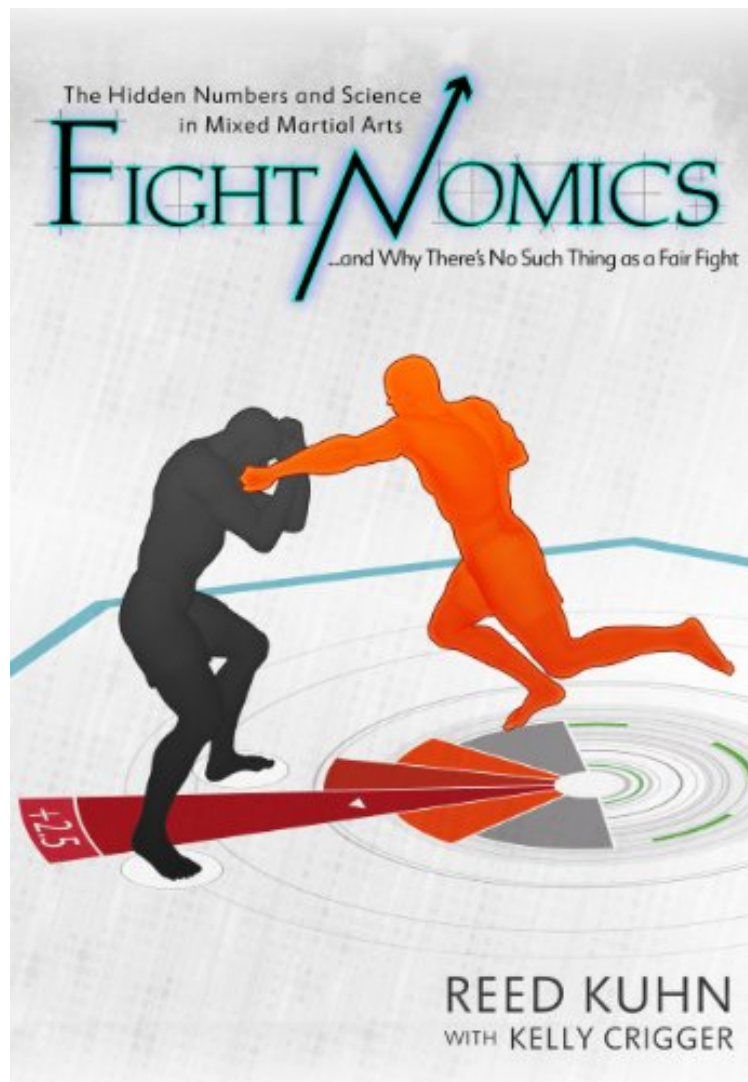


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## Fightnomics: The Hidden Numbers in Mixed Martial Arts and Why There's No Such Thing as a Fair Fight

*Reed Kuhn, Kelly Crigger*

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**Reed Kuhn, Kelly Crigger : Fightnomics: The Hidden Numbers in Mixed Martial Arts and Why There's No Such Thing as a Fair Fight** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fightnomics: The Hidden Numbers in Mixed Martial Arts and Why There's No Such Thing as a Fair Fight:

