

WILD BILL'S FIGHT NIGHT 13

JAN 25th

FIGHTER INTERVIEW DAN LAUZON



Each week leading up to Wild Bill's Fight Night 13 on Friday, Jan. 25, the staff of Wild Bill's Fight Night will interview a key fighter on the card. This week Dan Lauzon took the time to sit down with us to discuss his main event fight on Friday, Jan 25 at Wild Bill's.

Wild Bill's Fight Night: Your brother, Joe, has developed into a very big UFC star being on the reality TV show The Ultimate Fighter and knocking out Jens Pulver in what was Jens' comeback fight. What pros and cons have come from having Joe as a brother?

Dan Lauzon: Training with Joe has been nothing but positive. His success is helping me grow as a fighter as well. I'm his main training partner. When he's training for a big fight, I need to step my game up to help him prepare. In mixed martial arts you can't ask for a better training partner than your own brother. Both want to beat the other one, so we're always stepping it up and pushing each other to excel.

WBFN: How did you first get into fighting mma? Do you have a background in high school wrestling, boxing, etc?

Lauzon: No background in wrestling or boxing. They didn't have wrestling at my high school. I played football in high school

WBFN: How old are you and how old is your brother Joe? Who influenced the other to get into fighting?

Lauzon: I'm 19. Joe is 23 years old. Joe started training two years before me. He would come home from training and teach me some stuff and at the time I was too young to start training at the gym he went too. Then when I turned 14, I finally got in there and haven't really stopped since.

WBFN: Do you guys have other brothers or sisters or just the two of you? Do they fight?

Lauzon: We have another brother named Steve, he does not fight. I also have a sister named Ashleigh. She used to do kickboxing at our gym, but it was basically just for a work-out and self-defense.

WBFN: Did your father ever fight and if so what influence has that had on both you and Joe?

Lauzon: My father has never fought professionally. Although from what I hear he was quite the scrapper in his day. I hear stories all the time of fights he got into growing up. He's a tough guy. A lot of me and Joe's friends are very scared of him (ha ha).. We get our toughness from him. He's been behind both of us since day one and he'll be behind us until we're done fighting.

WBFN: You first fought in the UFC at the young age of 18. Were you the youngest to ever fight in the UFC?

Lauzon: Yes, I am the youngest UFC competitor ever.

WBFN: When do you expect to fight again in the UFC and do you have goals of fighting in other major organizations besides the UFC?

Lauzon: My goal is to get back to the UFC. The UFC has been a dream since I first started training and even though I got there, that's not enough. I need to stay there and prove that I belong there. I don't really have any other promotions besides the UFC that I would like to fight in. I have had offers from several other great promotions, but the UFC is where it's at and that's where I want to be.

WBFN: Where do you live and where do you train? Who are your training partners?

Lauzon: I live in East Bridgewater, MA. I train out of Team Aggression and Bishop's Boxing. My main training partner is of course Joe. But also, we have a lot of tough fighters that come out of Team Aggression. To name a few, we have Joe Cushman, Jack Wilmarth, and my main trainer Joe Pomfret. All are great MMA fighters. Then we have unbelievable wrestlers coming in all the time. At Bishop's Boxing, we have a lot of highly skilled boxer's constantly coming in to tear our head's off.

WBFN: What are your goals in the sport of MMA?

Lauzon: My goal is to basically push myself and see how far I can get in this sport. I don't want to look back at this sport and say I should have done this or I should have done that. I want to know that I gave this sport everything I had and be remembered for that.

WBFN: Are you currently in college and do you have any aspirations of going to college?

Lauzon: No, I do not attend college and don't plan too.

WBFN: How many people will be traveling from your hometown to watch you fight at Wild Bill's and what does that kind of support mean to you?

Lauzon: Well, I was planning on about 10. But now it's not looking so good. All my friends are in college and they're going back to school, so it's tough for them to make the trip. Support is huge. But with my brother Joe and my dad there, I'll have all the support I need.

WBFN: Do you have a job? If so, what do you do?

Lauzon: I do not have a job. I train full time.

WBFN: What advice would you give to someone just trying to start out in boxing or MMA?

Lauzon: I would say, don't give up. Just keep pushing yourself everyday and there's no way you can fail. A great quote I like to live by is "Tough Times Don't Last, Tough People Do"

WBFN: Have you ever been to Atlanta before?

Lauzon: I have never been to Atlanta before and I am really looking forward to it. I have heard nothing but great things about Wild Bill's Fight Night and I look forward to putting on a great show for the Atlanta fans. Also, if I could I would like to say thanks to all my sponsors: Slaying Angels, Sprawl, Boston Brawler, Stars Guards, and all my training partners at Team Aggression and Bishop's Boxing.