At 15-3 early into his MMA career, Joe Lauzon is about to headline his first UFC card at the ripe young age of 23 years old this weekend and is one of the sports rising stars. As he prepares for this Saturday's fight with Kenny Florian, Joe was the latest star fighter to take some time out to talk to our resident fight doctor Scott Swerbinsky.

Joe Lauzon is one of the fastest rising stars in The Ultimate Fighting Championship. He was first seen on season 5 of The Ultimate Fighter reality show and started impressing people imediately. Lauzon has a victory over Jens Pulver and currently is training with mixed martial arts legend BJ Penn.

Joe Lauzon's overall mma record is 15-3 and 3-0 in the UFC. At only 23 years old, Lauzon is about to headline his first UFC event. He takes on another 155 pound title contender Kenny Florian on April 2nd. The fight will air live on SpikeTV on the Ultimate Fight Night card. That event takes place in Colorado and Joe is now their training. He found some time in his busy schedule to speak with me on the upcoming fight and a few other topics.

SS: Thanks a lot for joining me Joe , how's training going?

JL: It's going great, just into Colorado a few days ago and getting used to the altitude.

SS: Your next fight is with Kenny Florian on April 2nd, how are you preparing for him?

JL: A lot of grappling, kickboxing, wrestling, and ground training. Kenny's good at everything and I need to be ready.

SS: This will be your first main event fight, anything different going thru your mind at all?

JL: To me it's no different, the fight is getting a lot more attention but when that bell rings it'll be just me and Kenny.

SS: I'm excited for the fight, tell our readers how you even got into mixed martial arts.

JL: It was on accident really. Me and my friends were always messing around wrestling. We started off doing moves on each other, a few power bombs here and there. Then a few of them started grappling and training. I was getting choked by them every two minutes. I didn't want that to continue so I started training some jiu-jitsu with friends. I then was fortunate to turn a hobby into a career.

SS: You were doing some tech support work awhile back, are you still working that job?

JL: I'm fighting full time now, I quit that job last August.

SS: What are some of the long terms goals you have in the

sport?

JL: I just want to keep fighting as long as I enjoy it. I don't want to fight just because I need the money. That's what I went to college for.

SS: Everyone knows you training with BJ Penn, there was something in the news about you guys possibly fighting one day, would that ever happen?

JL: We've talked about it a little. I fight 155 and he's currently the champ there. He just wants me to best that I can and earn everything. It's not much of a secret that after he fights Sean Sherk, he'll look at moving up to 170.

SS: Is there anyone out there that you want to fight?

JL: I'm not gunning for anyone. I'd like to fight Spencer Fisher and avenge my brother's loss. I also wouldn't mind fighting Manny Gamburyan, he beat me on the show.

SS: Those would be a few good fights. I'm looking forward to seeing you and Kenny throw down here soon. Thanks a lot for taking the time to speak with me.

JL: No problem, take care.