

Shawn Tompkins

Quotes

*Thinking, Fighting, Sports, Jobs, Guy, Chuck, Anderson Silva, Challenges,
Mom, Looks, Kickboxing, Mold, Giving, Should, Needs, Division, Good Friend,
Fighter, Heart, Distance*

I follow K-1 closely and also train Ray Sefo. My heart is with K-1 and I love the sport of standup kickboxing.

~Shawn Tompkins

I have too many guys that count on me as a coach so in 2009 you're going to see me in a lot of cages and rings but I'll only be in them to corner my fighters.

~Shawn Tompkins

We need more guys that are solid talents all around and Frank Mir proved himself and I don't think anyone is going to second guess him every again.

~Shawn Tompkins

I've been around fighters enough to know that you have to be able to give 100 percent of your effort and time into training for a sport.

~Shawn Tompkins

I ever said back when we had our choice words I still told everybody that I respected him. I wouldn't want to have to do [Joe Rogan] job and I don't know anybody else that could do his job.

~Shawn Tompkins

I think really, if I were to defend the K-1 strikers, that it was a pressure of not enough time to re-prepare for a fight and not enough time to repair for a fight as a result of the last show.

~Shawn Tompkins

What I think a lot of that was K-1 having had their Grand Prix finals not even a month before the "Dynamite!!" show so a lot of those guys were coming into that fight pressured to fight.

~Shawn Tompkins

I think Frank Mir was 100 percent underestimated and I'm really happy

to see the result because I think we needed it in the heavyweight division.

~Shawn Tompkins

There's a lot of great strikers in the business but no one should ever forget about Chuck Liddell.

~Shawn Tompkins

[Fedor] Arlovski proved himself against Ben Rothwell. As far as a power puncher in the mold of a Mike Tyson-style power puncher, you're not going to find anyone tougher than Fedor.

~Shawn Tompkins

I look at B.J. Penn as one of the best boxers in the business. He's got one of the best jabs around.

~Shawn Tompkins

If I had train someone to fight Anderson Silva that would probably be my biggest challenge yet as far as being prepared for a striker.

~Shawn Tompkins

I think Anderson Silva is ahead of Chuck Liddell as far as that goes.

~Shawn Tompkins

I think when it comes to Anderson Silva, it comes down to his speed, his distance and his timing are impeccable. They are second to none and that's what makes him dangerous.

~Shawn Tompkins

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