Mma, Fighting, Men, Practice, Brother, Tired, Athlete, Hate, Guy, Hard Work, Feet, Needs, Hurt, Art, Relax, Mean, Hands, Done, Boys, Fire

Wanderlei Silva, six feet tall and 205 pounds, boy, until I met you, I didn't know they could stack crap that high.

~Chael Sonnen

If you're not willing to go too far, you'll never go far enough in life.

~Chael Sonnen

When you're the best fighter in the world today, they don't call you a great fighter. They call you Chael Sonnen.

~Chael Sonnen

Send anyone you want, but don't send anyone you want back.

~Chael Sonnen

When I was young they used to call me 'The Foreman,' not because I was in charge but because I did the work of four men.

~Chael Sonnen

You tell Anderson Silva that I'm coming over and I'm kicking down his backdoor and patting his little lady on the ass and I'm telling her to make me a steak, medium-rare just how I like it.

~Chael Sonnen

Fighting is an expression. It's a form of speech, and that's why they call it martial arts. It's an art.

~Chael Sonnen

Even if I thought I could get a submission I'm not laying underneath a grown man with my legs spread on worldwide TV. Some guys subscribe to that theory but I am a Republican and we don't do that.

~Chael Sonnen

Never piss off a gangster.

Whether I want to be at practice or not, I show up every day. Whether I'm healthy or I'm sick or hurt or tired, I show up every day.

~Chael Sonnen

GSP is good, but don't get me wrong he better stay at 170 with the other midgetts.

~Chael Sonnen

I don't do camps. Camps are for kids. I don't sleep in tents or roast marshmallows. I certainly don't tell ghost stories or own a sleeping bag. But I do work hard every single day.

~Chael Sonnen

When Anderson walks into a room, you can hear a rat pissing on cotton.

~Chael Sonnen

I can't justify to myself working less, even if you get more out of it. Even though, in practice, it does seem it would be better for me personally.

~Chael Sonnen

You've got to listen to your body, notice some trends in yourself and do the best you can to be ready when a finish line approaches.

~Chael Sonnen

They say if somebody has done something you want to do, all you need to do is go out and copy them.

~Chael Sonnen

I hate downtime. I hate it so much. I like to relax like anybody else, but I hate not doing anything. In my life I'm either going full speed or I'm at a stop.

If you can talk the talk but cant walk the walk youll look like a fool. That's the risk but with great risk comes great reward.

~Chael Sonnen

If Michael Bisping ever addresses me in a public comment again, I will bury him where he stands.

~Chael Sonnen

Machida is not a bad guy; he's a victim of the brazilian education system. There are better ways to get electrolytes than drinking piss.

~Chael Sonnen

If I had nothing to do and I wanted to sit in a dark room and relax, I could at times. But to be busy is very nice. To have things to do and have a schedule.

~Chael Sonnen

A Black Belt under the Nogueira Brothers is like saying I got a free toy in my happy meal

~Chael Sonnen

As a professional athlete I can tell you I feel every single emotion and not one of them ever helped me in a fist-fight before.

~Chael Sonnen

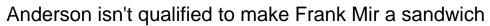
Somebody is going to win & somebody is not, and that's fine... But we will never refuse to participate because we're scared to fail.

~Chael Sonnen

There's always pressure and that pressure is earned.

~Chael Sonnen

For me, and people like me, fighting isn't what we do; it's who we are.



~Chael Sonnen

Say what you want before the fight but when it's done, you accept the result.

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