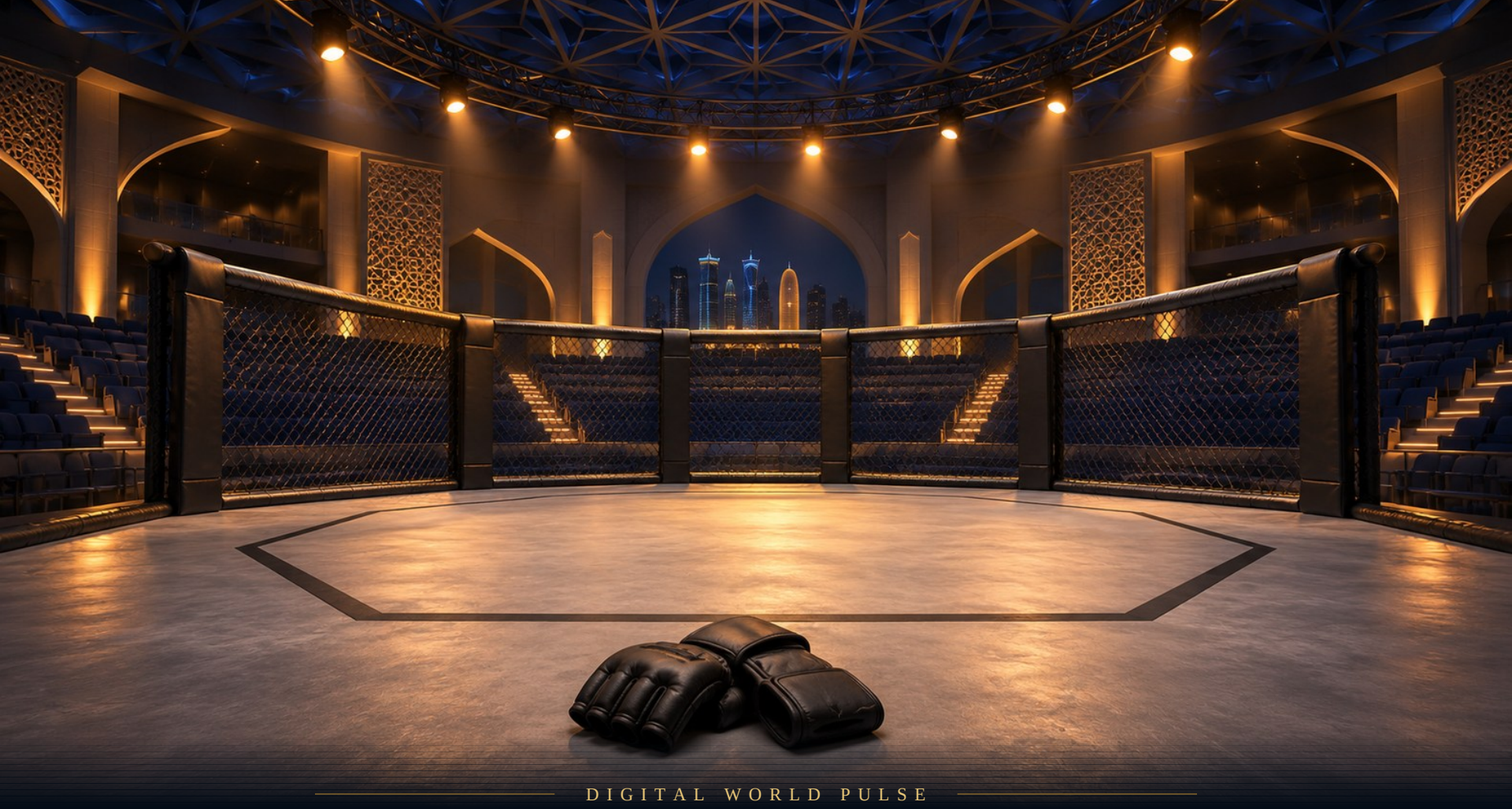

DIGITAL WORLD PULSE

UFC FIGHT NIGHT PROCHÁZKA VS STIRLING PREDICTIONS 2026

SATURDAY, NOVEMBER 21, 2026

ABHA Arena | Doha, Qatar | 11 bout previews

U.S. and European start times | Updated November 9



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SATURDAY, NOVEMBER 21

EVENT BRIEFING

ABHA Arena | Doha, Qatar

SCHEDULED CARD BLOCKS **24-HOUR CLOCK**

CARD BLOCK	ET	PT	GMT	CET	DOHA
Prelims	10:00	07:00	15:00	16:00	18:00
Main card	13:00	10:00	18:00	19:00	21:00

ET/PT: U.S. Eastern and Pacific time. GMT: U.K. and Ireland. CET: Central Europe. Doha is UTC+3. All listed block starts fall on Saturday, November 21.

11 BOUTS
5 MAIN CARD / 6 PRELIMS

5 x 5 MIN
NON-TITLE HEADLINER

3 x 5 MIN
ALL OTHER BOUTS

BEFORE YOU TUNE IN

These are the event times published by UFC. The main card starts at 13:00 ET (18:00 GMT); the headliner follows the other main-card fights. Individual walkout times depend on how long the earlier bouts last.

UFC lists Paramount+ for the U.S. broadcast. Check your local listing for coverage and timing. The full venue name is Ali Bin Hamad Al Attiyah Arena.

UFC event schedule Visit Qatar venue listing



ILLUSTRATIVE ARTWORK

MAIN EVENT | NOVEMBER 21, 2026

JIŘÍ PROCHÁZKA VS NAVAJO STIRLING

LIGHT HEAVYWEIGHT | 205 LB | 5 x 5 MIN

JIŘÍ PROCHÁZKA

32-6-1 PRO RECORD | UFC NO. 2

NAVAJO STIRLING

11-0 PRO RECORD | UFC NO. 5

WHAT TO WATCH