2 of 2 people found the following review helpful. "There's no such thing as a fair fight..."By A.BodhiStatistics 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? The numbers are there--what they mean are arguable--but this is a start into really seeing the who, what, when, where, why and how of motor skill applications with subsequent results. make sure you see all the existing variables interacting before coming to a conclusion. For those who like objective measurements to assist them in training more wisely and getting a more, in-depth understanding to what is going on in this highly competitive, athletic endeavor, FIGHTNOMICS provides the objective numbers, and the author's evaluation of those numbers. The numbers don't lie. These alone make the book incredible valuable for any coach, student, practitioner, and/or trainer in the MMA arena. This is the purpose for me choosing to obtain the book, as I can then look at the numbers myself and draw my own conclusions. Without the numbers, I am flying blind. The author writes in a relax style that I found flows well, even as he assesses the numerical values, and more often than not, I found myself agree with his many assessments. Where he was emphatic about something, I found myself being a tad more flexible and open to other assessments with the numbers, but that is what stats provide: An objective measurement of events. How one interpret the numbers remains the responsibility of each interpreter, and herein lies the place for the errors--not in the stats--of course, unless someone miscounted or used the incorrect formula. The book is well made, well published, fun to read and offers the objective measurements of motor skill occurrence and their outcomes. It is a excellent, one-of-a-kind manual for seeing past the emotional hype the UFC-MMA generates to see more clearly what actually occurs in the octagon. Well done, Mr. Kuhn. A. Bodhi 1 of 1 people found the following review helpful. This book is filled with TONS of information like that. Best book I own on fighting and ... By sandman I constantly refer to this book when teaching Defense Tactics to armed security guards in Texas. Did you know that the average fight in a 35ft Cage ends in 10.8 minutes, where as a fight in a 25 foot cages averages in 9.9 minutes? That means fights end quicker in smaller spaces. That is just one fact i took from this book to help me teach the theory of fighting to security guards, and amateur fighters. It doesnt matter if its Pro fighters or people on the street, fights end quicker in smalls spaces. That data was collected from over 1,000 UFC fights from 1993 to 2013. This book is filled with TONS of information like that. Best book I own on fighting and martial arts, and I own over 60 books on the subject. 1 of 1 people found the following review helpful. Perfect for any MMA nerd By Benjamin Westcott I am a nerd. When I find something I'm passionate about, I want to dive deep learn everything about it that I can. Nothing, in my mind, compares to MMA, and now there's a book that digs into the nitty-gritty stats in a way that I didn't think was possible with my sport. Logically laid out, contains many charts, graphs figures to illustrate the author's points, as well as specific fight examples that allow the reader to see the theory in action. "If you alpha" (as Rampage would say), this book might not be for you. It's not a meathead book. It's not an easy read. It's not a technique guide, or a how to manual or even a history of the sport. This is stats analysis, and not the simple kind that get flashed on the PPV or scroll across the bottom of SportCenter. In depth, hardcore, heavily researched, well-presented statistical analysis of Mixed Marital Arts (specifically the UFC). It is, however, an engaging read really well done. Just be aware of what you're getting into.

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.

"Analysis is a critical strategic insight for competing at championship levels and Reed is the undisputed champ of MMA analytics." -Greg Jackson, Legendary MMA Trainer and Coach

"The more I look at this stuff the more I'm impressed. 'Fightnomics' is the fifth cornerman for any serious athlete. Champions handle their careers like CEOs; by the numbers." -Chael Sonnen, UFC Contender and FOX Sports Analyst

"Preparing for combat requires finding patterns in the chaos of the fight game. I knew the importance of studying my opponents as a fighter and now Reed Kuhn truly allows fans to do the same with 'Fightnomics.'" -Kenny Florian, Retired UFC Fighter and FOX Sports Analyst

"Fightnomics does a fantastic job of tackling the myths of the sport and presenting new and potentially revolutionary theories. There's a ton of information to digest here, but it's worth sifting through to find each golden nugget of truth behind the numbers. Ultimate Fighting Championship just celebrated its 20th anniversary late last year, and with detailed analysis and modern statistics from books like Fightnomics leading the charge, the next 20 years look very bright indeed." -Brian Hemminger, MMAOddsbreaker.com

"In a sport where everyone has a puncher's chance, you can lose your money literally seconds into a fight. Reed Kuhn is out to dispel this MMA myth through statistics and quantitative analysis. One of the many things he uncovered was a betting trend that could change the way we look at MMA gambling forever." -Marc Raimondi, Fox Sports.com

"The book is a flat-out must for anyone serious about MMA" -Danny Richards, The Farm BJJ