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Fightnomics: The Hidden Numbers In Mixed Martial Arts And Why Thereâ€™s No Such Thing As A Fair Fight



Synopsis

Fightnomics quantifies the underlying drivers of the world's most exciting and fastest growing sport through deep analysis of Mixed Martial Arts (MMA) competition. Part Freakonomics and part Moneyball, Fightnomics is a statistical spotlight on the Ultimate Fighting Championship (UFC) and the fighters who compete in the Octagon. Does size matter? Is the Southpaw Advantage real for MMA? Is it better to be young or experienced in a fight? How is the UFC Tale of the Tape lying to us? What makes a strike significant? What about Ring Rust, Octagon Jitters, or the Home Cage Advantage? Just how accurate are betting odds? Theories about how MMA works get put to the test with a little bit of science, and a whole lot of numbers. Fightnomics is the deepest and most complete analysis to date of historical UFC data that answers common, yet hotly debated questions about the sport. The fight game will never quite look the same once you've learned what really matters in a cage fight, and even a few surprising things that don't.

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Customer Reviews

A lot of what passes for "books" in the world of mixed martial arts are, to say the least, lacking greatly in anything resembling objectivity. If you want to read where Matt Hughes wrestled in high

school or how Randy Couture became the legend he is, that kind of thing exists in plentiful numbers. The real science of numbers in fighting, however, has almost completely been ignored. Until now, that is. Reed Kuhn, along with Kelly Grigger -- author of Greg Jackson's book *The Stand Up Game* -- has filled a void in the world of mixed martial arts by ignoring favorites and biases and taking a look at hard facts. Everything from the evolution of the sport (which has been profound, to say the least), to who scores the most take-downs, where size matters (and where it doesn't), and even how betting odds work -- from an informed perspective -- in combat sports. Basically, what the authors have done is to take MMA and break down every aspect of the sport to find out, based on the thousands of fights we have to reference now, what works, what doesn't, and why that is so. In other words, this isn't a book stating that "____" fight system is better because so-and-so trains it or that "____" is a superior fighter because his training is done with shaolin monks or some nonsense like that. Rather, it is an honest look at the numbers behind every aspect of MMA.

Statistics often get a bad wrap, usually from people who neither understand what statistics provide, or that that someone is on the negative receiving end of what the statistics are showing. Stats are merely objective numerical measurements to show relationships exist. They are not supposed to prove the truth--that's what experimentation is for with control groups and a specific independent/dependent variables set up to prove causation. This book offers a very solid account and measurement of all the various motor skill occurrences within mixed martial arts fights, with the various correlations that exist between actions and results of those actions from the individuals engaging these actions. Again, cause and effects are not being proven--merely relationships are established. But with these numbers, one can discover objective measurements of what happens in the arena. How one then interprets these measurements become the task of the interpreter, and his conclusion then become where the errors lie--not with the numbers themselves. An example is we see the book offering positional breakdowns, measuring the likelihood of achieving positional control over your opponent per takedown. We see back control is at 20% (does that mean it has an 80% failure rate? Or does it mean other positions were attempted, and this was what occurred 20% of the time? Or does it mean back control is easier to achieve than full mount?) and full mount control is at 13%. On the following page we see how long these positions are maintained with time spent in this positional control. In seconds per position achieved, when back control is obtained, the competitor measures in at sustaining the position for forty seconds of control over the twenty-four seconds of control in the full mount. What does this mean?

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