

CRAIG
'NEMO'
NINOW

*"Fall down seven times,
get up eight."*

Snapshot

Name:
Craig "Nemo" Ninow

Place of birth:
Durban, South Africa

Current Residence:
Amanzimtoti,
KZN South Africa

Height:
165 cm

Weight:
65 kg's

Division:
Bantam Weight

Style:
All Round MMA

Mixed martial arts record

Total	7
Wins	5
By knockout	2
By submission	2
By decision	1
Losses	2
By knockout	0
By decision	2
Draws	

Favorites sayings:
"A disciplined fighter, is a successful fighter"

"Fall down seven times,
get up eight"

"Tough is not the way you
act, tough is the way you
train"

By Naseef Chenath

■ When did you start training in MMA and why?

I started early 2010. I saw MMA on TV and thought it was a very good way of learning self-defence and keeping fit

■ Where does the fighting name 'nemo' come from?

Nemo was given to me by my friends in high school. It has been

had to hit him before he hit me.

■ Tell us about Team MMA Fighter where you train full time?

Team MMA Fighter is our elite fighting team. Our fighters have a very strong bond and all appreciate our world class coach and gym facilities. We have everything needed to become the best MMA fighter.

My favorite MMA fighter has to be Urijah Faber. I am also a bantam weight fighter and have to learn a lot from his style of fighting. He fights like a true champion

my nickname for many years, my surname and the movie must have inspired the name...

■ What else do you do besides MMA?

I am currently studying part time for my degree in Bachelor Business of Administration this year. I love surfing and spending time with my friends.

■ What were the thoughts going through your mind when you first got into the octagon for the fight?

I was in survival mode. I knew I



With his coach **Morne Swanepoel** after winning bantam weight title.

■ **Who is your most favorite MMA Fighter and Why?**

My favorite MMA fighter has to be Urijah Faber. I am also a bantam weight fighter and have to learn a lot from his style of fighting. He fights like a true champion

■ **what are the highlights of your MMA career?**

Winning the amateur KZN Bantam Weight Title in November 2010, and then winning my first professional fight in 2011.

■ **When is your next fight and how do you prepare for that?**

My next fight is going to be on the 1st of April 2012 at Sibaya Casino in the North Coast of KZN. It is an 8 man, last man standing tournament. Like the early UFC fights,

it will be a round robin. The top 8 pro bantam weight fighters of the country have been invited.

My main focus is to have superior fitness compared to my opponents. I'm happy to have a great experienced coach, team, strict diet and my gruelling training program.

■ **How do you prepare for a fight physically and mentally**

Not missing any training helps me know that I have done everything I can, and gives me confidence in my ability.

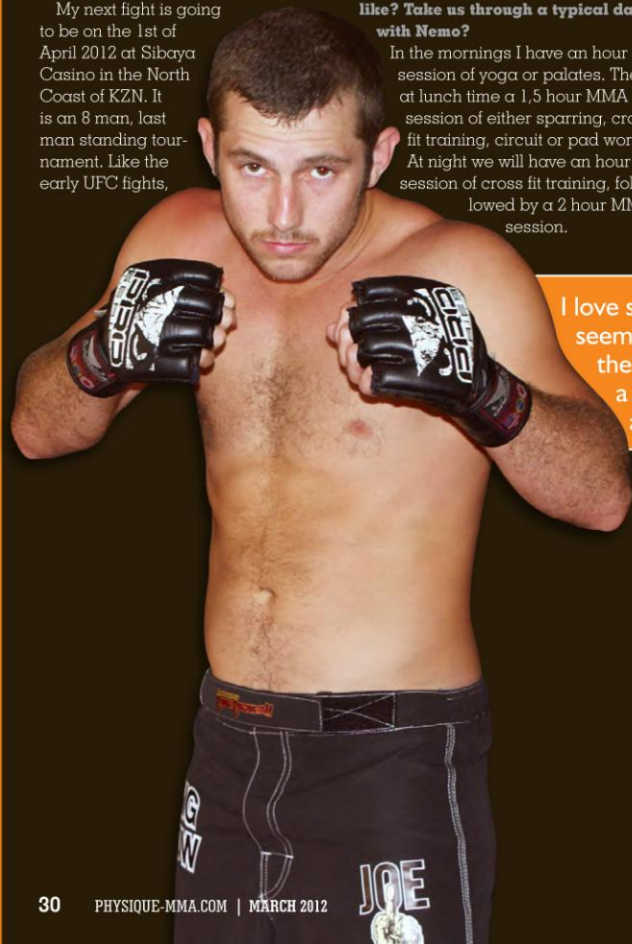
■ **What is your training routine like? Take us through a typical day with Nemo?**

In the mornings I have an hour session of yoga or pilates. Then at lunch time a 1.5 hour MMA session of either sparring, cross fit training, circuit or pad work.

At night we will have an hour session of cross fit training, followed by a 2 hour MMA session.

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I love stand up and ground. But I seem to dominate very well on the ground. As I am evolving as a fighter I feel comfortable in any position in the cage.





Nemo in action



■ **Where do you draw the motivation to go ahead in this sport of aggression and strength?**

I have always been a very competitive person. So MMA being a one-on-one drives me to be the best in my division

■ **You have a highly impressive career record, what are your plans in the future?**

Well, firstly is to win the 8 man in April. And from there I would like to compete at the EFC Africa event. Hopefully by the end of next year I will have the Bantam Weight Title at EFC. My long term goal is to fight in the UFC as a top contender and ultimately becoming the champion.

■ **Anything you would like to add to the readers of Physique MMA?**

If you have a dream, write down the goals in order to achieve that dream. Work at achieving those goals step by step. Whatever you put in is what you will get out. Nothing is impossible if you put in the effort!

■ **Finally, any closing note to the MMA fans in the Middle East?**

Enjoy the sport of MMA, have fun with it and support it as much as you can. It's always evolving, so get on board with it, start training and be a part of this lifestyle. ■

■ **Who else has influenced you so much as a training partner or a trainer?**

My coach Morne Swanepoel has been a huge influence. He is very technical and his knowledge is so broad. I am always learning something new and evolving as a fighter.

■ **Who was the most challenging opponent in your fighting career and why?**

Kurt Matthews has been my toughest opponent. Just because it was a 3 round war and both fighters gave everything we had. My favorite fight!

■ **Which is your favorite fighting technique or tactic you prefer to use during a fight?**

I love stand up and ground. But I seem to dominate very well on the ground. As I am evolving as a fighter I feel comfortable in any position in the cage.

