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Outra coisa, às vezes você pode pegar a cabeça.

Anderson Silva brings in martial arts movie legend seventh degree Aikido black belt Steven Seagal to help him prep for Chael Sonnen. HT **Steve Cofield.**

43 minutes ago Kid Nate 26 comments

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WEC 49: Varner vs. Shalorus - Live Results and Commentary

by Brent Brookhouse on Jun 20, 2010 5:53 PM EDT in Events

As with every major show, **BloodyElbow.com** will be here to bring you live results and commentary for WEC 49: Varner vs. Shalorus. The live blog will start with the beginning of the Versus broadcast (at 9PM ET) so make sure to make BloodyElbow.com your home for this event.

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