

Quote of the Show: Heavyweight Travis Browne on the stare down between him and Antonio 'Bigfoot' Silva at the weigh-in:

"I squared up to do my normal face off. He got a little close and wanted to keep an eyeball on me. I am not going to back down. I am going to show him that right from the get go. It's like you are in sixth grade again. I think it just got to a point where he is not going to intimidate me in that way. Nobody can, nobody will and I wanted to show him that."

"UFC Weigh-in Show on FUEL TV" Analyst Chael Sonnen on Travis Browne vs. Antonio "Bigfoot" Silva: "This is a tough fight. It's more of a mental battle going in here than a physical battle. Antonio Silva is coming off a couple loses, but he took on the two of the top heavyweights in the world and that is the simple reality. He can't be down on himself."

Sonnen on Silva's recent losses: "If anyone has had a harder path than Silva, I challenge you to tell me who. He has taken on the Strikeforce champion, he took on the former UFC champion and now he is in the main event tomorrow night. There's no question. He's a huge guy. He's been through some big guys like Fedor Emelianenko. But he's been rattled with a few losses lately. I worry that he's been mentally shaken."

"UFC Weigh-in Show on FUEL TV" Analyst Joseph Benavidez on Silva's losses and how he should fight: "He's lost to Cain Velasquez and Daniel Cormier in his two last fights, two of the best in the world. His advantage is on getting this fight on the grown. That's where he wants to take it."

“UFC Weigh-in Show on FUEL TV” Insider Ariel Helwani reports on Silva’s attitude going into the fight: “I spoke to Antonio Silva and he’s more upset about losing his first UFC fight than his current losing streak. He’s anxious to get in the UFC win column.”

Benavidez on what Travis Browne has to do to win the fight: “He has a real speed advantage. He moves around like a flyweight. He has to use his speed.”

Helwani on Travis Browne: “Travis ‘Happa’ Brown firmly believes there is more pressure on his shoulders going into tomorrow night’s main event because he believes while he has been unbeaten thus far in the UFC, he has been inconstant inside the Octagon.”

Helwani on Browne’s changes in training camp: “This is Travis Browne’s second fight as part of Team Jackson Winkeljohn. Jackson said that he had a talk with him in the training camp, telling Travis that he had to embrace the suffering that comes with training for a fight. He says he’s really changed up his attitude and he’s one of the best to come out of his camp.”

Browne on his weight: “I have changed a lot in the past year. I changed my diet, my training program and it’s all starting to come together now for me. I was surprised I was 246 right now. Later tonight I will probably be back at 250 depending on my meal and water. If you are telling me I look good, I’ll take that as a compliment.” □□

Browne on what he needs to do tomorrow night to prove he is a top heavyweight: “I need to go out there and dominate. There is no doubt about it. Stefan Struve has been on a tear lately and I was his last defeat. People are going to be looking at me and thinking where they are going to place me. I need to go out there and show people I belong. I feel like I am going to have to do that my entire career whether I am a contender or champion. That is the mentality I want, always.”

Sonnen on Ellenberger: “He is a really good fighter, but he thinks he is a really great fighter. He is supremely confident. A lot of times, we see guys go out there and they don't quite perform and pull the trigger, but he pulls the trigger every time. He beats guys he shouldn't have beaten. Jake Shields is one who comes to my mind.”

Benavidez on Jake Ellenberger: “Jake ‘The Juggernaut’ Ellenberger, winner of six of his last seven fights. It's always a pleasure to watch him in there. He fights from the opening bell, power in his hands, great takedowns and we will be looking to that tomorrow.”

Helwani asks Jake Ellenberger about losing to Jay Hieron in their previous fight: “That was a long time ago. We're both different fighters now. We're different men. We're both hungry coming into the battle and I'm looking forward to it.”

Ellenberger about coming off a loss in his last fight: “That’s over and that’s in the past. I have to make the adjustments and come back and get the win.”

Ellenberger on if having his fight at UFC 151 cancelled helped him prepare for this one: “Yeah, it gave me more time to heal and prepare for this one, and to push the conditioning.”

Benavidez on Hieron: “He brings a lot to the Octagon. He has a win over Ellenberger, so he knows he can beat the guy, even though it was six years ago. He also has 12 first round finishes, so Ellenberger better be ready that first round.”

Helwani on Jay Hieron: “This marks Jay Hieron’s first fight back in the UFC since 2005. Since then he has gone 16-3 outside of the organization and that stretch includes a June 2006 win against tomorrow night’s opponent Jake Ellenberger.”

Helwani asks Hieron about being in his first fight in the UFC since October 2005: “It feels good. Everyone’s career is their own path and mine took me around the world. This is where I want to be and I’m ready.”

Hieron on beating Ellenberger in the past: “We fought once. I’ve cornered two guys who have fought him. We’ve both grown as fighters since then. It should be a great fight.”

Benavidez on Hieron’s strengths in this fight: “His wrestling speed. He has a win over Ellenberger, so that’s in his mind. He has 12 first-round finishes so he comes out fast when the bell rings and Ellenberger should be ready for it.”

Benavidez on John Dodson: “‘The Ultimate Fighter’ winner, John Dodson, is always charismatic, always smiling. A big part of that smile could be that with a win tomorrow night, he could be fighting Demetrious Johnson for the Flyweight title. Don’t let that smile fool you, the guy is an absolute killer.”

Sonnen on Yves Edwards: “The highlight reel, himself, Yves Edwards is going to return. This guy is long, he lengthy, he is viscous and he has been a contender in this weight class dating back about eight years now.”

Benavidez on Danny Castillo: “Danny ‘The Last Call’ Castillo always brings so much style to the weigh-ins. He is also bringing a three-fight win streak and with another win tomorrow night, that will definitely catapult him into the upper echelon of the lightweight division.”

Sonnen on Shane Roller: “Shane Roller has had an up-and-down career especially with a three-fight losing streak. He broke that in his last match against John Alessio. This guy has never been in a boring match. He is durable, he is ready and he always comes out to fight.”

Helwani on Bart Palaszewski: “After 13 years with the same training camp, Bart Palaszewski left his old team to join Team Jackson Winkeljohn and according to both Greg Jackson and Bart, he expects to be with them from here on out.”

Helwani on Marcus LeVesseur: “A four-time Division 3 national champion, Marcus LeVesseur finished his amateur wrestling career with an astounding 296-match unbeaten streak. He will be looking for his very first UFC win tomorrow night in his hometown of Minneapolis.”

Sonnen on Aaron Simpson: “Possibly the greatest pure athlete we have in MMA is Aaron Simpson. He was offered three scholarships in three separate sports. Track and field, football and of course, he ultimately decided on wrestling.”

Helwani reports on the Dennis Hallman vs. Thiago Tavares fight getting called off:

“According to one source, Dennis Hallman was seven pounds overweight, and made a deal with Thiago Tavares to give up 20 percent of his purse and fight him if he was within three pounds. But he couldn’t make the cut. Hallman met with the UFC and they decided he couldn’t take the fight. Thiago Tavares was at weight and got paid for the fight.”

Joe Benavidez on how he’s feeling after losing the Flyweight Championships: “I’m feeling fine. Physically I am great. I didn’t suffer any injuries. I still feel like I am at the top of the division. I’m just looking forward to fighting again for the fans. A couple of wins and I’ll be back in there for the title. Congrats to Demetrious, he fought a great fight and I will be back.”

Chael Sonnen on his next fight: “I’m fighting Forrest Griffin on December 29. I’m not sure if you’ve heard of him? He’s a newcomer.”