

UFC 157: Rousey vs. Carmouche Preview & Results



Main Event

UFC Women's Bantamweight Championship

UFC Women's Bantamweight Champion



Ronda Rousey

6-0

6 subs (100%)

VS

Challenger

Liz Carmouche

7-2-0

4 KOs, 1 TKOs, 1 sub (88%)



Ronda Rousey wins by Armbar in RD1!

Main Card

Light Heavyweight (205lbs)



Lyoto Machida

18-3

4 KOs, 3 TKOs, 1 sub (50%)

VS

Dan Henderson

29-8

7 KOs, 7 TKOs, 1 sub (52%)



Lyoto Machida wins by Unanimous Decision!

Bantamweight (135lbs)



Ivan Menjivar

25-9

9 TKOs, 10 subs (76%)

VS

Urijah Faber

26-6

7 TKOs, 14 subs (81%)



Urijah Faber wins by Rear Naked Choke in RD1!

Welterweight (170lbs)



Josh Neer

33-12-1

3 KOs, 14 TKOs, 12 subs (88%)

VS

Court McGee

14-3

3 TKOs, 7 subs (71%)



Court Mc Gee wins by Unanimous Decision!

Welterweight (170lbs)



Josh Koscheck

17-6

3 KOs, 2 TKOs, 5 subs (58%)

VS

Robbie Lawler

19-9

7 KOs, 9 TKOs, 1 sub (89%)



Robbie Lawler wins by TKO in RD1!

FX Channel Preliminary Bouts (8:00 p.m.)

265#: Lavar Johnson (17-6) vs **Brendan Schaub** (9-3) wins by Unanimous Decision!

155#: **Michael Chiesa** (8-0) vs Anton Kuivanen (17-5) wins by Rear Naked Choke in RD2!

145#: **Dennis Bermudez** (10-3) vs Matt Grice (15-4) wins by Split Decision!

155#: Caros Fodor (7-2) vs **Sam Stout** (19-8-1) wins by Split Decision!

Facebook Preliminary Bouts (6:50 p.m.)

170#: Brock Jardine (9-2) vs **Kenny Robertson** (11-2) wins by Kneebar in RD1!

170#: Jon Manley (7-2) vs **Neil Magny** (7-2) wins by Unanimous Decision!

170#: **Nah-Shon Burrell** (8-2) vs Yuri Villefort (6-1) wins by Unanimous Decision!

Ultimate Fighting Championship 157 takes place on February 23, 2013 at the Honda Center, Anaheim, California. Facebook fights start at 6:30 p.m. EST. To watch the FREE prelims on Facebook simply visit their Facebook page and "like." Preliminary card starts at 8 p.m. EST on FX Channel and Fox Deportes for Spanish language broadcast. PPV begins at 10 p.m. EST. Watch the official weigh-ins LIVE on Friday, February 24th at 4 p.m. EST and The 'Countdown to UFC 157' show which is a 30 minute show that follows the fighters behind the scenes leading up to the fight can be watched here.



by Joe
Silvia

Ronda Rousey vs Liz Carmouche

What UFC President Dana White said would never happen is happening: women are fighting in the UFC. What changed his mind? Current UFC Champion, Ronda Rousey caught Dana White's attention, not by her good looks, but by winning all of her fights – every single one – by armbar. That's two amateur fights, and six professional fights all by armbar. In addition, all but one of those fights ended in under a minute, and even the fight that went past a minute ended in the first round. Man, woman, child, or alien, that is impressive. If Rousey did not have the looks and skill, she would still be marketable based on charisma and chutzpah alone. Rousey says

what she means and means what she says. She is the total package from a fan, business and promotional point of view.

Rousey's background is in Judo where she has won dozens of medals and a world championship, culminating in Olympic Bronze at the 2008 Summer Olympics. The criticism against her is that she is "two dimensional", meaning she can throw you and submit you but can't punch or kick. In her early fights she looked awkward and raw. She took the criticism to heart and focused almost solely on her striking. The Countdown to UFC 157 show featured plenty of footage of her working on this area, and she looks like another fighter. Fluid, fast, and powerful.

Her opponent is Liz Carmouche, was born in Louisiana and grew up in Okinawa, Japan. Before her mixed martial arts career, she was a helicopter electrician for the Marine Corp. Carmouche has been overshadowed by Rousey's stardom and looked past by pundits and punters alike. She has a raw, scrappy style of striking and is very strong for her size. Her grappling credentials consist of a blue belt in Brazilian Jiu Jitsu. Carmouche made headlines leading up to this fight by "coming out" as a lesbian, being the first fighter in the history of the sport to reveal their homosexuality.

For Carmouche to win this fight, she needs to avoid the clinch and the ground at all costs. She must use footwork constantly and maintain a long measure. She needs to take potshots and hope to stun Rousey, where she can then put together a combination of strikes. Rinse and repeat. If taken down, her entire focus must be to get to standing and not "stay and play." Especially considering she has lost once by submission already. For Rousey to win, she simply needs to clinch with Carmouche. If a clinch happens, chances are you can count the seconds on one hand that it will take for Rousey to throw Carmouche where the end will inevitably come by submission.

