

NXT – May 5, 2026: Cinco de NXT

NXT

Date: May 5, 2026

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Vic Joseph, Booker T.

We don't exactly have a big show coming up around here but we do have a bunch of people showing up in a hurry. Last week was one debut after another and that could make for some interesting changes. Hopefully we can find something for them to do though they're all getting their feet wet. Let's get to it.

[Here are last week's results if you need a recap.](#)

Opening recap.

Tony D'Angelo says he isn't waiting and charges at Tavion Heights for a quickly broken up brawl.

Jaida Parker vs. Kali Armstrong

They shove each other around to start, followed by an exchange of grappling. Parker gets a chinlock before sending Armstrong outside. That means a ram to send Armstrong into the apron and then being sent back inside. A double clothesline leaves both of them down and we take a break.

We come back with Armstrong sending her into the corner and stopping for some pushups. Armstrong drives in some knees and fires off the shoulders in the corner. The mocking of the high steps just wakes Parker up though and she hits the Tear Drop in the corner. Armstrong snaps off a powerslam to cut that off and the Kali Connection (running shoulder) finishes Parker at 9:57.

Rating: C+. This was about presenting Armstrong as a threat and it worked out rather well. At the same time, it's a bit annoying to see Parker lose again. She's turning into the latest star who gets start and stop pushes without getting anywhere. Hopefully that isn't the case, as she has far too much potential otherwise.

Tony D'Angelo comes in to yell at Robert Stone, saying he wants Tavion Heights tonight. Sure.

Video on Jackson Drake vs. Jasper Troy.

Birthright is not happy with what happened last week. Fit Finlay comes in to say they're not doing well and William Regal, by phone, says he's sent Charlie Dempsey back to the Snake Pit before they have a six man tag next week. The team sounds more ready.

We look at not Evil debuting last week. Not Evil says that was a proclamation to Tony D'Angelo and they will battle for the NXT Title. His name is Naraku and he debuts next week.

Jasper Troy vs. Jackson Drake

The rest of the Vanity Project are here with Drake. Troy fires off some shoulders in the corner to start but gets caught with a jumping enziguri. The Project offers a distraction and Drake hits a top rope Meteora and we take a break. We come back with Drake grabbing a tornado DDT but Troy nips up and gives him a chokeslam. Troy goes outside to yell at the Project though and here is Myka Lockwood to slam him on the floor. Back in and Drake's 450 connects for the pin at 7:18.

Rating: C+. I for one am shocked that a Shawn Michaels run promotion would have a muscular female woman as a heater for a young, disrespectful team. That being said, sure why not, as it's an idea that has worked before and it can work again. The Project needed one more person and this is better than some big silent brooding man as the enforcer.

We look back at Tristan Angel's debut last week. Angels talks about being better than a bunch of people on the roster.

We get a Rhea Ripley Origins video.

Here is Zaria for a chat. She says it feels different around here and for the first time, there is no one holding her back in the women's division. Now she has a clear path to the Women's North American Title. That title is what finally woke her up but here is Tatum Paxley to interrupt. Paxley knows how the title came between Zaria and Sol Ruca but that has nothing to do with her.

Cue Lizzy Rain to say she was the talk of the town last week and it's time to add some heavy metal to the title. Cue Nikkita Lyons, who takes credit for fans caring about Rain. Paxley will fight everyone and the brawl is on with Zaria standing tall. If Zaria is the challenger then fine, but this just made me even less interested in Rain and Lyons.

The Vanity Project meets Evolve's Romeo Moreno, who isn't impressed with them. Noam Dar returns and wants to fight Jackson Drake next week. Myka Lockwood shows up to scare Dar a bit but the match seems set. With the Project gone, Moreno says he is a huge Dar fan.

Kam Hendrix jumps Tony D'Angelo.

Post break Robert Stone grabs a headset and shakes up the card because D'Angelo can't wrestle at the moment.

Mr. Iguana/Lola Vice vs. Culling

The former's AAA Mixed Tag Team Titles aren't on the line and it's Izzi Dame/Niko Vance for the Culling. The men start things off, with Iguana being shoved into the ropes. The dead iguana pose has Vance confused but he picks Iguana up in a Gory Stretch. That's broken up as Vice tags herself in, allowing Dame to come in and kick Iguana in the head. Dame

hits a running shoulder in the corner but Vice chops away and grabs a springboard armdrag. Everything breaks down and the Culling are taken down with back to back seated sentons

We take a break and come back with Vance dropping a headbutt for two. A heck of a discus right hand puts Iguana down again and a tilt-a-whirl faceplant gets two. Iguana manages a tornado DDT though and the women come back in as everything breaks down again. Vice's running hip attack in the corner gets two on Dame and a spinning kick to the head knocks her silly. Vance breaks up the count but Iguana and Vice grab stereo triangle chokes. Both of them are broken up pretty quickly and Dame's running knee finishes Vice at 11:30.

