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Couture and Liddell III
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The Psychological Edge

UFC 56

Can Anyone Beat Hughes or Franklin?

Inside the American Top Team



RING GIRL OF THE MONTH!

SIZZLING!

TRAIN LIKE THE PROS

Judo: Rhadi Ferguson's Footsweeps

Pride 30

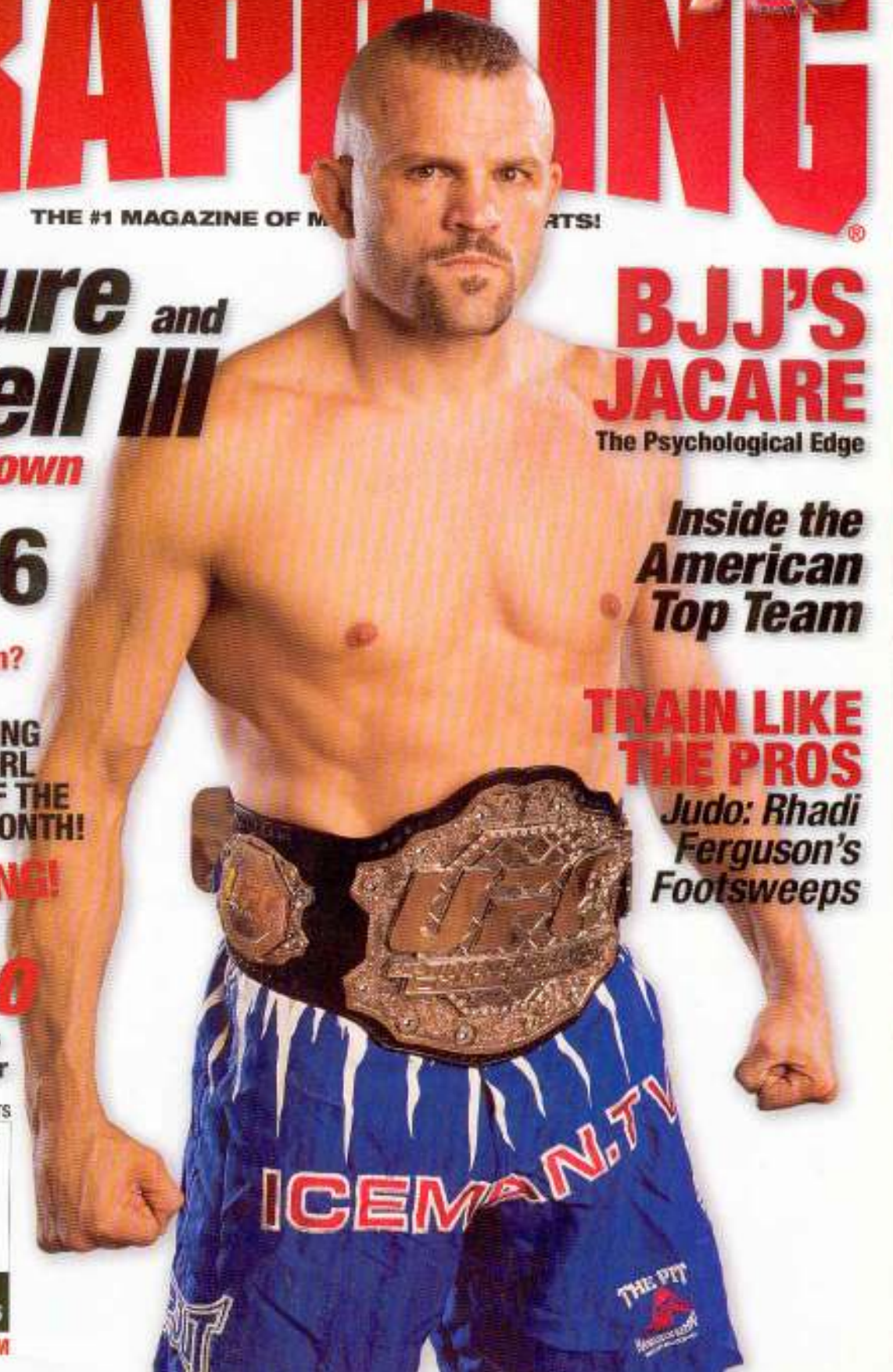
Filipovic Still Has Barnett's Number

MARTIAL ARTS LEGENDS PRESENTS



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GRAPPLER'S GRAPEVINE

What's Up?

Arnold Fitness Weekend Features Friday Night Fights

COLUMBUS, Ohio — He's back ... again. The 2006 Arnold Fitness Weekend is scheduled for March 3-5. Officials expect more than 15,000 athletes in 30 different events before an estimated 120,000 fans. Plus, there will be 650 exhibit booths.

The weekend features 15 events, including boxing, judo and The Arnold Championship Friday Night Fights, which is new this year. Competitors in the Friday Night Fights will include USA amateur boxers and grapplers.

