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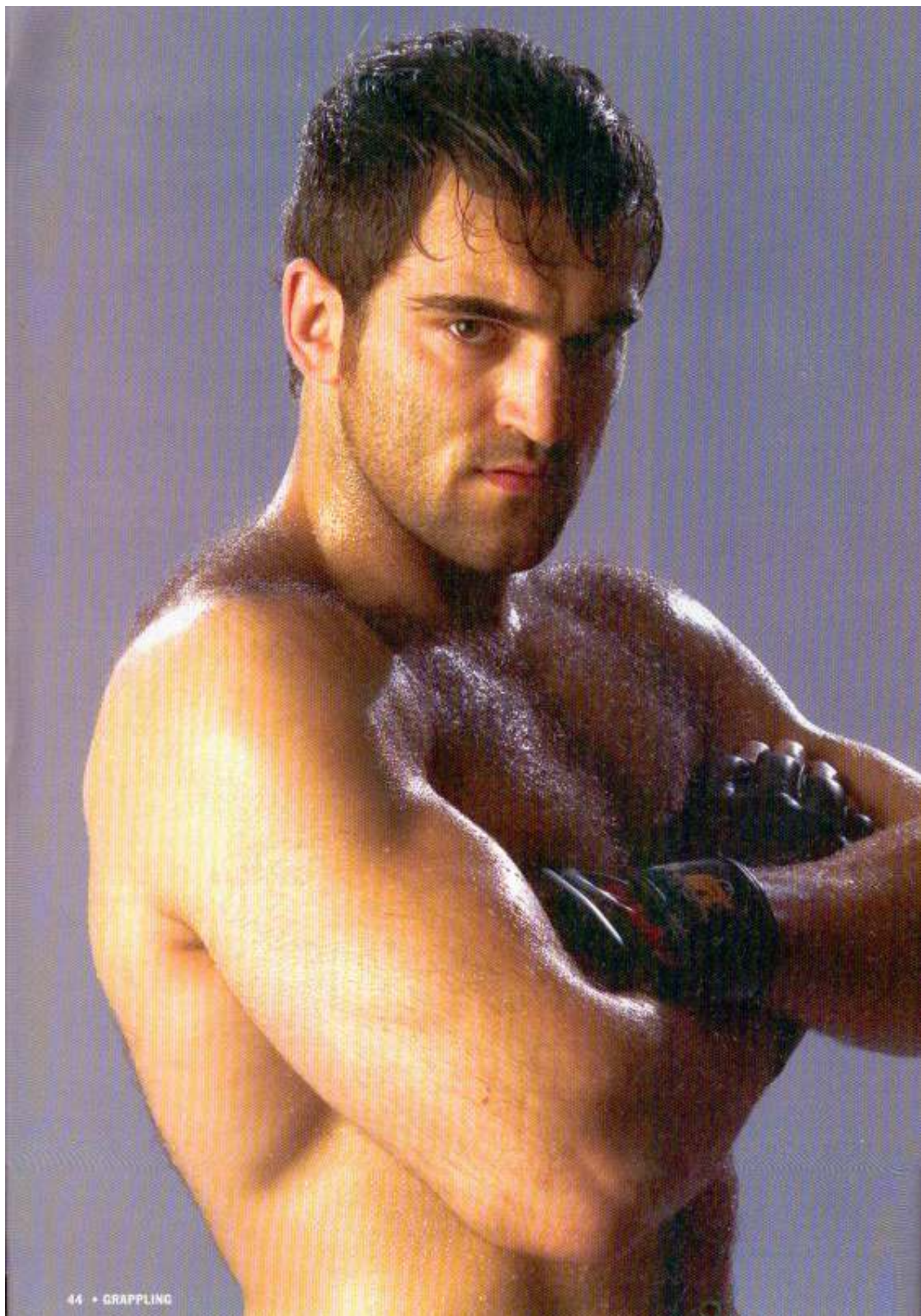
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Ring Girl of the Month!





Andrei the Giant

Demonstrating Solid Stand-Up and Ground-Fighting Skills, Andrei Arlovski May Be the Man in the UFC Heavyweight Division for Years To Come

Photos by Joshua Hedges

FOLLOWING HIS LOSS TO ANDREI ARLOVSKI in UFC 51, Tim Sylvia called his Eastern European opponent "tough" and acknowledged "he stung me." On both accounts, Sylvia could not be any more right. First, the 26-year-old Arlovski drilled Sylvia with a vicious and devastating right that sent the former UFC heavyweight champ on a one-way trip to the canvas. Then, within a matter of seconds, Arlovski was all over his fallen opponent and applied an Achilleslock. Game over in 47 seconds.

