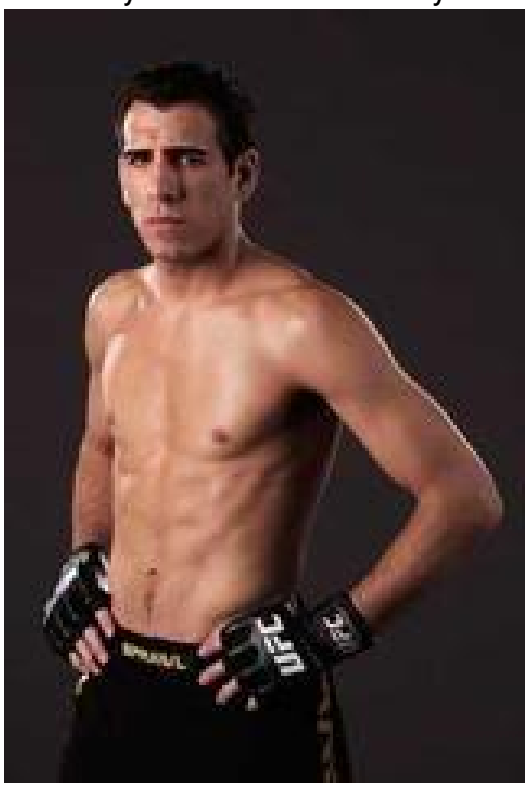
Kenny Florian is a veteran of The Ultimate Fighting Championship. He was a cast member of season one of the hit reality show, The Ultimate Fighter. Kenny currently has a 6-2 record in the octagon with an overall mixed martial arts record of 9-3. The current title contender in the 155 pound division recently took some time away from training to speak with our very own Scott Swerbinsky.



Kenny Florian is a veteran of The Ultimate Fighting Championship. He was a cast member of season one of the hit reality show, The Ultimate Fighter. Kenny currently has a 6-2 record in the octagon with an overall mixed martial arts record of 9-3. The current title contender in the 155 pound division recently took some time away from training to speak with me.

TCF: Thanks for taking the time to speak with me. You took a little time off from training after your last win because of a back injury, how are you physically?

KF: The back is fine. I had a herniated disc in both by neck and back. I won't be needing any surgery and it's holding up good.

TCF: Did that prevent you from not training as much or as hard?

KF: After the win over Din Thomas, I just took a little longer off than I normally do. I'm now back to training and sparring and working out 6 days a week.

TCF: Are you still thinking either February or March for your next fight?

KF: That's the plan as of right now. There is a chance I'll be on the card in Columbus in March. Ohio has some crazy fans and I hope to get back there soon.

TCF: Any idea of who your next opponent might be?

KF: I have no idea to be honest. All I know is that I want it to be one of the top guys in the division. It could possibly be the winner of Saturday's fight between Clay Guida and Roger Huerta. Frankie Edgar is another guy that is a possibility.

TCF: Who do like in that main event on Saturday between Guida and Huerta?

KF: I like Guida, I think he is the more polished fighter and has fought the tougher opponents. His wrestling could be the edge. Huerta might be the real deal and I look forward to watching that one.

TCF: BJ Penn and Joe Stevenson are fighting for the interim lightweight belt, who do think will win that one?

KF: I think BJ Penn is the most talented fighter out there. Talent doesn't always win though. The longer that fight goes, the more interesting it will be.

TCF: Who are some of the other fighters you consider contenders in the division?

KF: Penn and Stevenson we mentioned, Tyson Griffin and Thiago Tavares. Sean Sherk of course.

TCF: How bad do you want a rematch with Sherk, the only guy to beat you since

the show?

KF: I definitely want a rematch. I would love for it to be for the belt, I want to be the champion. I want there to be no doubt who the number one contender is. I want to take out everyone in my way.

TCF: How long until you get another title shot?

KF: I think I am one or two fights away from that. Right now, the most important thing to me is that next fight, whoever it is. If I lose that next one, I get knocked down the ladder and this division is getting stacked.

TCF: Who are some of the other fighters that you enjoy watching?

KF: Rampage is very entertaining and fighting great. Dan Henderson is a favorite of mine along with Randy Couture and Anderson Silva.

TCF: When you were on season one of The Ultimate Fighter, did you have any idea that it would have such a huge impact on the sport?

KF: I had no clue, we didn't even know if would be on TV or not. It has been an amazing ride and I'm glad to be a part of it. I like being considered one of the new age pioneers.

TCF: Kenny, thanks again for taking the time to speak with me, I've been a big fan of yours for a few years now and truly enjoy watching you fight. I hope to see you in Columbus in March so we can do it again.

KF: Thanks for the support and I look forward to possibly seeing you at the fights.