

Tito Ortiz, MMA Superstar, Considers Rematch With Chael Sonnen

"This time I'm not going to choke you out. I'm going to beat you down." - Tito Ortiz

LOS ANGELES, CALIFORNIA, UNITED STATES, December 9, 2018 /EINPresswire.com/ -- MMA superstar [Tito Ortiz](#), who recently knocked out [Chuck Liddell](#) in the first round of their bout on November 24th, 2018, stated that he was considering retirement after finally besting his rival. However, it seems that he might not be ready to hang up his gloves quite yet.

The 43-year-old Ortiz is now teasing a potential rematch with [Chael Sonnen](#), who he originally defeated in just 2 minutes with a rear-naked choke back in January of 2017.



"[Chael Sonnen], so you want me to kick your ass again?" Ortiz stated on Twitter, "This time I'm not going to choke you out. I'm going to beat you down. Or are you just infatuated by the way I live?"

Since his defeat, Sonnen has stayed active, defeating Wanderlei Silva and then moving onto Bellator's heavyweight grand-prix, claiming a win over Quinton 'Rampage' Jackson before being TKO'd by Fedor Emelianenko. He was also active on Twitter during Ortiz's trilogy fight with Liddell, poking fun at the legendary pair.

"Both guys are sponsored by Defibrillator Companies," Sonnen quipped at one stage, while also adding it was, "The first fight where both fighters are older than the referee's father."

Sonnen wasn't the only one staying in shape, however. Although a veteran fighter, Tito Ortiz trained with an unmatched ferocity for his match with Chuck Liddell, working 3 times a day, 6 days a week. He took part in training sessions that included running, kickboxing, sparring, and wrestling. He only drank water and Gatorade, and made sure to avoid fried foods. He also followed a strict high-protein, low-carb, and low-sugar diet. Although his training sessions were brutal, they paid off when he easily knocked out Chuck Liddell in the first round of their bout.

Although his fight on November 24th was expected to be a sellout when walk-ups were included, ticket sales were less than expected, and pay-per-view buys were around 40,000. If a rematch between Ortiz and Sonnen was to take place, it may not happen in the same promotion.

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