In the world of MMA, Arlovski is the heavyweight many are talking about. With his stand-up and ground-fighting skills, coupled with his strength, many are saying he is the man to beat ... for many years to come. In the following interview, Arlovski talks about a variety of topics, including his conditioning, weight training, martial arts background and more. — *Editor*

Q: Andrei, you're in outstanding shape. Please describe exactly how much strength training you do. Give us the details on frequency, periodization, etc.

A: Thanks for your kind words about my shape. I feel that I'm really in a very good shape. This is not only because of strength training, but also because I do a lot of boxing and grappling and I pay careful attention to my nutrition.

How much strength training do I do? Actually, I train different groups of muscles every day ... six days a week. I do my strength training at the Eastern Club in Chicago. This belongs to my friend's Oleg and Valerie. It's just the usual weight training. I devote two days each week for every group of muscles.

I also have to credit my Clubbell training (from max tv guys). When I do Clubbell training two or three times per week, it improves my cardio for my fights, my grip, and my forearm and shoulder strength for fighting. Clubbell deserves a special thanks.

Q: Tell us how your strength benefits you in the Octagon.

A: First of all, I feel good knowing that my physical condition is great. Second, I just like to look good. It's all beneficial.



47 SECONDS IN
Using an Achilleslock, Andrei Arlovski took out Tim Sylvia in UFC 51.

Andrei the Giant

Q: Are you inclined to use your strength while fighting on the ground or do you rely entirely on technique?

A: Both strength and technique are important, but I try to win every time by using technique.

Q: How often do you stretch? Do you do any type of "special" stretching like PNF?

A: No, I don't do any special type of stretching. [In fact], you will probably will be surprised to hear this, but I do very little stretching.

Q: How far and how often do you run? Do you incorporate sprints into your routine? What other cardio do you do?

A: I run five days a week. The time varies from 30 minutes to one hour. While I do not incorporate sprints into my routine, I keep my cardio on a good level. The secret is very simple. When I train, I grapple on the ground with my partners for a long time without stopping.

Q: Many say that cardio is the most important thing in the Octagon. Do you agree?

A: I disagree that it is the most important thing. However, a fighter needs to train and work his cardio. Without good cardio, it is impossible to be successful in the Octagon.

Q: What is the most important thing and why?

A: Character. Yes, a fighter needs to be prepared all-around, which means technique, mentally and cardio. But, without

Andrei Up Close

NAME: Andrei Arlovski

RECORD: 8-3-0

HEIGHT: 6 feet 4

WEIGHT: 240

BIRTHDAY: 2/4/1979

BORN: Minsk, Belarus

RESIDENCES: Minsk, Belarus and Chicago, Illinois

strong character, a fighter will not be able to do anything good. If a fighter has strong spirit, he will be able to reach his goals. It's right not only in MMA but also in everyday life as well.

Q: Your background is in sambo and kickboxing. How well do those two arts prepare you for the Octagon?

A: I still have the grappling skills I

developed in sambo, and judo as well, which I learned when I trained and competed for the Belarus National Team. I believe that I learned them well and they are still with me. When I started training in kickboxing, I received the necessary confidence that I could fight [on my feet] and on the ground. Thanks to my trainer, Dmitry Stepanov, an international kickboxing champion, he opened many secrets for me in this discipline. I still train with him when I live in Minsk. Sambo and kickboxing, along with jiu-jitsu and boxing, have prepared me well for the Octagon.

