

Six Questions with Heavyweight KO Artist Joey Abell, Who Battles Cristobal Arreola on ESPN2 Friday Night at Pechanga Resort and Casino in Temecula, California.

Los Angeles, CA (January 26, 2011) - Twenty-Six knockouts in his 27 wins would qualify calling **Joey Abell (27-4, 26 KOs)** a "Knockout Artist." This Friday night, the "Knockout Artist" looks to make a big heavyweight statement when he takes on his toughest and most notable opponent of his career in world-rated contender **Cristobal "The Nightmare" Arreola** at the **Pechanga Resort & Casino** in Temecula, CA. The scheduled 10-round co-main event will be televised on **ESPN2 "Friday Night Fights"**.

We go "Inside the Mind" of the hard-hitting southpaw known as "Minnesota Ice" with "Six Questions" concerning this showdown:

QUESTION #1: Best training camp?

ABELL: "Definitely! It went really well. With many of my other fights, I really didn't get enough time in between to have a real heavyweight training camp. This camp no excuses. I had much longer to prepare this time and got in lots of sparring and really worked on my endurance and got everything I needed to win."

QUESTION #2: Physically, mentally, where are you two days before the fight?

ABELL: "Good! I get nervous like any other fighter before a fight. Since finding out about the opportunity for this Arreola fight, I've been excited and anxious to get going. I found the best way to get over the nerves is to keep working as hard as I can until my nerves settle down. I have worked harder than ever for this fight, and mentally and physically I'm better than I've ever been."

QUESTION #3: The biggest fight of your career, yes or no?

ABELL: "Nothing comes in close second. Running, sparring, mentally, I've been pushing myself and putting personal things aside to solely focus on the biggest fight of my life and the opportunities a win would open."

QUESTION #4: Your biggest improvement for Arreola?

Joey Abell Says Arreola Won't Go The Distance

Written by The Sweet Science
Wednesday, 26 January 2011 16:10

ABELL: "If I had to pick one, it would be my endurance. I have been able to run longer than I have before and my endurance in sparring is the highest it's ever been. With the added endurance I'll be able to throw my bombs at a consistent level throughout the bout. Whatever it takes to win, I'm ready."

QUESTION #5: **The bell rings, and it's only you and Arreola tell the fans how you see it from here?**

ABELL: "I don't think anything is going to be that different with him. I know a lot of people think he will come in out of shape again, but that doesn't matter because he has proven he can still go ten rounds. But I expect he will come forward and throw punches and try to catch me with one of his big shots. But I am not going to just stand there in front of him. I will move around, but I will hit him back and crack him when he leans forward. He leaves a lot of openings. I'm going to look to put his "Lights Out!"

QUESTION #6: **Prediction?**

ABELL: "I predicted when the fight was announced that I was going to win and it's not going the distance and I've only become more confident since."

Tickets prices start at \$35 and are available at www.pechanga.com, directly at the Pechanga Box Office daily from 10am to 10pm, or by calling 1-877-711-2WIN. Doors open at 5:00 PM. First Bout is at 6:00 PM.

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FighterforJC says:

I think Arreola is in trouble.

brownsugar says:

Joey Who!!!,.. so it's come to this,.. ESPN and off name opponents... hopefully this will spur Areola into fighting shape and give him some motivation to reach his potential.

FighterforJC says:

[QUOTE=brownsugar;1573]Joey Who!!!,.. so it's come to this,.. ESPN and off name opponents... hopefully this will spur Areola into fighting shape and give him some motivation to reach his potential.[/QUOTE]

I think Arreola is ripe for a serious beating and KO loss against anybody with a pulse and a halfway decent punch. Tattoos and a short temper can only take you so far in boxing.

brownsugar says:

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You may have something there FighterforJC,.. but I hope Areola hasn't sunken to that point yet.

FighterforJC says:

[QUOTE=brownsugar;1672]You may have something there FighterforJC,.. but I hope Areola hasn't sunken to that point yet.[/QUOTE]

Per your post on the other thread, being a good "cow tipper" could very well be related to good punching power!

brownsugar says:

Wow,.. Chris proved he isn't ready to go anywhere anytime soon... awesome performance, even against a former football player.