

Research on the Technique Types of 20 UFC Champions

Hu Zurong

Department of Physical Education, Nanchang University, Nanchang 330031

Abstract

Through the analysis of technique types of 20 UFC champions, the result shows that the champions embody a wide variety of fighting techniques. UFC champions who have won maximum times have a variety of different types of technique style; wrestling, Brazilian jiu-jitsu, boxing, Muay Thai, karate and taekwondo champion are the fighting techniques which are relatively more involved in the training of UFC.

Keywords: UFC champion; technique type; MMA

1. Introduction

1.1. Status and Trends

MMA (Mixed Martial Arts) is a match where players of boxing, judo and wrestling, karate, etc. compete with each other. MMA has gradually become a final development of world class fighting tournament. About the study on MMA, when researching China Knowledge Resource Integrated Database, only *Analysis of Technology Utilization in 2011 Ultimate Fighting Competition*^[1], *Research on Winning Strategy for Chinese Martial Athletes in K-1 Tournament*^[2], *Comparison and Contrast of Sports Culture of Chinese Sanda and American MMA*^[3], *Study On Chinese Sanda Athletes Start Training of "Other Fighting Projects"*^[4] and the *Comparison and Contrast Re-*

search on Chinese Martial Arts and American Ultimate Fighting Techniques^[5] and several other monographs have been found. Others, such as *MMA, K-1*^[6], *MMA, UFC*^[7], *MMA, K-ONE and other Professional Events*^[8], *MMA Events*^[9] are only mentioned by words, no special studies.

To sum up, MMA has got the attention of Chinese scholars, but still the studies on MMA and other world combat sports is lacking. In view that the development of Chinese martial arts is not so smooth and MMA is going to sweep the world, the researches on MMA and other world fighting matches are bound to be strengthened.

1.2. Research Significance

UFC (Ultimate Fighting Championship), coming from the U.S., is now the MMA's top events. UFC champions are from many countries and are all top players of many fighting factions who has a unique career characteristics, which has an important role in raising the level of Chinese players and enlightening the development of Chinese martial arts. In the world Sanda competition, the Chinese Sanda results are seriously threatened; in international fighting competitions, it's almost hard to find a Chinese player on the scene. UFC champion training characteristics can be an important reference when selecting, training Chinese player and during their competitions. This paper studies the technology types of champions of international top competitions UFC fighting. On

the one hand provide relating theory of international MMA; on the other hand provide a new perspective for the study of China's martial arts development.

2. Methods

2.1. Literature Method

We have downloaded more than 60 journal articles, dissertations and newspaper articles from *China Knowledge Resource Integrated Database* about "UFC", "MMA", "Sanda", "mixed martial arts" and others; have searched UFC champion information in Baidu Encyclopedia, Wikipedia and other websites; have downloaded UFC champions information over the years from UFC China website (<http://www.ufc-1.com/>), UFC MMA championship website (<http://sports.sohu.com/ufc/>) and other fighting sports website.

2.2. Mathematical Statistics Method

About the information of UFC champion, many domestic and foreign websites have different levels of description, such as Baidu Encyclopedia, Wikipedia, etc., differences exist between these resources and Wikipedia are relatively more authoritative and more comprehensive. After a serious discussion within group members and consulting the views of experts and scholars, we select the information from Wikipedia. On July 6, 2011, selected those who have won at least two championships from 2000 to 2010 in List of UFC Champions^[10] (including defending champion) as the objects, totally 20. Analyze the data of technique types of the 20 UFC champions from Wikipedia to explore the relating rules.

3. Results

3.1. Selection of 20 UFC champion

This essay selected Anderson Silva, Andrei Arlovski, BJ Penn, Brock Lesnar, Chuck Liddell, Frank Mir, Frankie Edgar, Georges St-Pierre, Jens Pulver, Kevin Randleman, Lyoto Machida, Matt Hughes, Murilo Bustamante, Pat Miletich, Quinton Jackson, Randy Couture, Rich Franklin, Sean Sherk, Tim Sylvia and Tito Ortiz (see Table 1) as the main objects. Table 1 List of 20 UFC Champions Basics Information

NAME	TECHNIQUE TYPE
Anderson Silva	Muay Thai, Boxing, Brazilian Jiu-Jitsu, Taekwondo, Judo, Capoeira
Andrei Arlovski	Kickboxing, Sambo, Brazilian Jiu-Jitsu
B.J. Penn	Brazilian Jiu-Jitsu, Boxing
Brock Lesnar	Wrestling, Submission Wrestling
Chuck Liddell	Kenpō Karate, Koei-Kan Karate, Kickboxing, Wrestling
Frank Mir	Brazilian Jiu-Jitsu, Muay Thai, Boxing, Kenpō Karate, Wrestling
Frankie Edgar	Wrestling, Boxing, Brazilian Jiu-Jitsu, Muay Thai
Georges St-Pierre	Kyokushin, Muay Thai, Boxing, Wrestling, Brazilian Jiu-Jitsu, Gaidojutsu
Jens Pulver	Boxing, Wrestling
Kevin Randleman	Freestyle Wrestling, Brazilian Jiu-Jitsu
Lyoto Machida	Machida Karate, Shotokan Karate, Brazilian Jiu-Jitsu
Matt Hughes	Wrestling, Submission Grappling, Boxing
Murilo Bustamante	Brazilian Jiu-Jitsu
Pat Miletich	Brazilian Jiu-Jitsu, Karate, Boxing, Muay Thai, Wrestling, Freestyle Fighting
Quinton Jackson	Wrestling, Boxing, Muay Thai
Randy Couture	Greco-Roman Wrestling, Boxing, Muay Thai, Catch Wrestling
Rich Franklin	Boxing, Kickboxing, Muay Thai, Brazilian Jiu-Jitsu
Sean Sherk	Wrestling, Brazilian Jiu-Jitsu, Boxing
Tim Sylvia	Kickboxing, Brazilian Jiu Jitsu
Tito Ortiz	Wrestling, Kickboxing

