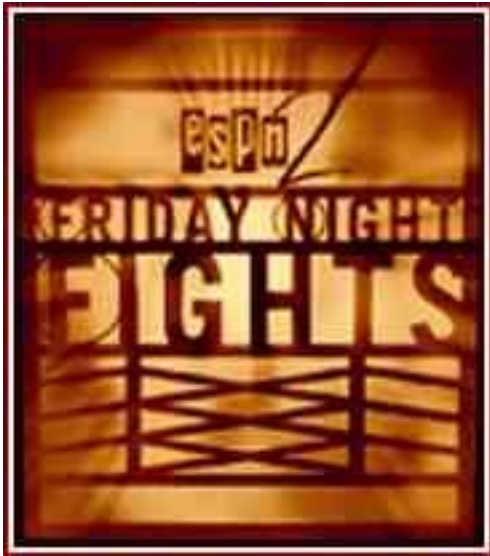


Lamont Peterson, Kendall Holt Talk Ahead of Friday Clash

Written by The Sweet Science
Monday, 11 February 2013 14:57



February 11, 2013 - IBF Junior Welterweight Champion **Lamont Peterson**(30-1-1, 15 KOs) continues to prepare for his first title defense and fight in 14 months as he takes on former WBO Light Welterweight Champion

Kendall Holt

(28-5, 16 KOs). The 12-round main event takes place at the DC Armory in Washington, D.C. on February 22, 2013. The show titled

"REDEMPTION"

will broadcast live on

ESPN 2's Friday Night Fights

starting at 9 p.m. ET / 6 p.m PT and is co-promoted by

Gary Shaw Productions

and

Headbangers Promotions

Lamont Peterson talks about his first title defense and fight in 14 months and dispels the notion of ring rust....

"To me it feels great to get back into the ring and defend my IBF title. The layoff did not hurt me because I've been in the gym training like I was going to fight for the past year," said Peterson "I don't believe in ring rust a fighter fights and that's what I do. But one good thing with the time off is that I have been able to rest my body and work on fine tuning my skills. I'm ready to fight now."

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Lamont Peterson on training in Washington, D.C....

"For a lot of fighters having training camp at home can be a major distraction. But for me its the total opposite. I like training at home I know where everything is. I don't have problems getting back and forth from the gym my routine is regular. I also have the help of family friends during the training camp if I need anything. But I'm also a very self disciplined individual, so at the end of the day, it really would not matter where I trained."

Lamont Peterson on sparring...

"We have brought several different fighters into camp to work with. But I have done the most work with Dominic Wade a middleweight who is fighting on the card at the Armory. He is a heavy puncher who has a lot speed and power. So its been great to get the work in with him."

Lamont Peterson on fighting at home in Washington, D.C.....

"I always like fighting here at home. Early on in my career I did not get a chance to do so. Any opportunity I get to fight here we take it. I love the support I get from the fans and the city. Washington, D.C. is a big fight town and I want to give them the great show they expect. It also helps to hear the voices of your friends and family cheering you own."

Holt is no stranger to big fights and he's well prepared to give the fans their money's worth when he steps in the ring on February 22nd. After an eleventh month layoff, Holt vows to come out victorious as he weighs in on his training camp.

Kendall Holt on training with Jesse Reid...

"Right now I'm feeling real good about my progress with Jesse Reid during this training camp. He pushes me real hard and that's what I need to be successful in this fight. I'm on weight and I'm looking extremely great in sparring. Jesse is a great trainer and I'm working harmoniously

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with him."

Kendall Holt on training in Los Angeles...

"I've come out to L.A. for this training camp for a couple of reasons. One, I wanted to get away from the some of the distractions that sometimes get in the way when I train at home. Second I wanted to spar with top level sparring partners and L.A. is loaded with great talent."

Kendall Holt on sparring...

"I've been sparring with some of the best in Shane Mosley and Lucky Boy Omotoso who are giving me great work. Everyone out here in L.A. brings rough and rugged sparring that I'm going to need to get ready for Lamont. Words can't describe how grueling it is training with these guys but that's what's going to get me to the top.

Kendall Holt on coming off an eleventh month layoff after shoulder surgery...

"My shoulder is 100% healthy and I feel fantastic. The explosiveness is there and I'm punching harder than ever. Now that I'm back punching at full strength, I feel more confident in my ability to back up my opponents. I feel like a whole new man."

Tickets priced at **\$250, \$150, \$100, \$75, \$25** (not including applicable service charges), are on sale now at all Washington, D.C. Ticketmaster locations . To charge by phone with a major credit card, call Ticketmaster at [**\(800\) 745-3000**](tel:8007453000) .

Tickets also are available for purchase at [**www.ticketmaster.com**](http://www.ticketmaster.com)