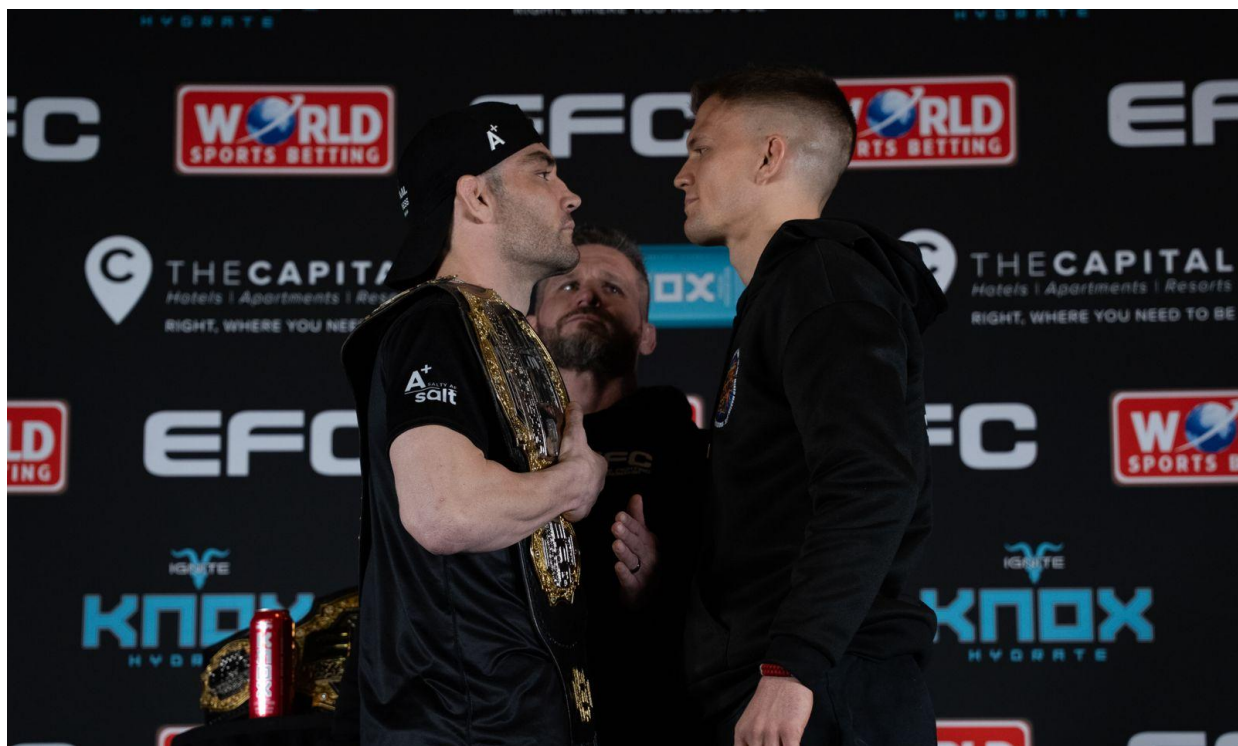


CHAMPIONSHIP RIVALS COME FACE-TO-FACE AS EFC 136 FIGHT WEEK BEGINS

Sanchez and Swanepoel Lead First Official Face-Offs
Ahead of Thursday's Championship Showdown



Johannesburg, South Africa - 3 August 2026

Fight week officially began today as athletes competing at EFC 136 gathered for the official Media Day, taking part in the first face-offs of the week ahead of Thursday night's event at the World Sports Betting EFC Arena in Johannesburg.

Interim lightweight champion Adrian "Rayo" Sanchez and challenger Bradley "The Nightmare" Swanepoel headlined proceedings, with both men displaying mutual respect ahead of their championship showdown despite the significance of Thursday night's main event.

Originally scheduled to face reigning lightweight champion Martin van Staden before injury forced a change to the bout, Sanchez made it clear that the late opponent switch has done little to change his focus.

"At the end of the day it's just another face, another body and I'm coming in there to do what I usually do – fight."

Swanepoel, who has worked his way back into another championship opportunity, echoed the champion's respectful approach while making it clear he believes his moment has arrived.

"This fight is a dream come true that I've been working for my entire life. I respect Adrian, his team and his family, but I believe in myself and my capabilities."

While the main event remained respectful, bantamweights Godfrey Mkhwanazi and Sithembiso Hadebe delivered one of the day's most animated exchanges, each promising a dominant performance on Thursday night.

"Nobody has hit you as hard as I'm about to hit you," declared Mkhwanazi.

Hadebe was quick to respond.

"I'm going to dog walk him. Striking or grappling, I'm ready wherever the fight goes."

Elsewhere on the card, middleweight Adei Volker remained unfazed by the late change of opponent as he prepares to welcome Cameroon's Joel Tiffo to the EFC Hexagon, while rising flyweight prospect Coenie Lamprecht confidently predicted a first-round finish against experienced veteran Lecture Gumbi.

Lightweight Grant Farrow also made his intentions clear, declaring himself "the most dynamic lightweight on the roster" as he continues his rapid rise through the division.

With Media Day complete, athletes now turn their attention to Wednesday's Official Weigh-In before stepping into the EFC Hexagon on Thursday night.

The EFC 136 preliminary card broadcasts live globally on Discover Sport and DAZN from 15:00, with the main card live from 19:00 on SuperSport, SABC Sport, Discover Sport, DAZN and other international broadcast partners.

The event is headlined by Adrian Sanchez versus Bradley Swanepoel for the interim lightweight championship and is presented by World Sports Betting live from the World Sports Betting EFC Arena in Johannesburg, South Africa, on Thursday, 6 August.

Ticket and broadcast information at efcworldwide.com.

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