Since these 20 players are all champions from 2000 to 2011 UFC, to some extent, they can be the representatives of the new

era; as for their performance, several champions included have won more than five times. Besides that, there are also some cross-level champions like Anderson Silva, Chuck Liddell, Matt Hughes and Randy Couture, etc. who have won UFC 5-8 times. BJ Penn and Randy Couture are the only two players who have won two levels competition.

3.2. Technique Styles of 20 UFC Champions

Herein we define the term “technique style” as the equal meaning of “technique species”, such as sanda, taekwondo, boxing, wrestling, Muay Thai and judo. According to calculation, the 20 UFC champions have been taught totally 67 kinds of techniques, an average of 3.35 kinds per person, that is, everyone have received the professional training of more than three kinds of fighting techniques. Four of them have got the training of more than five kinds (Table 2).

Table 2 UFC Champions learn more than Five Kinds of Technique Species

NAME	TECHNIQUE SPECIES	TOTAL
Anderson Silva	Muay Thai, Boxing, Brazilian Jiu-Jitsu, Taekwondo, Judo, Capoeira, Kyokushin, Muay	6
Georges St-Pierre	Thai, Boxing, Wrestling, Brazilian Jiu-Jitsu, Gaidojutsu	6
Pat Miletich	Brazilian Jiu-Jitsu, Karate, Boxing, Muay Thai, Wrestling, Freestyle Fighting	6
Frank Mir	Brazilian Jiu-Jitsu, Muay Thai, Boxing, Kenpō Karate, Wrestling	5

Table 2 shows that, Anderson Silva, Georges St-Pierre and Pat Miletich obtain the most kinds of technique species. For example, Anderson Silva has received the professional training of Muay Thai, boxing, Brazilian jiu-jitsu, taekwondo, judo and Brazilian Capoeira; Georges St-Pierre has experienced the training of karate, Muay Thai, boxing, wrestling, Brazilian jiu-jitsu and Greg surgery . Thus we can draw a conclusion that UFC champion usually is skilled at a variety of

fighting techniques, and these fighting techniques are combined together on the basis of mutual complementary thus creating a good player .

3.3. The Connection between Championship and Technique Style

To find out the relationship between championship and technique style, we analyzed the technique style of 20 UFC champions, including four players who have won (defending champion involved) champion 8 times or more, namely, Randy Couture, Matt Hughes, Anderson Silva and Georges St-Pierre. The former two have won nine championships and the latter two have won eight championships. (Table 3)

Table3 Technique Style of Players Won 8 Times or More

NAME	WINNING TIMES	TECHNIQUE STYLE	TOTAL
Randy Couture	9	Greco-Roman Wrestling, Boxing, Muay Thai, Catch Wrestling	4 kinds
Matt Hughes	9	Wrestling, Submission Grappling, Boxing	3 kinds
Anderson Silva	8	Muay Thai, Boxing, Brazilian Jiu-Jitsu, Taekwondo, Judo, Capoeira	6 kinds
Georges St-Pierre	8	Kyokushin, Muay Thai, Boxing, Wrestling, Brazilian Jiu-Jitsu, Gaidojutsu	6 kinds

Table 3 shows that Randy Couture and Matt Hughes have a technique style of four species and three species, Anderson Silva and Georges St-Pierre have six kinds. Therefore we can learn that UFC champions who have won maximum times have a variety of different types of technique style; the integration of various types of fighting techniques is an important condition for MMA ability.

3.4. Distribution of Technique Style in the Training of 20 UFC Champion

Fighting martial is an ancient skill. In the evolution process of nature, humans being cannot survive without the help of fighting ability. Every nation in the world has its own unique fighting skills which have a unique technique style and different technique style has different martial effect. In order to know the frequency of technique style in the training of UFC champion, we calculated the times one technique species are used in the training of 20 UFC champion. (Table 4).

Table 4 Times of Technique Species Used of 20 UFC champion

TIMES	TECHNIQUE SPECIES	KINDS
15	Wrestling	1
13	Brazilian Jiu-Jitsu	1
12	Boxing	1
8	Muay Thai	1
7	Karate	1
6	Taekwondo	1
	Judo 、 Sambo 、 Freestyle	
1	Fighting 、 Submission Grappling、 Gaidojutsu、 Capoeira	6
TOTAL		13

(Table Remarks: According to technique characteristics, wrestling will stand for greco-roman wrestling, catch wrestling, submission wrestling and freestyle wrestling; karate will stand for kenpō karate, koei-kan karate, kyokushin, machida karate and shotokan karate; taekwondo will stand for kickboxing in this paper.)

Table 4 tell us that in the 20 UFC champion, wrestling (including the greco-roman wrestling, freestyle wrestling, catch wrestling and submission wrestling and other kinds of wrestling) is the most popular technology which is learned by fifteen players, followed by Brazilian Jiu-Jitsu, boxing, muay Thai, karate, taekwondo, respectively 13,12,8,7 and 6; judo 、 sambo 、 freestyle fighting 、 submission grappling 、 gaidojutsu 、 capoeira are one.

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