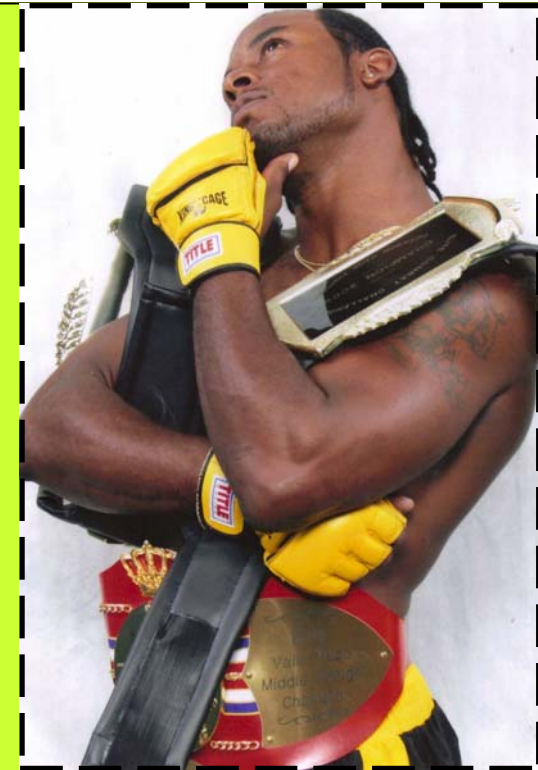


WILD BILL'S FIGHT NIGHT 13 JAN 25th



FIGHTER INTERVIEW RHOMEZ BROWER

Each week leading up to Wild Bill's Fight Night 13 on Friday, Jan. 25, Wild Bill's Fight Night will feature an interview with a key fighter on the card.

This week Rhomez Brower took the time to sit down with us discuss his upcoming rematch on Friday, Jan. 25 with Tom Nguyen.

Brower won the first fight in November with a decision over Nguyen. On Friday, Jan. 25 at Wild Bill's Fight Night, Nguyen will have the opportunity to avenge the only loss on his record and win the NFC Title Belt from Brower.

Wild Bill's Fight Night: How has training been going leading up to your rematch with Tom Nguyen on the Jan. 25 Wild Bill's Fight Night?

Rhomez Brower: It's been going pretty good. Just working on different things and training with a lot of different guys.

WBFN: You are the first person to beat Tom in MMA and you did it in his hometown. Why did you agree to a rematch with him again in his hometown?

Brower: Because I'll give him another chance. I've got the belt and it's not like I'm scared. I don't have a problem rematching him. I could have said no, but he seems like a good dude and I like a challenge. I've never wanted easy fights and he gave me a great fight.

WBFN: How are you preparing for the rematch with Tom different than the first fight with him?

Brower: I'm just going to play it by ear. What I do is all determined by what he does. I'm not coming in with any kind of strategy. I'm going to react to what he does in the fight.

WBFN: You beat Tom with your ground game. But standing up he landed hard punches to your head over and over nearly knocking you out. Have you worked on your standup game and do you plan on standing with him at all in this fight or are you going to try to keep it on the ground?

Brower: I'm not scared to stand and trade punches with him. He landed some good punches, but nothing that fazed me or dazed me last time. If anything he landed some good body shots, but that's it. I'll stand and trade with him or take it to the ground. I'll do whatever I think is necessary at the time. Maybe this time I'll stand and trade more with him. We'll find out on Jan. 25 what he's going to do and what I'll do back.

WBFN: Where in North Carolina do you live and what kind of gym do you train out of?

Brower: I live in a town called Johnsonville, NC which is on the outskirts of Fayetteville. I work and train in Fayetteville. The gym is called Team ROC. It's an mma gym and one of the bigger gyms in this area.

WBFN: You talked to Tom for a while after the first fight at the afterparty at Wild Bill's. What did you guys talk about?

Brower: We were just talking about the fight, things he did and things I did. Both the good and the bad. Complimenting each other on things we both did. We sat and talked about each other, our lives and what we do. Just casual talk. We didn't talk anything at that time about fighting again or re-matching at the time.

WBFN: If Tom wins the rematch, will there be a third fight since you both will be 1-1 against each other?

Brower: Yeah, if he was to beat me then I'd definitely want to come back and challenge him as soon as possible.

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

Brower: I love what I do. I try to do what I can to take opportunities when it presents itself. But I'd really like to be able to get myself to be able to fight more. But with life and a job I don't get the time to train full-time like others do. If I could train more and train full-time I think I could be a lot better. But at this point in my life I'm just trying to do the best I can and train as hard as I can.

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

Brower: I'm a barber and we're open seven days a week and we're open more than 12 hours a day. We don't have a lot of barbers and I'm one of the main barbers at the shop. I probably put in at least 45 hours a week at the shop. The shop is right off Fort Bragg so we get a lot of military clients.

WBFN: What title belts do you currently have or have you had?

Brower: I've won a few title belts in Virginia, some amateur belts, the National Fighting Championship belt at Wild Bill's and a belt in Biloxi, MS.

WBFN: Tom always has terrific ring entrances. Did his ring entrance last time you guys fought bother you at all? Are you going to come out with a good ring entrance to rival Tom's this time?

Brower: Yeah, I checked it out. It didn't bother me. It was entertaining. It's all about the show. It's all about entertaining the fans. What they come out to is their business. What I worry about is what they're gonna do when they're in the ring. I don't think I'm going to come out to any kind of ring entrance to match him. I'll let him win the ring entrance war. I'll focus more on the fight.

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

Brower: Make sure you really focus on being as well-rounded as possible. Most people have a strength and weakness. Be wise and fight safe fights and make sure you know the people you deal with in the sport. Make sure you train hard and meet as many people as you can. In this business and in life it's all about who you know.