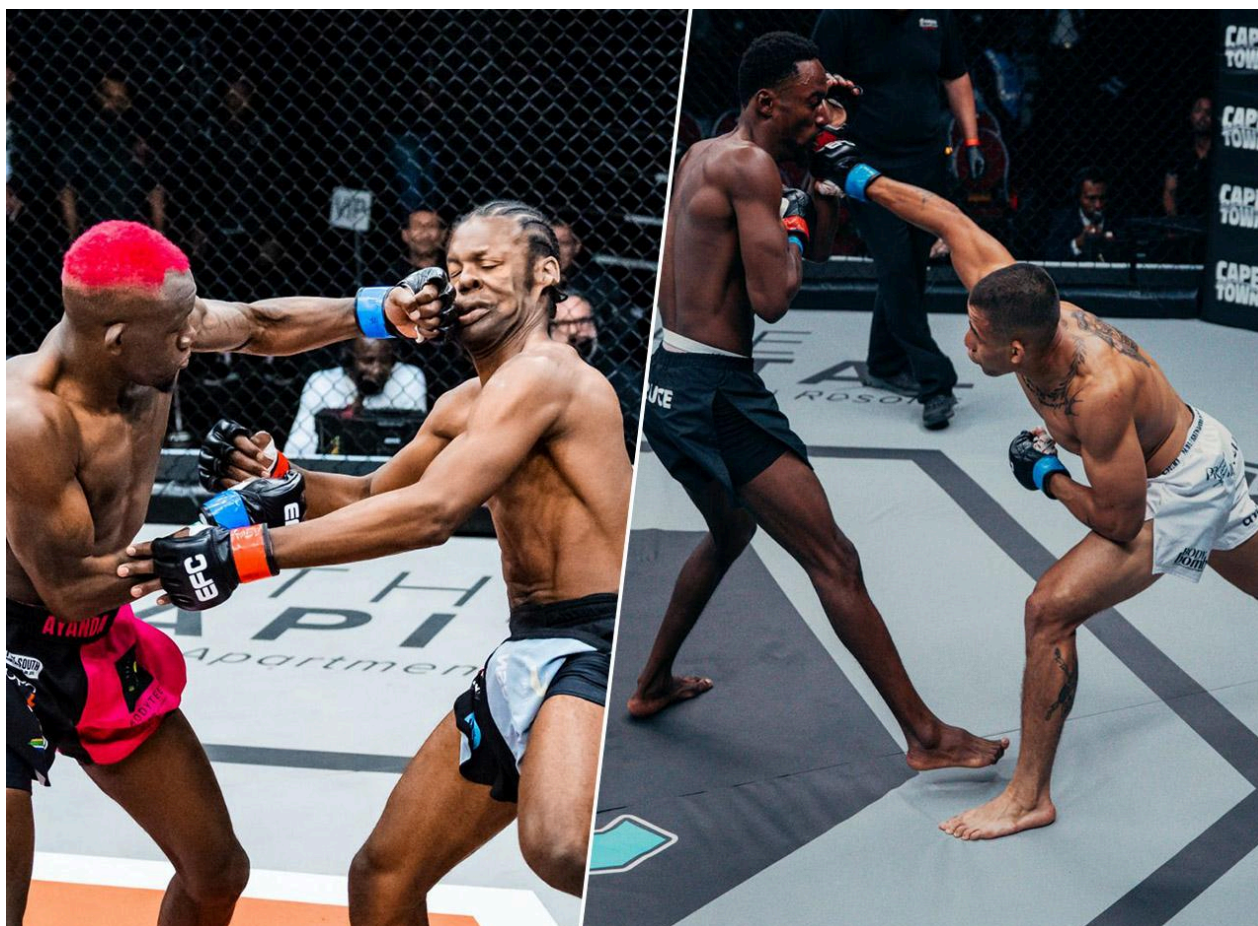


UNBEATEN ADAMS STEPS UP AGAINST ZWANE AT EFC 139

Cape Town prospect emerges from a championship training room to face an experienced contender beginning another run at the featherweight summit



Johannesburg, South Africa - 7 October 2026

Yaseen “Fudog” Adams will put his unbeaten record on the line against Ayanda “The Power” Zwane when the featherweights collide at EFC 139 on Thursday, 5 November at the WSB EFC Arena in Johannesburg.

For Adams, the matchup represents the biggest opportunity of his career to date.

The PFA Cape Town prospect has built a 4-0-1 record, combining a background in boxing and Brazilian Jiu-Jitsu with an increasingly complete MMA game. Victories over Guide Moyo and Rudolf Sekhukhune have continued his rise, but EFC 139 brings a significant step up in opposition.

Adams is also developing in one of the strongest training environments currently emerging in South African MMA.

At PFA Cape Town, he trains alongside interim EFC lightweight champion Adrian Sanchez and EFC flyweight champion Tumelo Manyamala, while bantamweight and interim featherweight champion Faez Jacobs has also spent time training with the team.

Surrounded by EFC championship experience, Adams now has the opportunity to show that he belongs among the next wave coming out of the Cape Town camp.

Waiting for him is a considerably more experienced Zwane, whose return carries a very different story.

“The Power” has spent years competing against established opposition inside the EFC Hexagon and has already experienced the highs and lows that come with a long career in the sport.

Following his points defeat to Zimbabwe’s Mataya in his last EFC appearance, Zwane placed his gloves on the floor of the Hexagon in a gesture that appeared to signal the end of his career. Mataya picked them up and handed them back, refusing to allow his opponent’s journey to finish there.

Zwane ultimately did not walk away.

Now he returns at EFC 139 for what could prove to be one final run towards the top.

Long and mobile, with wrestling and Brazilian Jiu-Jitsu complementing his striking, Zwane has the tools and experience to present Adams with a level of opposition the unbeaten Cape Town prospect has yet to encounter.

That leaves two fighters arriving at the same contest from very different points in their careers.

Zwane is fighting to show that there is another chapter still to be written. Adams is trying to begin one of his own.

For one, it could be a final run towards the top. For the other, it could be the victory that announces his arrival.

Ayanda Zwane versus Yaseen Adams joins an EFC 139 card already featuring Coenie “The Prophecy” Lamprecht against Veja Hinda in the main event, undefeated lightweights Nasiphi “The Honey Badger” Velleem and Grant “Friction” Farrow, and Sisa Jungula against Micky “The Mouse” Cloete.

EFC 139 is presented by World Sports Betting and takes place on Thursday, 5 November at the WSB EFC Arena in Johannesburg, South Africa. Tickets and broadcast information are available at:

efcworldwide.com

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