Stirling enters 11-0, with six UFC wins and three stoppages in 2026. His first-round finish of Jan Błachowicz was the strongest result of that run. Procházka has 28 knockout wins and a much deeper record against elite opposition, although he was stopped by Carlos Ulberg in April. The lean is Stirling if he can catch Procházka entering with straight counters and leave the pocket before the follow-up. Procházka's best chance is to keep changing the entry angle and force sustained exchanges.

THE SWING FACTOR

Watch whether Stirling can reset after landing. If Procházka can stay in range for a second attack, the five-round format gives him more time to take over.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Navajo Stirling	**KO / TKO**	Low

UFC announcement Navajo Stirling record MMA Fighting

Main event blueprint >



ILLUSTRATIVE ARTWORK

CO-MAIN EVENT | NOVEMBER 21, 2026

ALJAMAIN STERLING VS KEVIN VALLEJOS

FEATHERWEIGHT | 145 LB | 3 x 5 MIN

ALJAMAIN STERLING	KEVIN VALLEJOS
26-5 PRO RECORD | UFC NO. 4	18-1 PRO RECORD | UFC NO. 9

WHAT TO WATCH

Sterling won a five-round decision over Youssef Zalal in April. Vallejos arrives on a seven-fight winning streak with four UFC wins, including stoppages of Giga Chikadze and Josh Emmett. Sterling's route is to get to a body lock off the fence, finish the second effort and force Vallejos to defend his back. Vallejos can take over if he breaks the grip, turns to face and lands before Sterling can shoot again. The pick depends on Sterling turning entries into sustained offense.