Rating: B-. Iguana and Vice are a mostly silly team but they still feel important enough that beating them still means something. What matters is that Dame is now primed to get the next title shot and that should work. Dame is a big, strong star who can give Vice a good challenge. That's how it should have gone and it's a nice story to set up.

Tavion Heights still wants to fight Tony D'Angelo and Robert Stone comes in to say the match is tonight's main event. Stone goes over to Zaria, who wants the Women's North American Title. She's not happy about being in a tag match next week, but Stone says that's what she has to do if she wants a title shot.

Jaida Parker is livid about her loss. Nattie comes in to say Parker has gone soft. End of segment.

Hank & Tank vs. Darkstate

The rest of Darkstate is here with...uh, Darkstate. James elbows Hank in the face to start and it's off to Tank to grind away on a headlock. Griffin comes in and gets caught in the wrong corner but comes right back with a delayed vertical suplex. A running bulldog out of the corner gets Tank out of trouble as everything breaks down. Darkstate knocks them down on the

floor and Dion Lennox grabs a chair, which Saquon Shuggars takes away. The argument ensues and we take a break.

We come back with Tank fighting out of a chinlock but getting caught with a gutbuster. Griffin sends him back into the corner but Tank escapes a gutwrench and brings Hank in to clean house. A double tackle gets two on James, who is back with a spinning backbreaker. The Vader Bomb gets two, with Hank having to make the save. Hank is slammed on the floor and the diving Tank is pulled out of the air for the same result. Back in and an assisted spinning powerbomb finishes Hank at 12:00.

Rating: B-. Oddly enough this wound up being a pretty hot match, with Darkstate finally getting a win to stop their losing streak for the time being. The fact that Lennox wasn't involved with the result isn't the best sign for his future, but the team needed to be shaken up. Hank & Tank continue to exist and that's about as much as I can think of them most of the time.

Kelani Jordan mocks Lola Vice and says she's coming for the title too. Kendal Grey comes in to say she's coming after Jordan, who isn't worried.

Commentary...has tech issues and we can't hear anything they say. A production worker comes in to try to fix it and we go to a video instead.

New correspondent Emily Agard gets to meet Keanu Carver on her first assignment. He doesn't want to talk so they put the camera down...which films them anyway. Carver says he's here to get paid and comments don't help him take care of people counting on him. He's told Robert Stone to give him a chance or cut him. Carver knows they're still filming him so she can ask one last question on the record.

Agard asks about Carver knowing the symbol of war given to Tony D'Angelo last week. Carver says he played college

football...but he paid attention in class too. Carver: "The thing about me that y'all don't know is that I'm smart as s*** for real." Well that's a different way to present someone. I like it though, as Carver has been presented as this big brute but having a brain with that kind of force is interesting.

Hey the audio is better.

Backlash rundown.

Shiloh Hill is walking around in the dark and he's happy about beating Ricky Saints last week. He also finds Tristan Angels to be a bit ridiculous and hopes he's allergic to sheep.

Here's what's coming next week.

Tavion Heights vs. Tony D'Angelo

Non-title. Heights wrestles him down to start and they trade waistlocks. A fireman's carry faceplant drops D'Angelo and he realizes the amateur stuff isn't going to work here. Instead D'Angelo hits a John Cena Throwback for two but gets driven into the corner for a beating. Heights throws him down with a suplex but D'Angelo is up for a shove off the top as we take a break.

We come back with D'Angelo fighting out of a chinlock, only for Heights to gutwrench suplex him for two. A pretty impressive top rope splash gives Heights two...and makes D'Angelo Hulk Up. Some German suplexes put Heights down but his capture suplex gets two more. Forget About It gives D'Angelo two of his own and they forearm it out. A spear drops puts Heights down again but he's back up with his spinning belly to belly. Cue Kam Hendrix for a distraction so Heights beats him up, with Myles Borne running in to give Hendrix a running flip dive. They brawl off and D'Angelo chokeslams Heights for the pin at 10:22.

Rating: B-. They got rolling near the end here and were

trading one big shot after another. The Hendrix and Bourne stuff didn't really help, but D'Angelo gets to beat someone on the way to his next big challenger. That could be a few people, though Naraku seems likely. Heights still feels like he has potential, but this came off more as him just being someone for D'Angelo to beat.

Post match respect is shown but the big guy from last week runs in again and lays them both out. He introduces himself as Mason Rook and says he has arrived.

Overall Rating: B. This was the follow up to last week's show with all of the people debuting and this week seemed to be more about them pairing off and getting settled into their new spots. That's good to see and it's something that has to happen around here, as it's the nature of NXT. The wrestling was more good than bad and the show accomplished enough so I'll call it a good show.

Results

Kali Armstrong b. Jaida Parker – Kali Connection

Jackson Drake b. Jasper Troy – 450

Culling b. Mr. Iguana/Lola Vice – Running knee to Vice

Darkstate b. Hank & Tank – Assisted spinning powerbomb to Hank

Tony D'Angelo b. Tavion Heights – Chokeslam

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