

Stephan Bonnar Hints At Retirement

Ultimate Fighting Championship (UFC) Light Heavyweight [@Stephan Bonnar](#) is running out of options these days. Bonnar who was campaigning to get in front of The Ultimate Fighter (TUF) cameras opposite longtime rival and original castmate Forrest Griffin has given some hints of retirement.

Bonnar was suspended for nine months by the Nevada State Athletic Commission after he tested positive for anabolic steroids after his fight against Forrest Griffin at UFC 62: Liddell vs. Sobral. The banned substance in the post-fight urine sample of Bonnar was Boldenone Metabolite, according to the Nevada State Athletic Commission.

Boldenone or Equipoise is a banned substance and [anabolic steroid](#) on the list of all the major athletic commissions and sports leagues.

The American mixed martial artist who currently competes for the Ultimate Fighting Championship (UFC) rose to fame after he took the second spot on season 1 of The Ultimate Fighter on Spike TV. Bonnar is well-known in the world of MMA for never being knocked out or submitted in MMA competition and earned his Taekwondo black belt at the age of sixteen.

The MMA fighter was awarded a contract to fight in the Ultimate Fighting Championship after he exhibited good skills in the light-heavyweight finals, where he lost against Forrest Griffin by unanimous decision (29–28). The 2002-04 Ironheart Crown Light Heavyweight champion and Total Fight Challenge Light Heavyweight champion trained in Brazilian Jiu-Jitsu with the legendary Carlson Gracie has also trained in Muay Thai during several trips to Thailand. Fan of the rock band The Who, Stephan Bonnar uses their song "*Eminence Front*" as his entrance music to UFC fights. Bonnar has gone on to take part in some of the bloodiest wars in the history of mixed martial arts (MMA) since the infamous brawl night in April of 2005 with fellow Ultimate Fighter (TUF) season one contestant, Forrest Griffin.

Born on 4th April 1977 and nicknamed "*The American Psycho*", Stephan Patrick Bonnar has announced his plan to retire from MMA unless a third fight with Forrest Griffin or Quinton Jackson comes his way that is highly unlikely as Griffin will meet Chael Sonnen at UFC 155 and Jackson is scheduled to fight Glover Teixeira at UFC 153.

In 2005, the MMA fighter was part of the first class of TUF alongside other future UFC staples like Forrest Griffin, Diego Sanchez, Josh Koscheck, Kenny Florian, and Chris Leben.

In a recent interview, Bonnar said while addressing rumors of his potential retirement that retirement is not his preference, but he just has not had any offers that have been worth time. Bonnar remarked, "I fought every second of every fight I was in. I've never been stopped, legitimately, and I've only lost to champions. I've been hit with a ton of shots. I've never so much as acknowledged one of them." The MMA fighter is present lobbying for a TUF coaching spot opposite Forrest Griffin or a match against Quinton "Rampage" Jackson. With neither of his requests like to be entertained, the world may have already seen the last of Bonnar in the cage. Bonnar won his last three fights, with consecutive victories over Kyle Kingsbury, Igor Pokrajac, and Krzysztof Soszynski.