THE SWING FACTOR

Count complete resets after the first two takedown attempts. Quick escapes back to striking range favor Vallejos; mat returns favor Sterling.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Aljamain Sterling	**Decision**	Low

UFC announcement Sherdog

Co-main blueprint >



ILLUSTRATIVE ARTWORK

MAIN CARD | NOVEMBER 21, 2026

DAN HOOKER VS BRIAN ORTEGA

LIGHTWEIGHT | 155 LB | 3 x 5 MIN

DAN HOOKER	BRIAN ORTEGA
24-15 PRO RECORD | UFC NO. 14	16-5 PRO RECORD

WHAT TO WATCH

Hooker comes back after a first-round loss to Salahdine Parnasse in September. Ortega, a two-time featherweight title challenger, is booked at lightweight. Hooker can win minutes with the jab and body kick if he has room to exit after combinations. Ortega's best work can come when an exchange becomes a clinch, or when Hooker commits to a takedown and leaves his neck exposed. Hooker gets the narrow nod because he can keep the bout standing without having to win those grappling exchanges.

THE SWING FACTOR

Watch how Hooker exits after the second punch. If Ortega can close into a clinch instead of chasing at range, the submission threat changes the call.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Dan Hooker	**Decision**	Low

UFC event MMA Fighting Brian Ortega record



ILLUSTRATIVE ARTWORK

MAIN CARD | NOVEMBER 21, 2026

KYOJI HORIGUCHI VS ASU ALMABAYEV

FLYWEIGHT | 125 LB | 3 x 5 MIN

KYOJI HORIGUCHI	ASU ALMABAYEV
36-6 PRO RECORD | UFC NO. 5	24-3 PRO RECORD | UFC NO. 7

WHAT TO WATCH

Both flyweights recorded submission wins at last year's Doha event. Horiguchi can make the first takedown hard to time by entering in bursts and exiting on an angle. Almabayev can answer by meeting him at the fence and chaining a single leg into a body lock rather than shooting from too far out. Horiguchi is the pick if he keeps most exchanges short and makes Almabayev start his wrestling again from the center. Long periods defending at the fence would narrow that advantage.

THE SWING FACTOR

The key is the second wrestling effort. If Horiguchi separates after the first shot, he can dictate range; if Almabayev stays attached, the pace changes.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Kyoji Horiguchi	**Decision**	Moderate

UFC event UFC announcement Sherdog



ILLUSTRATIVE ARTWORK

MAIN CARD | NOVEMBER 21, 2026

JARED CANNONIER VS IKRAM ALISKEROV

MIDDLEWEIGHT | 185 LB | 3 x 5 MIN

JARED CANNONIER	IKRAM ALISKEROV
18-10 PRO RECORD | UFC NO. 12	18-2 PRO RECORD | UFC NO. 13

WHAT TO WATCH

Aliskerov's UFC profile lists seven knockout wins and five submissions, giving him several ways to build offense off his entries. Cannonier's best answer is to use the jab and body work early, pivot off the fence and make Aliskerov pay for a predictable level change. The lean is Aliskerov to put together the cleaner rounds by alternating punches with clinch threats. A decision is the primary call because he can win minutes without forcing a finish. Cannonier's clean power keeps the alternative live.

THE SWING FACTOR

Look for Aliskerov's first level change after a punch. If Cannonier can stop it and return immediately to open space, the expected control time shrinks.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Ikram Aliskerov	**Decision**	Moderate

UFC event UFC announcement UFC



ILLUSTRATIVE ARTWORK

PRELIMS | NOVEMBER 21, 2026

ALEKSANDRE TOPURIA VS SANTIAGO LUNA

BANTAMWEIGHT | 135 LB | 3 x 5 MIN

ALEKSANDRE TOPURIA	SANTIAGO LUNA
7-1 PRO RECORD	8-1 PRO RECORD

WHAT TO WATCH

Topuria has won both of his UFC appearances, including a decision over Bekzat Almakhan in Doha last year. Against Luna, he can use compact counters to make the lead foot hesitate, then add a clinch entry once Luna plants to trade. Luna can win space by showing feints before his first punch and answering in combinations rather than conceding the next exchange. Topuria gets the nod for having a way to win both at boxing range and in close, though two UFC bouts are a small sample.

