

INTIMATE AMANDA LINO COUNTDOWN FEATURE RELEASED AHEAD OF EFC 134

ONE WEEK BEFORE HER TITLE DEFENCE, “MAD DOG” OPENS
UP ON LIFE, SACRIFICE, AND HER MMA JOURNEY



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With one week remaining until EFC 134, EFC has released a special countdown feature focused on reigning women’s flyweight champion Amanda “Mad Dog” Lino ahead of her title defence against Nigeria’s Juliet Chukwu on June 4 in Johannesburg.

The newly released feature offers one of the most in depth looks ever produced on Lino’s life and career, exploring the journey that transformed her into one of the most accomplished athletes in African MMA history.

From the beginnings of her martial arts journey and the early stages of her fighting career, through to championship success, personal sacrifice, and the realities of life as a professional fighter, the countdown feature presents a rare behind the scenes look at the woman behind the championship reputation.

Long regarded as one of the defining figures in EFC women’s MMA, Lino has built a career through discipline, resilience, and years of competition against elite opposition across multiple divisions. Now, with another major title defence approaching, the feature arrives at a pivotal moment in her career.

The countdown release also provides insight into the pressures surrounding championship competition, balancing life outside the Hexagon, and the mindset required to remain at the top of one of African MMA's most competitive divisions.

Lino headlines EFC 134 against reigning EFC bantamweight champion Juliet Chukwu of Nigeria in one of the biggest women's bouts in African MMA history, as Chukwu attempts to become a two division champion.

EFC 134: Lino vs Chukwu for the women's flyweight championship is presented by World Sports Betting live from the World Sports Betting EFC Arena in Johannesburg, South Africa on June 4.

Broadcast and ticket information is available at efcworldwide.com.