

Overeem Destroys in 19 Seconds

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You knew it was a hard road for Todd Duffee. Facing the rampaging Alistair Overeem, on short notice, under MMA rules where The Reem can use his killer knee? That's a tall order, and unfortunately for the ex- UFC fighter, he wasn't up to it.

In just 19 seconds, Overeem landed a series of blows, including that murderous knee, to knock Duffee down and out. Duffee's chin has been a question mark since his UFC loss to Mike Russow, but those blows would have put almost anyone away. Such is the power of the K-1 champion.

With that win, Overeem claims the Interim Dream Heavyweight title, making him the current Dream, Strikeforce, and K-1 champion. I know he has his detractors, but that's an impressive accomplishment.