THE SWING FACTOR

Watch who gets the last clean shot before each reset. If Luna can land and circle instead of stopping in front of Topuria, the rounds get harder to call.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Aleksandre Topuria	**Decision**	Moderate

UFC event UFC announcement Sherdog



ILLUSTRATIVE ARTWORK

PRELIMS | NOVEMBER 21, 2026

SHAMIL GAZIEV VS TALLISON TEIXEIRA

HEAVYWEIGHT | 265 LB | 3 x 5 MIN

SHAMIL GAZIEV	TALLISON TEIXEIRA
15-3 PRO RECORD	9-2 PRO RECORD

WHAT TO WATCH

Gaziev stopped Kennedy Nzechukwu in the first round in August. The repeatable part of his path is cutting off the cage and making Teixeira work before he can set his long strikes. Teixeira can answer with a jab or straight right as Gaziev steps in, then take the angle before the clinch. The pick is Gaziev by stoppage if the fight spends time along the fence and Teixeira has to break contact repeatedly. An early, clean long-range exchange is the biggest threat to that projection.

THE SWING FACTOR

The first clean exit tells the story. If Teixeira can land from distance and leave on his own terms, Gaziev has to make a riskier entry the next time.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Shamil Gaziev	**KO / TKO**	Moderate

UFC event UFC announcement Sherdog



ILLUSTRATIVE ARTWORK

PRELIMS | REMATCH | NOVEMBER 21, 2026

AMIR ALBAZI VS ALESSANDRO COSTA

FLYWEIGHT | 125 LB | 3 x 5 MIN

AMIR ALBAZI	ALESSANDRO COSTA
17-3 PRO RECORD | UFC NO. 9	17-5 PRO RECORD

WHAT TO WATCH

Albazi knocked out Costa in round three in their first UFC meeting. The rematch turns on whether Albazi can still close distance and keep Costa defending the next transition after the initial contact. Costa can take away that advantage by framing early in the clinch and putting punches together after the break. Albazi is a small decision lean because he has more than one way to bank minutes, including pressure against the fence. The earlier knockout is context, not a forecast of the same finish.

THE SWING FACTOR

Watch Costa's first escape from the fence. If he can land on the separation, Albazi may need to take bigger risks to win the next exchange.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Amir Albazi	**Decision**	Low

UFC event UFC announcement Sherdog



ILLUSTRATIVE ARTWORK

PRELIMS | NOVEMBER 21, 2026

JAKE MATTHEWS VS TAHIR ABDULLAYEV

WELTERWEIGHT | 170 LB | 3 x 5 MIN

JAKE MATTHEWS	TAHIR ABDULLAYEV
23-8 PRO RECORD	20-3 PRO RECORD

WHAT TO WATCH

Abdullayev stopped Jefferson Nascimento in round three of his UFC debut. The 20-3 newcomer can make this difficult by carrying Matthews from the clinch into a second grappling exchange rather than accepting a clean break. Matthews has far more UFC experience and a path to a decision if he keeps his base under him, separates with underhooks and scores on the feet before re-engaging. The lean is Matthews, with limited UFC evidence for Abdullayev against this level of opponent.

THE SWING FACTOR

Check how Matthews stands up if taken down. Giving up his back to reach the fence is a much bigger risk than waiting for a stable base.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Jake Matthews	**Decision**	Low

UFC event UFC Sherdog



ILLUSTRATIVE ARTWORK

PRELIMS | REPORTED ADDITION | NOVEMBER 21, 2026

NIKOLAS MOTTA VS DOM MAR FAN

LIGHTWEIGHT | 155 LB | 3 x 5 MIN

NIKOLAS MOTTA	DOM MAR FAN
15-6 PRO RECORD	9-3 PRO RECORD

WHAT TO WATCH

Motta's latest completed fight was a second-round stoppage loss to Nazim Sadykhov in June 2025. Mar Fan beat Sang Wook Kim by decision in January and was submitted by Kody Steele in May. Motta's boxing has the higher immediate impact if Mar Fan stays in the pocket. Mar Fan's route is to enter behind a feint, stay close long enough to make the clinch count, then reset rather than trade on the way out. The activity edge gives Mar Fan a small lean.