For more information, go to www.arnoldsportsfestival.com or www.arnoldexpo.com. Ticket information is available at www.ticketmaster.com or by calling (614) 431-3600.

Commission, Association Sanction WFC

DENVER — The Worldwide Fighting Championship (WFC) recently announced its partnership with both the International Sport Karate Association (ISKA) and the Colorado State Boxing Commission (CSBC). These governing bodies endorse and sanction WFC events. The ISKA will sanction the amateur under card and the Boxing Commission will oversee the professional fights on the main card.

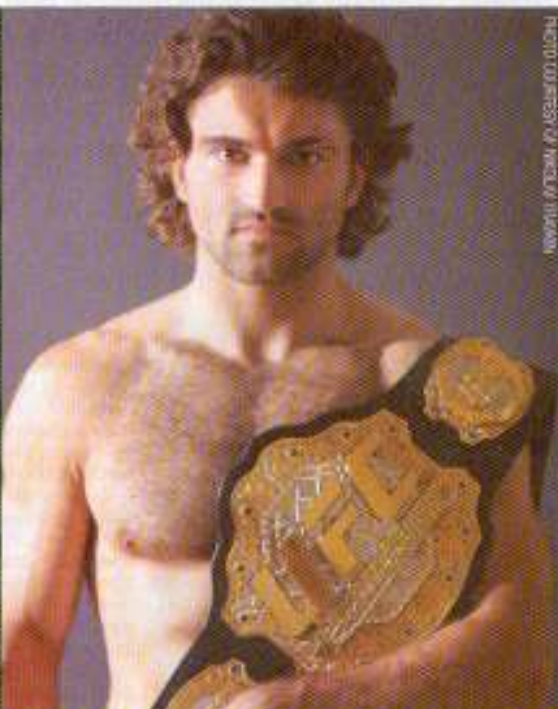
The ISKA is recognized worldwide as both the regulating body for competitive martial arts and the governing body for amateur and professional kickboxing, as well as amateur and professional mixed martial arts competition. The ISKA crowns world champions in seven different types of martial arts competition. Sanctioning more than 200 major-title kickboxing events per year on five continents, the ISKA continues to update rules, train and certify officials, and maintain the ratings necessary to recognize both worthy champions and world-rated kickboxing contenders.

The Colorado State Boxing Commission will sanction and oversee the professional fights on the main card of WFC events. The CSBC works to provide a system of safety that protects the welfare of professional participants, to promote the public trust and confidence in the conduct of professional boxing and kickboxing, and to promulgate rules to regulate all persons, practices and associations that relate to professional boxing and professional kickboxing events, performances or contests in Colorado.

MMA Grows Again

CLEVELAND — As approved by the Ohio Athletic Commission (OAC), the North American Amateur Fight Series (NAAFS) kicked off with the first of

WEB SITE OF THE MONTH ANDREI THE PIT BULL



UFC Heavyweight Champ's Site Is Creative, Entertaining, Informative

It's intense. The sound of the wind immediately conjures up images of an overcast night, a torrential downpour and the wind whipping through the canyons, bending the trees and slicing through the clothes of anyone who dares to step outside.

It's a little eerie. When you look closely at his hair, which resembles the tentacles of a tropical tide-pool creature, you see that the strands are gently waving from side to side.

It's a bit macabre. His red eyes, most conspicuous against the black rendition of his face and the large eyebrows, capture your gaze and hold you tight. When you click on Enter, his eyes flash and hypnotize you while a dog ferociously growls.

When you get to the home page, you are welcomed to the "Official Web site of Andrei Arlovski" with a catchy tune, great visuals and a lot of selections from which to choose. Before you make those choices, however, you can check his Bio, which reveals that he was a police officer in Belarus. At the academy, the 6-foot-4-inch, 240-pound Arlovski was ordered to join the sambo team. Two years later he was selected to the Belarus national Team and took home a bronze medal at the World Championships. The following year he won a world title.

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GRAPPLER'S GRAPEVINE

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day in her semi-final defeat of Isabelle Pearson (CAN) by yuko (quarter-point) in nine minutes and 20 seconds. Fortunately, the 18-year-old didn't let the lengthy match effect her performance in the final as she ousted Ikumi Tanimoto (JPN) by waza-ari (three-quarter points) in five minutes. For Rousey, this tournament holds special meaning as it was here in 2003 that she claimed her first international title en route to qualifying for the Athens Olympic Games as Team USA's youngest member.

After suffering a close loss in the early rounds of the World Judo Championships in September, Reser used this event as an opportunity to claim his fourth international title this year, defeating all five of his opponents by ippon (instant win), including a 17-second toss of Slava Rogov (CAN).

"It was a tough tournament," said Reser. "Because they didn't do seeding, I had one of my hardest matches in the first round against Nick Tritton (who he defeated in the final of last year's U.S. Open). It was a great warm-up for this week's U.S. Open. I think there will be a lot of good fights there, especially with Japan and a lot of the great Pan-American countries coming out."

