

biggest upsets in ufc history

biggest upsets in ufc history have captivated fans and analysts alike, showcasing moments when underdogs defied expectations and altered the course of mixed martial arts forever. These shocking outcomes often involve lesser-known fighters overcoming dominant champions or heavily favored contenders, delivering unforgettable bouts that resonate throughout the sport's legacy. Understanding these pivotal fights offers insight into the unpredictability and competitive spirit intrinsic to the UFC. This article explores some of the most astonishing moments in UFC history, highlighting the fighters, circumstances, and impact of these monumental upsets. From technical knockouts to submission surprises, the biggest upsets in UFC history demonstrate the sport's dynamic nature and the thin line between victory and defeat.

- Historic UFC Upsets That Changed the Sport
- Iconic Underdog Victories
- Technical Knockout Surprises
- Submission Shocks in UFC History
- Factors Contributing to Major UFC Upsets

Historic UFC Upsets That Changed the Sport

The biggest upsets in UFC history are often remembered for their profound impact on the sport's trajectory and fighter legacies. These fights not only shocked audiences but also redefined divisions and championship lineages. They serve as benchmarks for unpredictability in mixed martial arts, underscoring how preparation, strategy, and mental fortitude can overturn odds.

Matt Serra vs. Georges St-Pierre

One of the most famous upsets occurred at UFC 69 when Matt Serra defeated Georges St-Pierre for the welterweight title. Serra, a former contestant on *The Ultimate Fighter*, was a massive underdog against the dominant champion St-Pierre. Utilizing relentless pressure and wrestling, Serra's unanimous decision victory stunned the MMA community and demonstrated that no fighter is invincible.

Holly Holm vs. Ronda Rousey

Another landmark upset happened at UFC 193 when Holly Holm knocked out Ronda Rousey, the undefeated women's bantamweight champion. Rousey was considered unbeatable, with a dominant run of armbar submissions. Holm's precise striking and tactical approach led to a head kick knockout, ending Rousey's reign and altering the women's division landscape.

Iconic Underdog Victories

Underdog wins remain some of the most thrilling moments in UFC history, reflecting the essence of competition where determination and skill can overcome odds. These victories provide inspiration and highlight the unpredictable nature of MMA, where rankings and reputations can quickly be overturned.

Jorge Masvidal vs. Ben Askren

At UFC 239, Jorge Masvidal delivered one of the quickest knockouts in UFC history by defeating Ben Askren in just five seconds with a flying knee. Askren was undefeated and favored to win, but Masvidal's explosive technique and timing created a stunning upset that remains a highlight in UFC lore.

Michael Bisping vs. Luke Rockhold

Michael Bisping's knockout of Luke Rockhold at UFC 199 was a significant upset. Rockhold was the reigning middleweight champion and heavily favored, while Bisping was considered an underdog. Bisping's resilience and precise striking earned him the title and cemented his place among the sport's greats.

Technical Knockout Surprises

Technical knockouts (TKOs) are a common method through which the biggest upsets in UFC history have occurred. These finishes often showcase a fighter's ability to capitalize on openings and exploit weaknesses, resulting in dramatic and definitive outcomes.

Kevin Lee vs. Tony Ferguson

Kevin Lee's TKO victory over Tony Ferguson at UFC Fight Night 123 surprised many fans. Ferguson was on a long winning streak and widely expected to continue his dominance. Lee's aggressive striking and ground control overwhelmed Ferguson, ending the fight in the third round and disrupting expectations in the lightweight division.

Francis Ngannou vs. Stipe Miocic

At UFC 220, Francis Ngannou scored a second-round TKO over Stipe Miocic, the defending heavyweight champion. Ngannou was known for his knockout power but was not favored to dethrone Miocic, who had a strong record. This upset showcased Ngannou's growth and changed the heavyweight landscape dramatically.

Submission Shocks in UFC History

Submissions have also played a critical role in some of the biggest upsets in UFC history, highlighting the technical grappling skills that can turn a fight unexpectedly. These submission victories often come from fighters considered less dominant or less experienced on the ground.