THE SWING FACTOR

Watch whether Mar Fan can attach to the hips without absorbing the first clean counter. If the entries stall, Motta can win the exchanges at boxing range.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Dom Mar Fan	**Decision**	Low

Sherdog Nikolas Motta record Dom Mar Fan record



ILLUSTRATIVE ARTWORK

PRELIMS | REPORTED ADDITION | NOVEMBER 21, 2026

DIYAR NURGOZHAY VS ALIK LORENZ

LIGHT HEAVYWEIGHT | 205 LB | 3 x 5 MIN

DIYAR NURGOZHAY	ALIK LORENZ
12-2 PRO RECORD	8-2 PRO RECORD

WHAT TO WATCH

Nurgozhay is 2-2 in the UFC and has won his last two bouts. Lorenz earned a contract with a first-round knockout on Contender Series in August and makes his UFC debut here. Nurgozhay can build a decision by taking the first burst seriously, forcing a reset and using his range and clinch work to stretch the fight. Lorenz can flip the pick by getting Nurgozhay to retreat straight back and landing before he can circle. His fast recent wins make the opening exchanges especially important.

THE SWING FACTOR

If Lorenz keeps his shape after the first burst and can repeat the entry, he can extend the early danger into later rounds.

EDITORIAL PICK	PROJECTED METHOD	CONFIDENCE
Diyar Nurgozhay	**Decision**	Moderate

Sherdog MMA Junkie Alik Lorenz record

ALL 11 BOUTS

EDITORIAL PICKS

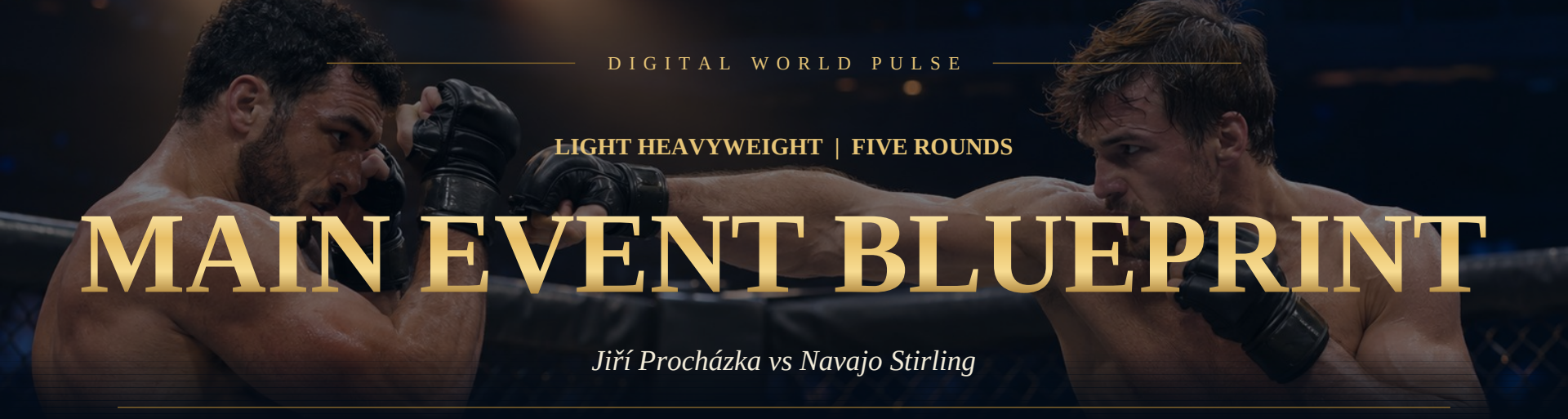
Winner, method and confidence | November 9 snapshot

