

Top Ten Pound-for-Pound Fighters in the World

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- 1) Fedor Emelianenko (Russia, 230lbs): Fedor is the best fighter on earth. This guy is ruthlessly lethal in all departments and if there was ever a fighter worthy of the moniker 'Ice Man', it should be him (he is utterly impassive). Let's talk striking: whether standing up or on the ground, Fedor punches as hard as two men. This was really showcased when he positively guzzled Gary Goodridge with a torrent of hurtling blows, taking a lopsided victory in just over one minute. As for kicking, although we don't see him kick too often, he demonstrated tremendous kicking power in his fight against 'Ol' Ironhead' Fujita right after Fujita wobbled him no less, which brings us to his next strength: toughness. Fujita really did nail Fedor with a solid punch on the button yet Fedor managed to quickly shake it off & win the fight within the next couple minutes. Fedor can really take it! In the mother of all slamming highlight reels, against Kevin Randleman, Fedor was suplexed high into the air and dropped right onto his head in such a manner that he actually took the brunt of the force on his head and neck as opposed to 'rolling with the motion'. It is still a remarkable and painful scene to watch as the physical ramifications are obviously potentially lethal, yet to say it fazed Fedor not-at-all is an understatement. Fedor took that drop without so much as a flutter in his facial expression; he was utterly oblivious to the impact! Instead of damaging him it put him in position to apply a kimura with which he secured a submission victory moments later. Fedor has actually won at least half of his fights via submission, so there's no doubt of his mastery there. Whether you're talking striking, toughness or submissions, Fedor is the man, and the really remarkable thing is he just keeps getting better. He never gasses, he's never been defeated (excepting one stoppage due to cut that he later avenged in a rematch), and he almost always wins decisively. Only in his early thirties, Fedor still has a solid career ahead of him and there's nobody I look forward to watching more than the 'Russian Experiment'.



- 2) Urijah Faber (USA, 140lbs): As far as pound for pound fighters go, only Fedor keeps Urijah from being number one. This guy has only ever lost one fight (by TKO two years ago) and he has won almost all of his 20 fights decisively. He is the epitome of cardio conditioning & combat enthusiasm & today, there isn't a fighter in his weight class worthy of mentioning in the same sentence.



- 3) Anderson Silva (Brazil, 185lbs): OK, Anderson has lost 4 fights out of 24 but his last loss was nearly 2 years ago & he has become an unstoppable force since then.

Ruthlessly devastating with his muay thai skills he is also a Nogueira-certified jiu-jitsu blackbelt and there isn't a fighter on this list who has improved to the extent

Anderson has these last two years. If you want to get in the ring with this destroyer in attempt to take his UFC

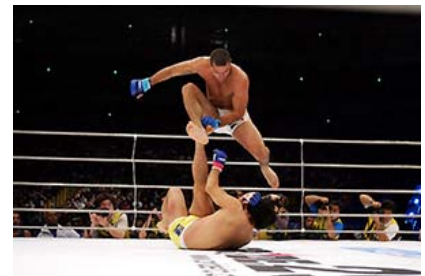
title, you'd best be unconcerned with having a pretty face & invest in some serious medical coverage...



- 4) Antonio Rodrigo (Minotauro) Nogueira (Brazil, 240lbs): This guy could well be the toughest fighter in the world. Whether it's Bob Sapp pile-driving him or Crocop landing a 60MPH shin kick to his liver or Heath Herring landing a shin to his chin, Nogueira has taken them all & won the fights. Not to mention he's the best submission fighter on the planet and is the inventor of the super slick anaconda choke! One of the few guys Fedor could never finish and with stamina and heart galore, I predict it's only a matter of time until Nogueira wears the UFC heavyweight belt.



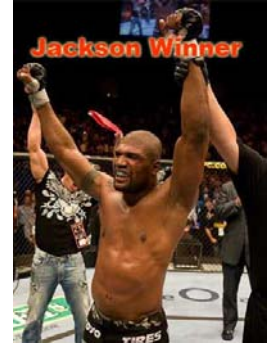
- 5) Mauricio Shogun Rua (Brazil, 205lbs): Yes, he lost to Forrest Griffin at UFC 76 but I think that was an anomaly & I don't believe we saw the real Shogun that night. Did he have the flu or jetlag? I don't know but this young fighter is a cardio machine and for him to be exhausted by the end of the first round is not a pacing issue, it's an anomaly. Lethal in all departments and perhaps the most adept fighter in this list at applying the optimal tactics against an opponent's weakness, Shogun's future should be as stellar as his past record. I eagerly await his next bout which I believe will tell a totally different story than the Griffin fight...



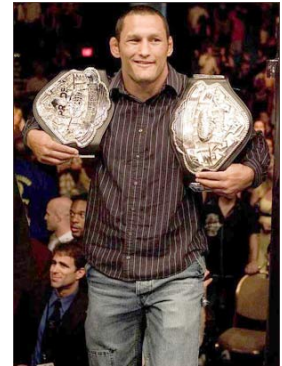
- 6) Wanderlei Silva (Brazil, 205lbs): 127 million people in Japan and not one to beat Wanderlei Silva! Out of some 40 fights, Wanderlei has destroyed, not beaten but destroyed, nearly every Japanese opponent to get in the ring with him, and he's been in there with Japan's very best. The epitome of a savage, vicious beast of a fighter, Wanderlei is in the very highest percentile of lethality. To see what I mean, catch his first fight with Kazushi Sakuraba. Although he has recent losses to Crocop and Henderson, Wanderlei was Pride middleweight champion for the better part of 5 straight years and as such, it's way to early to dismiss him from this list.



- 7) Quinton Jackson (USA, 205lbs): Quinton looked to be on the way out of serious MMA contendership near the end of the Pride federation lifespan, as he was devastated twice by Wanderlei Silva and then by Mauricio Shogun. However, still in his twenties and with huge experience from fighting in Pride, he moved to the far easier UFC (in Pride you had to contend with kicks, stomps and knees to a downed opponent!) and waltzed right into the championship, just like Anderson Silva did. Combine this with his decision-victory over Dan Henderson & we have to conclude that Quinton belongs on this list.



- 8) Dan Henderson (USA, 205lbs): The only fighter in this list to fight in 185lb, 205lb & heavyweight classes and the only fighter ever to hold two Pride championship belts for 185/205lb divisions simultaneously, Dan Henderson is one amazing fighter. Not to mention he knocked out Wanderlei Silva! Approaching the end of the MMA fighter's shelf life and after his recent decision loss to Quinton Jackson, we sadly, may not see Dan on this list next year, but he will make an invaluable coach.



- 9) Georges Saint Pierre (Canada, 170lbs): GSP is one of the top ten pound for pound fighters in the world because of the way he man-handled Josh Koscheck at UFC 74 and his knockout victory over Matt Hughes at UFC 65. His energy level and skills set really puts him over the top as far as 170lb fighters goes and I believe his loss to Matt Serra was a total fluke. At 26 years of age he has cardio galore and if he maintains his focus and dynamic enthusiasm, it's only a matter of time until he has that belt back. Love the way he jigs his stance turning his front leg into a rear leg round kick! Canada's greatest MMA fighter.



- 10) Randy Couture (USA, 228lbs): After recently man-handling much bigger and younger Tim Sylvia to take the heavyweight title and then defending it decisively against much bigger and younger Gabriel Gonzaga at UFC 74, Randy Couture has earned a place on this list. Not to mention he's the only fighter to hold the UFC light and heavyweight titles, and is the only five time UFC champion. Credit must be given where credit is due, so congratulations Randy Couture, you bumped Josh Barnett for number ten.

