

FIGHT WEEK BEGINS: EFC KNOX LEGACY SERIES SET FOR CAPE TOWN SHOWDOWN

23 February 2026



Cape Town, South Africa — Fight week has officially begun for the inaugural EFC Knox Legacy Series, set to take place on Thursday 26 February at the GrandWest Grand Arena.

The event brings together Cape Town’s leading MMA athletes and elite international challengers in a championship driven card that positions the city on a global stage.

Headlining the event, EFC middleweight champion Luke Michael defends his title against Diego Bandu of the Democratic Republic of

the Congo in a main event that has drawn significant anticipation. The two faced off at Media Day in Cape Town, setting the tone for what promises to be a high stakes championship clash.

In the co main event, bantamweight champion Faez Jacobs defends his title against Australia's Trent Girdham. Adrian Sanchez meets Brazil's Jefferson Pereira for the interim lightweight championship, while the Flyweight Grand Prix Final sees Tumelo Manyamala face Ntando Zondi for divisional gold. Former EFC champion Terence Balelo returns to action against Brazil's Kleber Sousa on the main card.

The prelim card features a host of Cape Town's top rising athletes taking on challengers travelling from across the country, adding further depth and regional pride to a stacked fight night lineup.

Media Day and official face offs took place in Cape Town this weekend, with athletes meeting ahead of fight night. Open Workout sessions follow as fight week continues to build toward the official weigh in.

In response to overwhelming demand, a limited additional allocation of community access tickets has been released. These upper level tickets are available at R20 and include a complimentary Knox Hydration on arrival. Availability is strictly limited.

Broadcast information and event details are available at www.efcworldwide.com.

For media enquiries, please contact EFC

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EFC events are broadcast in over 120 countries around the world on numerous television networks in multiple languages. EFC programming is available weekly in more than 600 million television households globally, making it one of the most recognisable MMA brands in the world.

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