

## **Mike Trujillo**

Hometown: Miami, Florida

DOB: 8/23/84

Record:

- MMA: 4-5
- Bare Knuckle: 1-0

## **Bio Notes**

- Wrestled in high school and studied Jiu Jitsu
- “As a kid I always wanted to fight. I would watch Van Damme, Stallone . . . Thunder Cats He-Man. Didn’t matter to me what it was as long as there was fighting.”
- “I first started hitting the bag and working out at the home of Florida Hall of Famer Johnny Torres. He had six heavy bags hanging in his garage and we would go there and hit them. He would come by and make sure we were doing it correctly.”
- Competed in MMA from 2009 to 2013
- Left combat sports in 2013 because personal obligations, such as the birth of his son, prevented him from devoting the necessary time to training
- Returned to the ring in April 2019 in a Bare Knuckle fight and scored a TKO 1 against Alfonso Frierson. “Even while taking that time off I always knew I wanted to get back into the ring.”
- Unimpressed by his March 7 opponent Matt Delanoit: “I saw him fight recently and, honestly, I wasn’t impressed. He has a decent record, so it must be for something. But I thought he looked terrible. He was falling all over the ring, fighting with his hands down.”
- Strengths as a fighter: “My basics are sound. I keep my hands up and my chin down. My feet move well. I’m technically sound. Having strong basics are important to me. People ask why boxers are often more technically sound than MMA fighters, and I tell them it’s because MMA fighters have more to worry about. Boxers don’t have to worry about being kicked or fighting off a ground attack, so they can spend more of their training time doing the same things over and over again. It’s easier.”