



# FULL CONTACT - A WAY OF LIVING

by Jakob Schäuffelen



## SYNOPSIS

Ordinary, friendly and civilized people meet in a Berlin backyard to hit each other, to throw themselves to the ground, to contort their limbs, to punch, to choke and to kick the other into their ribs. Why do they do that? This documentary follows four protagonists in their private life, their jobs, their studies - and their martial arts. It's a journey into the souls of four sensitive, well-educated, middle-class-people who do one of the most controversial and hardest sports on this planet: Mixed Martial Arts (MMA).

## FESTIVALS

New Berlin Film Award – Achtung Berlin

## CAST AND CREW

DIRECTOR Jakob Schäuffelen

Germany 2012

83 min

ORIGINAL TITLE

VOLLKONTAKT - EIN  
LEBENSWEG

FORMAL CATEGORIES

Action, Biographie/Portrait,  
Sports

ORIGINAL LANGUAGES

German, English

PREMIERE

Germany (2012)

LINKS / REFERENCE

PRODUCTION

Jakob Schäuffelen

<http://www.jakobsfilm.de>

<http://www.realeyz.tv/de/vo...>