

An Interview With Nate Marquardt

Written by {ga=fightdr}

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Nate Marquardt is one of the top middleweight fighters in the world. He holds an impressive 4-1 record in the UFC and an overall record of 28-7-1. In his last fight he was defeated by UFC champion Anderson Silva by first round TKO. He looks to get back on track this Saturday at UFC 81 when he steps into the octagon with veteran Jeremy Horn. My cousin recently got the chance to talk to him and get some of his thoughts on his career and that next trip inside the cage.



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I recently got the chance to talk to him and get some of his thoughts on his career and that next trip inside the cage.

SS: Thanks for taking the time Nate, give our readers a little back of your background.

NM: I was born in Wyoming and my family settled down in Colorado when I was about 8 or 9. I started taking Brazilian Jiu-Jitsu and karate at 15.

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SS: How did you get into mixed martial arts?

NM: I actually started by watching the early UFCs. I was kind of a late bloomer and was smaller as a kid. Royce Gracie was winning all the time and he was the smallest guy out there.

SS: Now you're with Team Jackson, who are some of the guys you have been training with?

NM: I get to train with all the best guys. Georges St. Pierre, Keith Jardine, Rashad Evans, Duane Ludwig, and Joey Villasenor to name a few. When we make the trip to Montreal I get to train with Patrick Cote and Davis Loiseau as well.

SS: Has this training camp been any different with you coming off of a loss?

NM: Not too much. I just need to work of conserving my energy a little better. I felt last time that I had to prove myself. I just have to have mind change and nit put any pressure on myself. I was fighting not to lose. I have to be thinking I want to win, not that I have to win.

SS: What do you consider to be your biggest strengths or weaknesses?

NM: I'm always looking to improve but I think I'm strong in all areas. I feel more dangerous now. I get to spar with all the top guys which gives me great confidence. If there is something that isn't working, I'll work on it and try my best to get better.

SS: How are you preparing for Jeremy Horn who has over 100 mma fights?

NM: I prepare the same no matter who I'm fighting. I never neglect any part of the

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game. I've been doing a ton of wrestling, jiu-jitsu, and standup. I'm ready to go and really excited for this fight.

SS: Is there anybody you'd like to fight after Horn?

NM: I refuse to look past anyone. I'm focused on Jeremy Horn right now. I do know that I want to be the best and want to fight all the top guys. Everyone's goal is to be champion and I'm no different.

SS: Are there any other fighters you enjoy watching ?

NM: All my teammates of course. Other guys I like to watch are the lightweights, Tyson Griffin, Clay Guida, and Roger Huerta come to mind. Those smaller guys are great.

SS: Nate, thanks for joining us. I look forward to your fight on Saturday and I'll be watching when you get your hand raised in victory.

NM: Thanks a lot, I appreciate it.