The Ultimate Fighter reality show begins its seventh season tonight, and there's no question that this show has helped mixed martial arts evolve into one of the fasting growing sports in the world today. Before the season starts, the UFC has a little added bonus for fight fans tonight, as they're showing UFC Fight Night on Spike at 7 PM before it starts. The card is loaded with former Ultimate Fighter greats and has an excellent main event. And my cousin previews it for us this morning.

It's hard to believe that season seven of The Ultimate Fighter reality show will start this Wednesday night on SpikeTV. This show helped the explosion of mixed martial arts and helped make it the fastest rising sport in the world today.

Season 7 will feature middleweights (170-185 pounds) and will be a little different this year. Normally the show starts with 16 fighters in the UFC house. The finalists we narrowed down to 32 this time around and there will be 16 fights. Those winners will then earn their way into the house. Look for it to be another great season of reality tv and mixed martial arts.

Before the new season kicks off, UFC fans are in for a real treat. At 7pm on SpikeTV, Ultimate Fight Night takes place in Colorado. The card is stacked with fighters who appeared on previous seasons of the show and has a ton of talent.

The main event could easily be a pay per view fight and is a battle of lightweight contenders. Kenny Florian will face off with Joe Lauzon.

I expect this fight to be phenomenal. Two very equally matched guys with great all around skills. Florian has fought for a title in past and came up short against Sean Sherk. Lauzon has been impressive and wants a title shot sooner rather than later. This is one I do not want to miss.

Easily one of my favorite fighters is Karo Parisyan. He is also looking to get a title shot in the near future and in his way is Thiago Alves. This is another matchup of two very well prepared fighters that have all around great skills. Look for this to be a show stealer between two top fighters in the welterweight division.

James Irvin takes on Houston Alexander in a fight that might last 30 seconds. Both of these guys love to bang and a fireworks displays should break out. Don't blink in this one. Irvin, with a loss might be on the outside looking in.

Another great fight takes place between two phenomenal wrestlers. Gray Maynard will scrap with Frankie Edgar and is another pay per view type fight. A future lightweight title holder could come out of this one. Both guys have nonstop motors and just might be a three round skill display. I'm pulling for Maynard who has local ties (Maynard attended St. Ed's High School) but he is going to be in for a battle. Edgar has fought much stiffer competition and is a huge leap up the ladder for Gray.

Full fight card:

Kenny Florian vs. Joe Lauzon

Thiago Alves vs. Karo Parisyan

Tim Boetsch vs. Matt Hamill

Houston Alexander vs. James Irvin

Nate Diaz vs. Kurt Pellegrino

Frankie Edgar vs. Gray Maynard

Marcus Aurelio vs. Ryan Roberts

Josh Neer vs. Din Thomas

Jeff Cox vs. Manny Gamburyan

Samy Schiavo vs. Clay Guida

Roman Mitichyan vs. George Sotiropoulos

Anthony Johnson vs. Tommy Speer

All in all a great night for UFC fans everywhere. A loaded live fight card followed by the new season of The Ultimate Fighter Show. I know where I'll be Wednesday night.