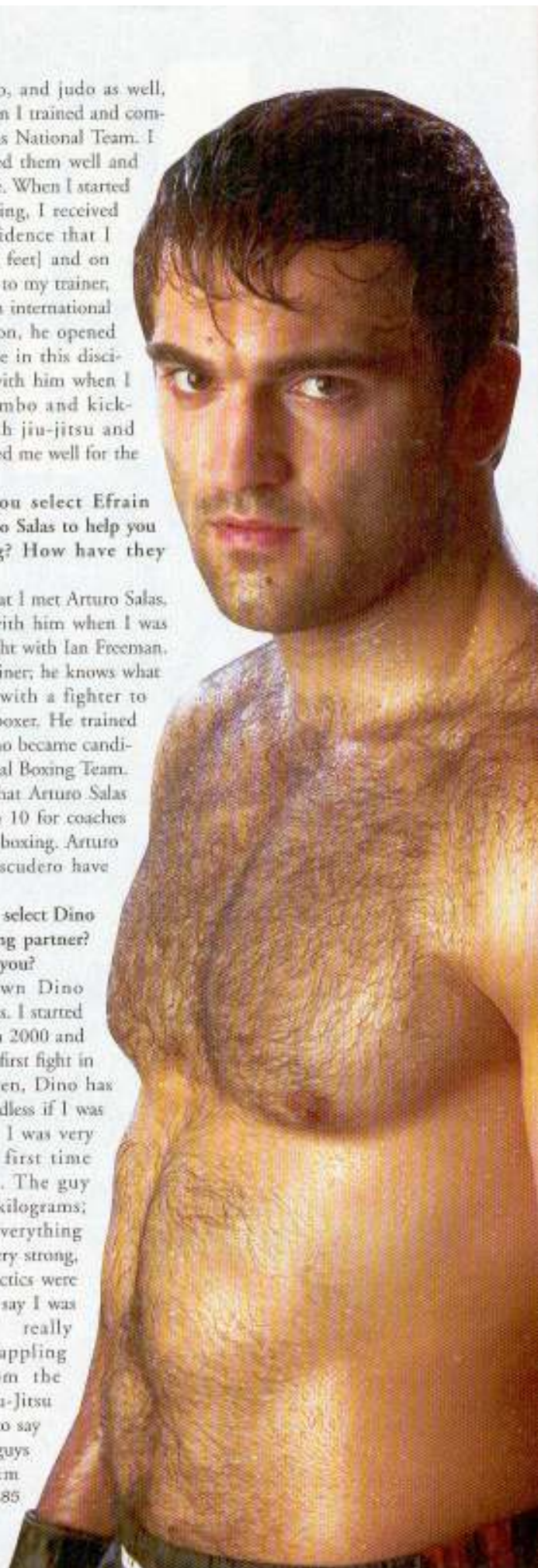
Q: Why did you select Efrain Escudero and Arturo Salas to help you with your boxing? How have they helped you?

A: I was lucky that I met Arturo Salas. I started training with him when I was preparing for my fight with Ian Freeman. Arturo is a great trainer; he knows what needs to be done with a fighter to make him a good boxer. He trained two other boxers who became candidates for the National Boxing Team. I read somewhere that Arturo Salas once was in the top 10 for coaches in non-professional boxing. Arturo Salas and Efrain Escudero have done a lot for me.

Q: Why did you select Dino Costeas as a training partner? How has he helped you?

A: I have known Dino Costeas for five years. I started training with him in 2000 and that was before my first fight in the UFC. Since then, Dino has never left me, regardless if I was winning or losing. I was very surprised when I first time trained with him. The guy weighed only 80 kilograms; but he could do everything with me. He was very strong, powerful and his tactics were impressive. I could say I was shocked. Dino really improved my grappling skills. He is from the Rickson Gracie Jiu-Jitsu team. I would like to say that I like how the guys from Dino's team

Continued on page 85



ANDREI THE GIANT

Continued from page 46

train together. They are like one friendly family. They are a strong team!

Q: Critique yourself as a fighter. Tell us your strengths and weaknesses.

A: I think it's up to other people to critique me as a fighter. It's easier to see the strengths and weaknesses of a fighter from a side. Strengths and weaknesses? I don't have a so-called "golden middle" in my training. If I don't want to train, I just

Where Is It?

For those of you who are a little rusty on your geography, Minsk, Belarus — Andrei Arlovski's hometown — is in Eastern Europe. It's east of Poland and west of Russia. Minsk is the capital of the Republic of Belarus, and 1.8 million people currently reside there.

don't train. However, if I train, I can train without breaks and rest. In my country, the following is an expression: "He works as a plowman." Is it strength or weakness? I just don't think about it.


Q: Many are saying that no one can beat you. Does this create pressure?

A: Not at all. I truly believe that if you want to find cause for your rise and fall, you need to look inside yourself. If you have a goal to win, then train hard. There is a proverb that I saw at a gym. It goes, "The more you sweat, the less you bleed."

Q: How do you prepare mentally for a fight?

A: It will be not true if I say that I don't worry about my fights at all. Of course, I watch fights of my next opponent and prepare myself [accordingly] for a fight.

Q: Who is instrumental in your success?

A: I would like to give a big thank you to my whole team, including all of my trainers and the management team, which is headed by Aleksey Doubovik. All of the guys help me to get ready for my next fight. And all of my fans help me as well. I know that they support me, and I try to be in the best shape for my fights and give them an exciting performance. And, of course, my friends also help me prepare for a fight. They help me a lot. It's a great deal in this life to have friends! 

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