NBG Pick: **Ronda Rousey.**

Lyoto Machida vs Dan Henderson

Brazilian Lyoto Machida is one of the most unique fighters in the sport today. He uses an unorthodox stance, maintains a long measure, and utilizes his footwork to evade an opponent until he sees an opportunity or opening. With impeccable accuracy and timing he closes the distance with a strike or footsweep that he is committed to 100%. He has one punch knockout power in each hand as well. This has presented a deep riddle for most of the division. His major losses are a knockout loss to Mauricio "Shogun" Rua and a modified Guillotine choke to current champion Jon Jones.

Pioneer and legend Dan Henderson has been competing at the highest level of the sport since it's beginning. The highly decorated wrestler is famous for his granite chin, inability to be knocked out, and perhaps the most powerful right hand in the sport today. It only takes one from Hendo, who's right hand has been dubbed the "H-Bomb." People who have been victimized by the "H-Bomb" include Renzo Gracie, Wanderlei Silva, Michael Bisping, and Fedor Emelianenko. This fight in all likelihood will take place as a striking match with very little grappling. In essence it will be Machida's straight left versus Henderson's overhand right. Unfortunately for Machida, the overhand right is perfectly made for straight lefts. He will need to pull some other tricks out of his bag to pull it off. Henderson just needs to keep that right hand firing EVERY time Machida throws a straight left.

NBG Pick: **Dan Henderson.**

Ivan Menjivar vs Urijah Faber

Salvadoran Ivan Menjivar has been fighting in the sport since 2001, flying under everyone's radar except the hardcore fan who always knew he'd eventually make it to the big show. Going

4-1 since being in the UFC, the 2 time Submission of the Night fighter has earned a shot against the cream of the crop and is bee-lining for a title shot. The salty veteran is well-rounded and equally dangerous with his hands as he is with his submissions.

His opponent is ex-champion, Californian, and Team Alpha Male leader Urijah Faber. Faber has fought the biggest and the best names in the sport. He is one of those fighters that stays at the top, but just doesn't seem to be able to regain a title. He is a superb athlete with phenomenal cardiovascular endurance, wrestling and confidence. His weakest link and perhaps what is keeping him from regaining a title is the ability to KO an opponent at the top level. It has been six long years since Faber has gotten a KO or TKO stoppage. Often his cockiness and attempts to look "cute" place him in danger. Against Menjivar he better not try to look cute.

This is one of those fights where the experience and well-roundedness of the fighters will show. This fight will surely go up and down, and move from strikes to throws (attempted anyhow) and ground wrestling. The grappling caliber of both may cancel each other out. Though Faber has a sneaky and powerful guillotine choke that can finish anyone. On the feet Menjivar has an edge in power, but not necessarily speed. Faber is better suited to take the fight to the ground and Menjivar keeping it standing. Whomever makes his tactic work will win. This is anyone's fight.

NBG Pick: **Ivan Menjivar.**

Josh Neer vs Court McGee

Josh Neer is one of this writer's favorite fighters. His aggressive fearless style makes him an exciting fighter to watch. With 17 TKOs, 12 submission wins and 88% finish rate, he has more than proven this style of exciting fighting is

effective. The only problem with being fearless, and highly offensive is at times Neer leaves himself exposed and gets caught by a punch or submission. In his last fight he looked lethargic and sluggish and appeared to have a poor weight cut. It remains to be seen whether he has fixed the issues or not. His opponent Court McGee is a monster in the weight class. A virtual gorilla. Big, strong, and powerful. As a matter of fact Court has 2 professional Boxing bouts under his belt, in the Cruiserweight division which has a cutoff of 200 pounds. On paper, Neer's vast experience should be too much for McGee as he has lost to higher levels of competition both times he has gone up. However, I wonder about the weight cut and big chances he takes. My heart want Neer to win. Come back in a few days...I may change my pick!

NBG Pick is: **Josh Neer**.

Josh Koscheck vs Robbie Lawler

UFC heel Josh Koscheck has had all but two of his 23 fights in the UFC. Virtually an entire career in one organization fighting only the best. Josh possesses extreme confidence, even arrogance regardless of his opponent. The NCAA D1 champ and All-American has a predilection to strike in spite of his background and wrestling accomplishments. Perhaps preferring the \$75,000 win bonuses that accompany Knockout of the Night awards, which he has won twice. However, his opponent Robbie Lawler has built his entire career and even legend by terrorizing people with awesome displays of highlight reel knockout power. Lawler is a pioneer of the sport and been around since the earliest days. This fight against Koscheck is a return to the UFC. This fight can carry out a few different ways. If Koscheck tries to trade with Lawler, he will get put to sleep and play into what Lawler does best and wants to do. In spite of that, Koscheck, being supremely confident and competitive is the type of person that would intentionally stand and trade with Lawler just to prove to everyone that he

can and that he is not scared. If Koscheck wrestles, he is almost guaranteed to win. If he stands, he is almost guaranteed to lose.

NBG Pick: **Josh Koscheck.**

Come back for the results, updates and animated gifs. What are your picks for the headline fight between Rousey and Carmouche? Will Carmouche be able to stop Rousey's armbar streak? Who wins the bonuses?