The last time my cuz had the chance to speak to Juan "Baby Bull" Diaz was back in January of this year. At that time, he was 33-0 and Lightweight Champion of the World. On March 8, 2008, Diaz would suffer the first loss of his career to Nate Campbell. It was a tough fight but Campbell was clearly the better fighter that night. September 6th, Juan Diaz will look to regain his winning ways when he steps in with another very tough opponent in Michael Katsidis. And our resident fight doctor had another chance to talk with him this week.

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September 6th, Juan Diaz will look to return to his winning ways when he steps in with another very tough opponent in Michael Katsidis. The fight will take place in Diaz's hometown of Houston, Texas. Two weeks into his training camp for his upcoming fight, Diaz found some time to talk with me.

SS: Juan, thanks again for taking the time to talk with me, how's training?

JD: I'm just getting started. We got going about two weeks ago and I'm hungry and excited to get back in the ring.

SS: This is your first fight after a loss, what are you planning to do different?

JD: There won't be any changes to my training. I need to listen to my corner this fight. Every fight we have two game plans going in. Last fight, plan A wasn't working. I was very stubborn and my corner said to go to plan B and I didn't do it. I didn't think I needed a plan B. I got it trouble and I didn't listen.

SS: What are your thoughts of Michael Katsidis?

JD: His strength is his power and ability to back his opponents down. Casamayor almost had him out a few times and he kept coming, he won't quit. I'll need to outwork him and outpunch him. Nobody has tested him toe to toe and I plan to do that. I will do whatever it takes to beat him.

SS: The fight is in your home town of Houston, how important is that to you?

JD: It's a great feeling, I'm very happy. I need a big fight also. I didn't want a tune up. What happened if I took a tune up and I lost? I am very motivated for this fight. I am fighting one of the top guys in the division at home. If I can't get motivated for that, then I can't get motivated for anything. It really is icing on the cake to be able to fight in Houston.

SS: You recently signed with Golden Boy Promotions. What is the difference between working with them and working with Don King?

JD: Golden Boy treats us as a business partner and not just another number to make money off of. Boxing needs more promoters to compete with Don King and Bob Arum. Don King's contracts were 15 to 20 pages long. I just signed the Katsidis contract and with Golden Boy it was two pages.

SS: The night of the loss to Campbell was your final fight with Don King, tell me about some of the things that happened that weekend?

JD: It was a mess. I wasn't even sure if the fight was going to happen. Don King knew I wasn't going to resign with him so he put posters up at the weigh in saying I ripped him off of money and I don't live up to my contracts. During the fight, he told the guy from the IBF that my cutman was using illegal substances so they took my cut man's equipment in the middle of the fight. We only had Vaseline after the 7th round. There were no pre fight or post fight drug tests. It was just a bad situation.

SS: In addition to signing with Golden Boy, you also just signed a deal with Everlast. Tell me about that.

JD: That did happen a little before the Golden Boy deal. It's another great thing that happened to me. I get to go around the

country sporting their clothes and equipment. It's mainly in Texas, doing meet and greets with my fans. Getting paid too is pretty good. They will be coming out with "Team Baby Bull" shirts closer to my next fight.

SS: Where did the nickname "Baby Bull" come from?

JD: Gary Shaw saw me fight when I was 17. He said he loved my style, the way I worked the body and charged ahead. He said it was like a bull and that I was still a baby. I have to thank Gary Shaw for that.

SS: Are we going to see the old "Baby Bull" in September?

JD: Oh yes, absolutely. That loss has made me hungrier than before, I was a three time world champion before, I must have been doing something right. Maybe I got a little complacent. I am going back to where I started and I'll be more ready than ever.

SS: Thanks again for taking the time to speak with me, I'm

looking forward to you getting back on track.

JD: Thanks so much for your support.