Eighteen-year-old lightweight Andrew Taylor (Lafayette, La./55kg) claimed his first international senior title with a win by ippon in the final over Julien Paradis (CAN).

Mike Pedro (Lynn, Mass./90kg) continued his quest for the top U.S. ranking with his first international title—a gold medal win over Gervais Turcotte (CAN). A wrestler at Brown University, Mike is the younger brother of Jimmy Pedro, the 1999 World Champion.

Also qualifying for finals were Carrie Chandler (Scotia, N.Y./52kg) and Katie Mocco (Scotia, N.Y./57kg), both of the Jason Morris Judo Club. Chandler and Mocco each lost to Japanese counterparts Asuka Oka and Hisae Takara, respectively.

World Team members Sayaka Matsumoto (El Cerrito, Calif./48kg), Valerie Gotay (Temecula, Calif./57kg), Molly O'Rourke (El Cerrito, Calif./78kg), Aaron Cohen (Buffalo Grove, Ill./81kg) and Kirk Hoffmann (Colorado Springs, Colo./+100kg) each returned with bronze medals.

Other U.S. bronze medalists included: Eva Smith (Fall River, Mass./+78kg), Taylor Takata (Brownsville, Texas/66kg), Radu Brestyan (Medway, Mass./73kg) and Jonathan Leonhardt (San Jose, Calif./+100kg). ©

Continued from page 20

In addition to his Bio, the menu allows you to go to Fights, Pictures, Videos, Team Pitbull, News and Contact.

FIGHTS

While the music plays, you can peruse a history of his fights, beginning with his most recent bouts. There's the TKO over Paul Buentello at UFC 55, the victory by submission over Tim Sylvia at UFC 51, the losses to Pedro Rizzo and Ricco Rodriguez in 2002 and 2001, respectively. Among other data, you get the dates, opponent and means of victory or loss.

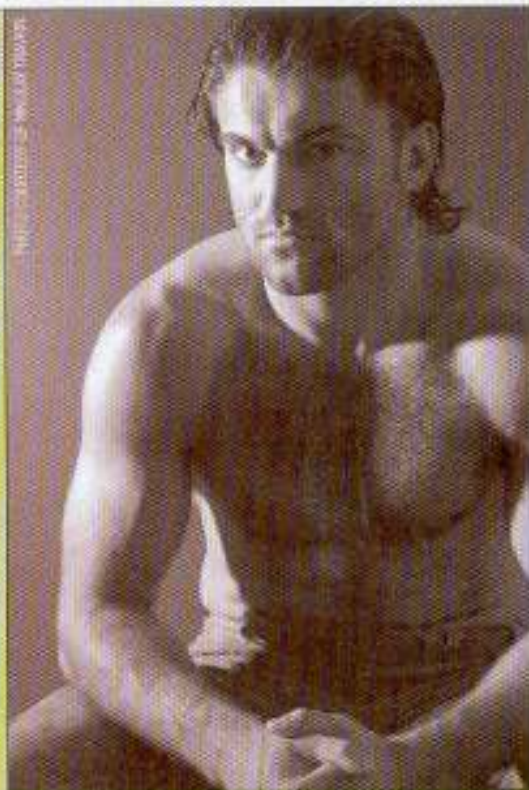
PICTURES

When you click on Pictures, a "proofsheet" of 24 pictures pops up. There is a nice variety and some great shots. You will see Andrei in the heat of battle, before the fight, portraits, fashion shots and some humorous shots.

In one shot, he's standing in front of a door with a pit bull, and he looks meaner than the dog! In another, he's standing with the dog between two brick buildings. It's a very creative shot with some nice lighting. The portraits are artistic and real nice, and there's one portrait in which he is flipping off the camera. Are we going to let him treat us like that? Yeah, actually we are!

VIDEOS/TEAM PIT BULL

These sections were not up and running yet as of press time, but they promise to be as nice and professional as the rest of the site. Once the Video section is ready, all you have to do is click on a thumbnail and download the clips, which are courtesy of the UFC.



WHERE TO FIND THEM

Web site: www.arlovski.tv/

E-mail: info@arlovski.tv or leo@arlovski.tv

NEWS

In this section, you get an account of various fight news. You'll read about fight previews, as well as get some training information on the Clubbella, which were reviewed in a previous issue of our magazine.

CONTACT

When you click on Contact, you get information about sponsorship and business-related topics, a fan mail address, e-mail addresses for key members of his team, as well as a reminder that Andrei is busy and that it takes awhile for him to answer all inquiries.

While checking his site, you have the option of turning the music off. We chose to leave it on because it provides a nice background effect.

AND FINALLY

This is a cool site, and it's obvious they put a lot of thought into it. The creativity extends from the visuals to the photos to the design. Check it out, man.