

Matt Delanoit

Born: Humboldt, Iowa

Hometown: Omaha, Nebraska

DOB: 9/27/83

Record:

- MMA: 27-14, 1 NC
- Bare Knuckle Boxing: 1-0

Bio Notes

- Studied Jiu-Jitsu, Muay Thai, Kickboxing as a child/teen. Also wrestled in Junior High School and High School
- Today only competes in MMA and Bare Knuckle Boxing. "Bare Knuckle is a better fit for me at my age. Now I am just looking to keep doing this as long as I can and make as much money as I can."
- Dropped out of high school and was getting himself into trouble. "I was a bad kid. MMA gave me the opportunity to do something athletic, since I pissed away those opportunities by dropping out of high school. A friend and me were walking past a gym and we saw a poster of Jeremy Horn in the window. We went in and a few months later I was making my pro debut."
- Began competing in combat sports in 2006.
- Tapology ranks Delanoit as the #1 Nebraska Pro Middleweight and the #5 ranked welterweight
- "Combat sports are good for me because they put me on a regimented schedule. I need the consistency of training, dieting, etc. . . Consistency contributes a lot to success."
- Prefers combat sports more than other sports because "there's accountability. It's all on you. You can't blame anyone. You can't make excuses. One thing I admire about great fighters is their commitment. They only make it look easy because of their preparation."
- "It takes balls to go into the ring and put everything out there. It takes a serious commitment. A lot of people laugh because I say what's on mind. They say they would never say what I do because 'What if?' My attitude is, 'If you go into a fight thinking 'what if', you've already lost.'"
- Works as a Project Manager for an exterior construction company, along with two members of his fight camp.