We sent The Spoon Man downtown this past Saturday night to check out "Fight Night At The Flats 3", and he came away impressed. Fans from all over the state gathered at the Plain Dealer Pavilion for a collection of fights featuring some of the areas top fighters, some up and comers, and some UFC veterans. He recaps the event for us this morning ...

Cleveland,Ohio has always been known as a sports town. If last night was any indication, my city is embracing mixed martial arts in a HUGE way.

The Plain Dealer Pavillion was host to a great show for MMA fans from all over the state. There were a lot of local fighters on the card and the crowd was cheering them on from the start of the first amateur to the final bell of the main event.

The highlight of the night was the entrance of UFC vet Jason Dent from Mentor. Everyone in the stands went crazy when he made his way into the cage. He didn't let anyone of them down as he won by choke fifty-eight seconds into the first round over Mike Bogner.

Dan "the Bull" Bobish, fighting out of Cleveland, also was impressive against an overmatched Nate Eddy. The fight ended in a first round TKO.

The best fight of the night was an amateur matchup between Chuck Ellison and Chris Green. These two warriors went toe to toe the entire time with the fight never going to the ground. Ellison got the win via 2nd round KO.

Sean Salmon, another pro that has fought in the UFC, made quick work of crowd favorite Jason "Freebird" Freeman. The former Buckeye wrestler took the fight to the ground and secured the victory via submission just over a minute into the match.

Full results:

S H W Dan Bobish defeated Nate Eddy 1st round TKO
265 lbs Dave Herman defeated Andre Mussi 1st round KO
205 lbs Sean Salmon defeated Jason Freeman 1st round submission
155 lbs Jason Dent defeated Mike Bogner 1st round submission
170 lbs Joe Heiland defeated Jacob Eaton 2nd round TKO--strikes
145 lbs Sonny Marchette vs Dan Swift No Contest
185 lbs John Soeder defeated Taiwon Howard 1st round submission
265 lbs Joe McCall defeated Justin Black split decision

NAAFS Preliminary Bouts

265 lbs Josh Stansbury defeated Felix Catheline 1st round KO
145 lbs Zach Moomey defeated Paul Compton split decision
265 lbs John Hedges defeated Norm Carriero 2nd round TKO--cuts
185 lbs Chuck Ellison defeated Mark Hopple 2nd round KO
155 lbs Kevin Rothacker defeated Bill Feinberg 2nd round TKO
170 lbs Kellyn Hughes defeated Frank Carabello 1st round submission

Overall, it was a great night to be a fight fan. Every match was action packed and didn't let the crowd down. Seeing the way the outdoor arena was rocking was awesome.

A number of the fighters are working their way of the MMA ladder and I can't wait to see them all fight again. It was a great show.