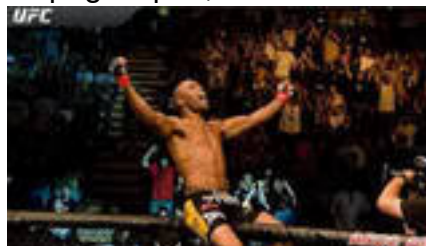


UFC Top Ten Pound For Pound Fighters

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With the 2007 season winding to a close, our resident fight doctor Scott Swerbinsky took some time out for us to put together his top ten pound for pound rankings for the UFC. Who tops the list? Anderson "Spider" Silva? Quinton "Rampage" Jackson? B.J. Penn? The Spoon Man gives us the straight skinny inside.



With only two events left on the UFC calendar I thought it was time to put together my top ten fighters in the best organization in the mixed martial arts world. The Ultimate Fighter Finale and UFC 79 are right around the corner and will have a big impact on these rankings.

The Ultimate Fighter Finale takes place on December 8th and will have what could easily be the most entertaining fight of the year as its main event. Rising superstar Roger Huerta will take on Clay Guida in a lightweight showdown. They are going to put on a show for fight fans.

UFC 79 on December 29th will have two main events and they are must see.

Matt Serra will finally defend his welterweight belt that he took from Georges St. Pierre back in April. He will battle arch rival Matt Hughes who just happens to be the greatest welterweight champion of all time.

Chuck Liddell returns to action and looks to rebound from two straight losses. He will take on Wanderlei Silva in a rematch from their Pride battle a few years back. Both fighters are coming off losses and have wanted this fight for some time. I

can't wait until it goes down.

Now, let's get on to those rankings:

•1) **1. Anderson "The Spider" Silva**

Easily the best striker in the business. He lands his shots with such accuracy it's scary. The current Middleweight champ looks unbeatable.

•2) **2. Quinton "Rampage" Jackson**

The Light Heavyweight Champion is on a roll. He defeated both Chuck Liddell and Dan Henderson pretty easily. He has the best personality in the game.

•3) **3. BJ Penn**

Has a chance to get a title when he meets Joe Stevenson at UFC 80 for the interim lightweight belt. Penn belongs at 155 but can easily compete at 170 also. I love his all around game.

•4) **4. Georges St Pierre**

The former Welterweight king was stunned by Matt Serra. After that loss he dominated top contender Josh Koscheck. I believe GSP is the best all around fighter in the world but one slip up cost him his title.

•5) **5. Tie between Matt Hughes and Matt Serra**

The coaches of The Ultimate Fighter really don't like each other. They will finally meet next month to decide the champ of the division. Serra stunned GSP to win the belt and Hughes thinks it belongs to him. I look for Hughes to dominate him and regain the title he held for years.

•6) **6.□ Jon Fitch**

Another welterweight contender in a loaded division. His wrestling is top of the food chain. He has won all seven of his fights in the UFC. Another victory should have him ready for a title shot.

•7) **7. □ Antonio Rodrigo Nogueira**

"Minotauro" might get a shot at Randy Couture for the Heavyweight title if Couture decides he wants it. Probably the most skilled big man in the game today.

He ground game is unheard of for a heavyweight.

•8) **8. Dan Henderson**

Only has had one fight in the UFC and it was a loss to Rampage. He will drop down to his natural weight and take on number one fighter Anderson Silva. His wrestling could be the difference in that one. Will shoot up this list with a victory.

•9) **9.▯ Forrest Griffin**

A fan favorite. A crowd pleaser. Anytime he fights, there will be action. Coming off of a huge win over Shogun Rua. He had one slip up when Keith Jardine destroyed him but that will only make this kid better.

•10) **10.▯ Karo Parisyan**

The best fighter in the world never to fight for a title. The "Heat" has it all and is fun as hell to watch. 8-2 in the UFC and still only 25 years old. He can get better which is really scary.

The best of the rest:

Chuck Liddell : Former face of the UFC has lost two in a row. Has he lost his hunger?

Joe Stevenson: Getting a shot at BJ Penn and the lightweight title. Another young stud with a ton of talent.

Kenny Florian: Should get a crack at the Penn/Stevenson winner. Has been great in all fights after his loss to Sean Sherk.

Roger Huerta: Possibly the most entertaining fighter in the UFC. Takes on another crowd pleaser in Clay Guida in a few weeks.

Sean Sherk: He is the current lightweight title holder but tested positive for steroids. His appeal is on hold and drops him out of all rankings.

There is a ton of talent in the UFC and many guys just missed my list. Due to the huge growth of mixed martial arts my rankings get harder and harder every time.