

Interview: Ken Shamrock

Written by {ga=fightdr}

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Ken Shamrock is easily one of the most recognizable figures in all of mixed martial arts and is one of the founding fathers of the sport. At age 44, Ken plans to keep on fighting until he stops loving the sport he basically started. On October 4th, he will be headlining CBS's EliteXC event. He will step in with Kimbo Slice in a fight many people believe he doesn't deserve. My cousin had a chance to catch up with the legend as he was training for the Kimbo.



Ken Shamrock is easily one of the most recognizable figures in all of mixed martial arts, is one of the founding fathers of the sport, and was a part of UFC number 1. If not for Shamrock and Royce Gracie I might not even be a fan of mma or the UFC.

They are the two reasons I started following the sport.

Shamrock has fought a who's who in the sport and has seen everything imaginable. He is a member of the UFC Hall of Fame and rightfully so. Not only is he a great fighter, when you actually have a chance to speak with him, he is one of the classiest guys you'll ever talk to.

At age 44, Ken plans to keep on fighting until he stops loving the sport he basically started. On October 4th, he will be headlining CBS's EliteXC event. He will step in with Kimbo Slice in a fight many people believe he doesn't deserve. With a career record of 25-13-2 and what he's done for the sport, he can fight whoever the hell wants and deserve it in my opinion.

Ken was able to find a few minutes for me as he prepares for his battle

with Kimbo Slice.

SS: Thanks for taking the time to speak with me Ken, how is the training going for Kimbo?

KS: It's going good. I'm excited and I'm ready to shock the world. Well, not really.

SS: Anything you're working on specifically for him?

KS: Not really, just some basic stuff. I have been working my combinations, using different angles. He likes to throw bombs so I'm going to look to take him down and do what I do. I am looking to beat him in both areas. He's a big strong guy and is getting better every fight.

SS: There are a lot of people that say you don't deserve this shot, what are your thoughts on that?

KS: Those are young people that don't know anything. Go back to the beginning and see what I have done. There are a lot of young guys that want the shot but aren't experienced and haven't earned it.

SS: You're 44 years old, how long do you plan on fighting?

KS: As long as I can, I love it.

SS: You have been in this game for a long time, what would be your

career highlight?

KS: One would be becoming the first open weight King of Pancrase. Another would be winning the first Superfight belt in the UFC.

SS: When people look back at your career, what do you want them to say?

KS: That I never quit and I just kept fighting no matter what. I put everything I the line and that I was focused.

SS: Are there any fighters that you enjoy watching?

KS: I love them all. There are so many guys doing phenomenal things. The sport is changing so fast.

SS: One guy making a lot of noise in the mma world is Brock Lesnar. What are your thoughts on him?

KS: I think he's done a great job. He's such a big dude and such a good wrestler. If he keeps his nose to the grindstone, he could do some really big things.

SS: There has been talk of you and your brother Frank fighting. That really won't go down ... will it?

KS: There is talk about it. I'm willing to do it, so let's do it.

SS: After your fight with Kimbo, and if you come out on top, I'm guessing there will be even more talk about that happening. I truly do appreciate your time Ken. You are one of the reasons I started following

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the sport of mixed martial arts. It was true pleasure speaking with you.

KS: Thanks a lot, I appreciate that and all of the support.