MATCHUP	PICK	METHOD	CONFIDENCE
Procházka vs Stirling	**Navajo Stirling**	KO / TKO	*Low*
Sterling vs Vallejos	**Aljamain Sterling**	Decision	*Low*
Hooker vs Ortega	**Dan Hooker**	Decision	*Low*
Horiguchi vs Almabayev	**Kyoji Horiguchi**	Decision	*Moderate*
Cannonier vs Aliskerov	**Ikram Aliskerov**	Decision	*Moderate*
Topuria vs Luna	**Aleksandre Topuria**	Decision	*Moderate*
Gaziev vs Teixeira	**Shamil Gaziev**	KO / TKO	*Moderate*
Albazi vs Costa	**Amir Albazi**	Decision	*Low*
Matthews vs Abdullayev	**Jake Matthews**	Decision	*Low*
Motta vs Mar Fan *	**Dom Mar Fan**	Decision	*Low*
Nurgozhay vs Lorenz *	**Diyar Nurgozhay**	Decision	*Moderate*

* Reported addition listed on the updated card. Select a row for the full preview.

HOW TO READ CONFIDENCE

Low indicates a narrow lean or limited evidence. Moderate indicates a clearer matchup edge with a realistic route for the other fighter. Methods are forecasts; a correct winner can still win another way.



LIGHT HEAVYWEIGHT | FIVE ROUNDS

MAIN EVENT BLUEPRINT

Jiří Procházka vs Navajo Stirling

JIŘÍ PROCHÁZKA	NAVAJO STIRLING
32-6-1	**11-0**
28 career wins by knockout	*6 UFC wins entering Doha*

ROUND 1 | WIN THE FIRST RESET

Procházka can change stances and step beyond the first counter. Stirling can keep him from adding a second attack by landing straight and exiting on an angle. A clean first shot matters more if it also creates distance.

ROUNDS 2-3 | MAKE THE OTHER MAN LEAD

If Procházka keeps reaching the pocket, Stirling may have to lead instead of countering. If Stirling can put Procházka on the back foot after each exchange, he can set up the next straight shot without taking the same risk.

ROUNDS 4-5 | THE EVIDENCE GETS THINNER

Procházka has won a UFC title fight in round five. Stirling has yet to contest a five-round UFC fight. A slower pace late would give the former champion a different route than trying to win the first exchange.

EDITORIAL LEAN: STIRLING BY KO / TKO

Low confidence. A clean counter is the most direct finish path, but a fight built on extended exchanges gives Procházka more chances to change the rhythm.



FEATHERWEIGHT | THREE ROUNDS

CO-MAIN BLUEPRINT

Aljamain Sterling vs Kevin Vallejos

ALJAMAIN STERLING	KEVIN VALLEJOS
26-5	18-1
Former UFC bantamweight champion	*Seven consecutive wins entering Doha*

STERLING | CONNECT THE SECOND ATTEMPT

A single shot can be defended without ending the sequence. Sterling can follow it to the fence, keep his hands connected and finish with a mat return. If Vallejos turns away to stand, the back becomes available.

VALLEJOS | WIN THE BREAK

The first priority is breaking the grip and turning to face Sterling. Landing on the separation makes each future shot more expensive. If Sterling has to shoot from farther out, Vallejos can work behind shorter combinations.

THE ROUND-TO-ROUND TEST

Count how often an entry becomes an attack on the back or a spell of meaningful top offense. If the first round has repeated clean escapes, Vallejos can start the second knowing he can put together longer striking sequences.

EDITORIAL LEAN: STERLING BY DECISION

Low confidence. The pick depends on converting entries into offense. If the first takedown attempts cost Sterling time without keeping Vallejos down, the lean can flip.

