Our good friends at HDnet have been working hard to make their website all sorts of new, and a part of that is their blog section, which has brought us some great Michael Schiavello content. Schiavello has been one of those love him or hate him characters in the MMA community. Many of us love the absolute passion he brings to every fight that he calls, loves the way he puts himself right there into the action and makes the fights come to life. Other people enjoy more subdued commentary and want the fights to speak for themselves, to each their own I guess.

Schiavello is known for his now legendary cry of "Good night Irene!" whenever a fight has the pace pushed so hard that you have to reach a spectacular conclusion. Well, for those of us that have wondered the exact origins of the cry, he fills us in. For those who missed the part of their childhoods that involved professional wrestling, it involves Adrian Adonis and Gorilla Monsoon.

For a big man Adonis had an amazing repertoire of techniques including a sleeper hold finish called “Good Night Irene.” Nothing gave me more pleasure during my days of wrestling fanaticism than seeing Adonis put an opponent in a sleeper and hearing Gorilla Monsoon announce “he slaps on Good Night Irene.”

To this day I m not really sure what caused those words to come out of my mouth while commentating the APS Track and Field Championships as a 16 year old. I would later use the phrase when commentating Victorian Premier League soccer on radio, and eventually made it my fight sports catch-cry when I began commentating Muay Thai and kickboxing as a 21 year old on Fox Sports.

To find out how a track and field meet plays into a sleeper hold, read the rest of the entry and support every fight fans' best friend, HDnet.