

melhores slots bwin

Ricardo Tirloni was in the fourth professional fight of his career when he fought current UFC lightweight champ Ben Henderson, 6 , £ and things were going well.

Until he got tired.

"I managed to knock him down on the first round," Tirloni told

MMAjunkie.com 6 , £ (www.mmajunkie.com).

"I took his back on the second round and rode him for three and a

half minutes.

But I couldn't sub 6 , £ him.

Instead, Tirloni got tired wrestling with his lanky opponent, and that

left him vulnerable to a mistake.

"Later on I tried 6 , £ to take him down, he caught me in a guillot

ine and submitted me," Tirloni said.

"I felt I was winning the 6 , £ second round, but in the end I lost

."

Winning until losing.

It's a common thought process for fighters who see their fortunes 6

, £ change in the blink of an eye.

It eases the ego after spending so much time preparing for something, a

nd it 6 , £ gives you some encouragement for the next time out.

For Tirloni, though, it's about more than that.

He was beating the UFC 6 , £ champion, and that champion was the only pe

rson to hand him a loss in seven years and 15 fights.

This is 6 , £ a case where he can take pride in defeat.

"It makes me feel good," he said.

"At least the one person I 6 , £ lost to is the world champion."

And, of course, things have changed since then.

Tirloni revamped his training after the Henderson fight, 6 , £ and he ha

sn't been beaten since.

"Back then I didn't train with a professional team," he s

aid.

"I didn't do physical preparation.

I 6 , £ had only three fights under my belt.

"I joined Ataque Duplo with (UFC lightweight) Thiago Tavares.

Now I'm training more, training better 6 , £ in all areas, especiall

y physical conditioning, which contributed to my one defeat, since I did get tir

ed during that fight."

Tonight, 6 , £ Tirloni (14-1 MMA, 1-0 BFC) will need his strength.

He's fighting Bellator tournament veteran Rick Hawm (11-1 MMA, 3-1) Tj T* B

tion's season-four welterweight tournament.

The two meet at Bellator 62, 6 , £ which takes place at Laredo Energy Ar

ena in Laredo, Texas, and airs live on MTV2.