BEFORE THE MAIN CARD

THE PRELIMS LENS

Six bouts | Scheduled start: 10:00 ET / 15:00 GMT

TOPURIA VS LUNA

Who takes the center after the first exchange? Topuria can close distance behind compact counters. Luna can keep the fight open by circling after he lands.

GAZIEV VS TEIXEIRA

Notice where Teixeira has to reset. Space to jab and exit favors him. Repeated resets with his back near the fence favor Gaziev.

ALBAZI VS COSTA

The rematch starts with a new question: can Costa get his offense going off the break? His first clean exit may tell you more than the prior finish.

MATTHEWS VS ABDULLAYEV

Separate the first takedown from what happens after it. Matthews can recover a standing fight if he denies the next grip; Abdullayev needs to keep him working.

MAR FAN-MOTTA AND NURGOZHAY-LORENZ

The reported additions offer two different tests. Watch Mar Fan’s clinch entries against Motta’s boxing, then Lorenz’s first burst against Nurgozhay’s ability to reset.

Full picks table >

BOOKING SNAPSHOT: NOVEMBER 9

WHAT CHANGED

The active list and how to check it before fight night

OCTOBER 12 | NINE BOUTS ANNOUNCED

The UFC announcement set the five-round headliner, Sterling-Vallejos co-main and seven more matchups. The event page lists those nine bouts with the official card-block start times.

TWO LATER BOOKINGS | ELEVEN IN THIS GUIDE

The updated listing adds Motta-Mar Fan and Nurgozhay-Lorenz. This guide uses lightweight for Motta-Mar Fan, as listed by Sherdog; initial reporting described a different class. Both are marked as reported additions.

TWO EARLIER MATCHUPS ARE OUT OF THE DOHA LIST

Cavalcanti-Montague was reported moved to UFC 335 on December 12. Sousa-Zaynukov was removed from the November 21 list. Neither receives a Doha prediction in this guide.

CHECK THE EVENT AND YOUR PLAYER

UFC and CBS Sports list the main card at 13:00 ET. Some coverage listings differ, including the Paramount+ schedule. Use the UFC event time as the guide’s baseline and check your local app on fight day.

QUICK CHECK

Before watching, confirm the two reported bookings, the final bout order and the local stream start. Official weigh-ins and fight-night updates may change the card.

DIGITAL WORLD PULSE

SOURCES & DISCLAIMER

Research snapshot | November 9, 2026

UFC | Event and official start times
Five main-card bouts, four prelims and UFC's block times.

UFC | Doha card announcement
Original bookings, main-event format and fighter backgrounds.

Visit Qatar | Venue and ticket listing
Full arena name, doors and first scheduled fight.

CBS Sports | UFC schedule
Cross-check for the official prelim and main card times.

Paramount+ | U.S. programming schedule
A separate programming listing shows a different main-card time.

Sherdog | Updated Doha card
Eleven listed matchups, weight classes and pro records.

MMA Fighting | Mar Fan-Motta booking
Late addition. Sherdog's current listing is used for the weight class.

MMA Junkie | Nurgozhay-Lorenz booking
Reported booking, UFC experience and Lorenz's contract.

Sherdog | Cavalcanti-Montague update
Reported move to the December 12 UFC 335 card.

Roster Watch | Matchup change log
Tracks Sousa-Zaynukov as removed from the November 21 card.

Bout pages link to fighter records and UFC profiles. Records show professional wins, losses and draws, excluding no-contest results. Rankings reflect the UFC event listing at the snapshot.

HOW THE PICKS WERE MADE

We compare recent results, opponent quality and how each fighter can create offense at range or in the clinch. Confidence is qualitative. Projected methods and winners are editorial judgment.

DISCLAIMER

Digital World Pulse is an independent publication. This preview is for information and entertainment and is not betting advice. Bout order, matchups and broadcast times can change. Artwork is illustrative and does not depict the named fighters or the actual venue.