With UFC 71 creeping right around the corner, my cousin Scott (the "FightDr" in our forums) took some time out for us to put together an updated list of his top ten pound for pound fighters in the UFC. Good stuff as always from our resident expert on boxing and mixed martial arts. Also ... stay tuned, as we may soon be announcing a partnership with UFC.com that would add some serious enhancements to our boxing/MMA page.

Every few months I like to sit down and compose a Top 10 pound for pound rankings for the UFC. With UFC 71 right around the corner on May 26th, I thought today would be a great time to update my list. A lot of these guys are just so damn good that it makes for great debate. "Let's get it on!"

## 1) Light Heavyweight Champion Chuck Liddell (Overall MMA record 20-3)

"The Iceman" is not only the face of the UFC but the entire MMA world. His devastating knockout power sets him above the rest. Chuck's wrestling is also legendary. It's sometimes hard to tell just how good his ground game is because nobody can get him down. He hasn't lost in the octagon since June of 2003. Chuck did lose in November of 2003 in a Pride event to Quinton "Rampage" Jackson.

Next fight: UFC 71 May 26 vs "Rampage" Jackson

## 2) Middleweight Champion Anderson Silva (18-4)

"The Spider" is 3-0 in the UFC with all three victories being dominant

in fashion. He made former champ Rich Franklin look like a first time fighter. Anderson could be the best overall striker in the UFC. His elbows and fists are like sledgehammers. He also possesses knockout power with both feet.

Next fight: UFC 73 July 7 vs Nathan Marquardt.

## 3) Lightweight Champion Sean Sherk (35-2-1)

Awesome, awesome wrestler. He is 5-2 in the UFC with those two losses coming from Matt Hughes and Georges St Pierre at a heavier weight class. His ground and pound is fantastic and makes all his fights great to watch. He beat up former number one contender Kenny Florian for five rounds at UFC 64 to take home the title.

Next fight: UFC 73 vs #1 contender Hermes Franca

## 4) Georges St Pierre (13-2)

GSP is the former welterweight champion. His last fight he was knocked out by Matt Serra at UFC 69. His overall game is top of the food chain. Nobody gave Serra a chance in their fight but he got caught with a perfect punch. His four fights prior to the loss were all impressive wins including a beatdown of Matt Hughes who was champ at the time. The loss of the fight as well as the title is going to motivate the 25 year old to get even better. I love watching this guy fight.

Next fight: Rumored to be UFC 74 vs Josh Koscheck

## 5) Heavyweight Champion Randy Couture (15-8)

This guy is just a flat out freak. He dominated a guy six inches taller than him by doing what he does best, take people down and beat them up. He gained the title at UFC 68 with an impressive unanimous decision over Tim Sylvia. The 43 year old "Natural" is the last guy to beat Chuck Liddell in the octagon. He is also the former Light Heavyweight champ.

Next fight: UFC 74 vs #1 contender Gabriel Gonzaga

## 6) Matt Hughes (43-5)

The most dominant welterweight in UFC history. Matt's ground and pound is legendary. His wrestling skills are phenominal. His chin has been questioned since George St Pierre knocked him out at UFC 65, but I don't buy it. This guy has fought a who's who of MMA. He is in line to get the belt back.

Next fight: November or December vs Welterweight champ Matt Serra

## 7) Rich Franklin (23-2)

Another guy I love to watch fight. He has an 8-1 record in the UFC and that only loss came to Anderson Silva. This guy trains like nobody else in the sport. He wants to be the best and it's easy to see when he steps in the cage. He has dominated everyone in his eight wins. The loss of the title to Silva is only going to make him hungrier.

Next fight: UFC 72 vs Yushin Okami

## 8) BJ Penn (10-3-1)

Another former champ at welterweight. He will be back fighting at lightweight where he is even better. His submissions are awesome to go along with his total ground game. He reminds me of elasticman the way he can bend his limbs. He has lost his last two fights to GSP and Matt Hughes. Penn also has wins over Matt Hughes and Matt Serra.

Next fight: Ultimate Fighter Season 5 finale vs Jens Pulver on June 23 (winner to likely get title shot)

## 9) Hermes Franca (18-5)

The #1 contender in the lightweight division. Probaly has the quickest hands in the UFC. Excellent power for a 155 lb guy. His style is all out which makes every fight he is in a must see. His ground game is also superb.

Next fight: UFC 73 vs Lightweight champ Sean Sherk

## 10) Tito Ortiz (15-5)

"The Huntington Beach Bad Boy." You either love this guy or you hate

his guts. Either way, there is no denying his resume. Last two losses came at the hands of arch rival Chuck Liddell. His ground and pound has made him famous. The conditioning he has is also second to none. A guy that I have to watch when he fights.

Next fight: UFC 73 vs Rashad Evans

## *Best of the rest:*

**Rampage Jackson:** Only has one fight in the UFC but can shoot up the rankings with a win over #1 Chuck Liddell.

**Matt Serra:** Welterweight champ who "shocked the world" with a win over #4 St Pierre. 6-4 UFC record.

**Mirko Cro Cop:** Was just knocked out at UFC 70 by Gabriel Gonzaga. He is considered to be one of the most dominant strikers in the sport.

**Antonio Rodrigo Nogueira:** He is set to make his UFC debut at UFC 73 vs Heath Herring. Held the Pride title in two weight classes.

**Josh Koscheck:** Coming off of a snoozer of a victory over Diego Sanchez. Gets another step up in class if he fights Georges St Pierre next.

**Josh Burkman:** My favorite up and coming fighter. Takes on Karo Parisyan at UFC 71.

**Karo Parisyan:** 6-2 in the UFC. Was in line for a title shot before he was injured a few years ago. A win over Burkman will get him back on that track.

The UFC is easily the fasting rising sport in the world today. These guys are all world class athletes and exciting to watch. I can't wait to see what happens in the sport next.