuade (1983)

Missing in Action (1984)

Missing in Action 2: The Beginning (1985)

Code of Silence (1985)

Invasion U.S.A. (1985)

The Delta Force (1986)

Firewalker (1986)

Braddock: Missing in Action III (1988)

Hero and the Terror (1988)

Delta Force 2: Operation Stranglehold (1990)

The Hitman (1991)

Sidekicks (1992)

Hellbound (1994)

Top Dog (1995)

TELEVISION SERIES

Walker, Texas Ranger (1993–2001)

If you didn't already know why my life experiences have been used to create the Chuck Norris Facts phenomenon, now you do. You might have heard some of the classics, but I'll bet there are many you haven't heard. The 101 Facts I've selected for this book come from all over the world—America, Europe, the Middle East, the Far East, and beyond. They're the ones I consider to be the best of the best, and they're sure to provide you with hours of laughter and encouragement.

But apart from providing a little humor break for your day, I'm also using the contents of this book to convey more about Chuck's Code, the five core values I live by, make choices by, and write about. These five principles generally summarize my life's purposes. They are represented by five *F*s: Freedom, Family, Fitness, Faith, and Fight. *Freedom*, for example, can represent anything from political to personal freedoms. *Fitness* can encompass a holistic view of mind, body, and spirit. *Fight* is not merely about the martial arts; it also includes fighting for a cause or for something you're passionate about.

For each of the Chuck Norris Facts I've chosen as my 101 favorites, I've identified the corresponding core value from Chuck's Code.

In these tough times, I think we all could use a good laugh. That's why I decided that now was the time to write this book.

I dedicate it to all Americans, and those abroad, who need a little more humor in their lives.

So happy reading! And I hope you enjoy a good CHUCKle!



Your friend,

Chuck Norris

A SHARE OF THE PROCEEDS FROM THIS BOOK WILL
BE DONATED TO www.kick-start.org



**BUILDING STRONG MORAL CHARACTER
IN OUR YOUTH THROUGH MARTIAL ARTS**

**“Chuck Norris
was bitten by a cobra,
and after five
days of
excruciating
pain . . . the
cobra died.”**



LET'S BE HONEST . . .

I was filming an episode of *Walker, Texas Ranger* out in the woods. The scene was with me and a Native American actor-friend, and we were competing to see who could catch the largest rattlesnake with his bare hands.

The snake wranglers had two very large rattlesnakes, supposedly de-venomed. My friend didn't want to be filmed trying to grab the rattlesnake with his hand. So he said, "De-venomed or not, I'm not about to try it." I replied, "Why don't you just walk in from the woods holding the snake in your hand? I'm going to win anyway, because I'm grabbing the largest snake." The larger of the

two rattlers was slithering on the ground, so I sneaked up from behind and grabbed it by the back of the neck, picking it up and counting the number of rattles it had.

The take went very well, but the director wanted a second take. So the snake wrangler took the snake from me and put it back on the ground. I sneaked up to grab him a second time, but just as my hand grabbed his neck, he turned and bit me on the hand! As blood started gushing out, the director panicked and took off running.

I asked the snake wrangler if he thought I should go to the hospital to see if the snake had injected venom into me. He said, "That wouldn't be a bad idea." I told the crew that we had only one take, because I had to go to the hospital and the director was missing in action! (Then I asked, "Would someone please go find him?")

There was a happy ending to it all: The single take was good, I had no venom in me, and they found the director.

Later, I played back the snakebite scene on film and slowed it down frame by frame. Twenty-four frames equal one second, and the snakebite covered three frames. In other words, that snake bit me in one-eighth of a second. Talk about fast!

THEY SAID IT . . .

"I hate snakes." > INDIANA JONES (HARRISON FORD'S CHARACTER) IN THE CLASSIC *RAIDERS OF THE LOST ARK*



CHUCK'S CODE (FIGHT)

If your opponent is fast, you must be faster or smarter.
