

EFC 133 Media Day Sets the Tone for Fight Week as Championship Clash Draws Focus



Johannesburg, South Africa — 6 May 2026

EFC 133 fight week is underway, with Monday's Media Day at **The Capital on Park** delivering a composed but unmistakably charged atmosphere ahead of Thursday night's event.

Athletes, media, and production gathered in a setting that reflected the scale of the occasion. Interviews remained measured and professional throughout, but the tension beneath the surface became more apparent as the day progressed.

That shift was most visible when the main event fighters stepped into frame.

Champion **Zaakir Badat**, sharp in a tailored suit against the backdrop of the Capital on Park, carried the presence of a fighter fully in control of his moment. Across from him, challenger **Ziko Makengele** arrived gloved and masked, bringing a contrasting energy that immediately elevated the atmosphere.

It was a clear contrast in approach and personality, adding another layer to a bout that now carries significance beyond the title itself.

Also featured on the day were key athletes from the main card, including **Roewan De Beer**, who faced off with **Godknows Ndlovu** in one of the more intense exchanges of the session, along with **Chadrack Yemba**, **Sibusiso Sovendle**, and **Ayanda Zwane**, all contributing to a build up that continues to sharpen as fight night approaches.

Repeat of Media Day available [HERE](#)

With final preparations now in motion, attention turns to the next key moment of fight week.

OFFICIAL WEIGH IN – WEDNESDAY 6 MAY | 10:00

World Sports Betting EFC Arena, Johannesburg

All athletes step onto the scale ahead of fight night. Ticket holders are welcome to attend, with the weigh in also available live on YouTube.

FIGHT NIGHT – THURSDAY 7 MAY

World Sports Betting EFC Arena, Johannesburg

15:00 – Preliminary Card

Live exclusively on Discovery Sport

19:00 – Main Card

Live on SuperSport, SABC Open View, Discovery Sport and international broadcast partners

Full broadcast details and ticket information are available at:

www.efcworldwide.com

EFC 133 Zak vs Ziko presented by World Sports Betting takes place May 7 at the World Sports Betting EFC Arena in Johannesburg, South Africa.

About EFC® - The Extreme Fighting Championship®

Headquartered in Johannesburg, South Africa, EFC is a world leading mixed martial arts organisation. EFC produces 10 live events annually at sold out arenas. With over 200 athletes exclusively contracted to the organisation, EFC showcases the greatest warriors on the planet.

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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