Demian Maia vs. Carlos Condit

Demian Maia's triangle choke submission over Carlos Condit was a significant upset given Condit's striking prowess and previous championship challenges. Maia's grappling expertise allowed him to control the fight and secure a submission victory, emphasizing the importance of versatile skill sets in MMA.

Rory MacDonald vs. Robbie Lawler

In their first encounter at UFC 167, Rory MacDonald stunned Robbie Lawler with a submission win via arm-triangle choke. Lawler was known for his aggressive striking and toughness, but MacDonald's grappling strategy and composure led to a decisive upset that highlighted the unpredictable nature of UFC bouts.

Factors Contributing to Major UFC Upsets

Understanding why the biggest upsets in UFC history occur involves analyzing various factors that influence fight outcomes. These elements include stylistic matchups, fight preparation, mental state, and sometimes external circumstances that affect performance inside the octagon.

- **Underdog Strategy:** Fighters who are considered underdogs often develop game plans that exploit their opponent's weaknesses, leading to surprising victories.
- **Mental Toughness:** Psychological resilience can sway fights, with underdogs sometimes displaying greater composure under pressure.

- **Physical Conditioning:** Superior conditioning allows some fighters to maintain pace and pressure, forcing errors from favored opponents.
- **Fight Dynamics:** Early aggression, momentum shifts, and in-fight adjustments can overturn expectations rapidly.
- **Injuries and Health:** Hidden injuries or health issues may impair favored fighters, paving the way for upsets.

Frequently Asked Questions

What is considered the biggest upset in UFC history?

One of the biggest upsets in UFC history is when Matt Serra defeated Georges St-Pierre at UFC 69 in 2007, ending GSP's undefeated streak and winning the Welterweight Championship.

Which underdog victory shocked fans the most in UFC?

Holly Holm's knockout of Ronda Rousey at UFC 193 in 2015 is often cited as the most shocking underdog victory, as Rousey was undefeated and heavily favored to win.

Has a newcomer ever caused a major upset in the UFC?

Yes, B.J. Penn caused a major upset by defeating Matt Hughes at UFC 46 in 2004 to win the Welterweight Championship, despite being considered an underdog and a newcomer to the division.

What upset involving Conor McGregor surprised the MMA world?

Conor McGregor's first-round knockout of José Aldo at UFC 194 in 2015 was a huge upset, as Aldo had been undefeated for over a decade and was considered nearly unbeatable.

Are there any notable upsets in UFC women's divisions?

Yes, besides Holly Holm's upset over Ronda Rousey, Amanda Nunes' victory over Cris Cyborg at UFC 232 in 2018 was a major upset, as Cyborg was a dominant and feared featherweight champion.

How do UFC upsets impact the fighters' careers?

UFC upsets often dramatically change fighters' careers, elevating underdogs to stardom, increasing their marketability, and sometimes leading to title runs, while also redefining the legacy of the defeated

champions.

Additional Resources

1. *Shockwaves in the Octagon: The Biggest UFC Upsets*

This book delves into the most jaw-dropping and unexpected outcomes in UFC history. From underdogs toppling champions to last-second finishes, it explores the fights that changed the landscape of mixed martial arts. Readers get an inside look at the fighters' mindsets and the ripple effects these upsets had on the sport.

2. *David vs Goliath: Legendary UFC Underdog Victories*

Focusing on the classic theme of underdog triumphs, this book chronicles some of the most surprising wins in UFC lore. Through detailed fight analysis and personal stories, it highlights how lesser-known fighters overcame the odds to claim victory against dominant opponents. The narrative celebrates resilience, determination, and the unpredictable nature of MMA.

3. *The Night the Crowd Stood Still: Iconic UFC Upset Moments*

This collection captures the electrifying moments when UFC fans witnessed the impossible happen inside the cage. Each chapter recounts a different upset, providing context, fighter backgrounds, and aftermaths. The book also examines the psychological and tactical elements that contributed to these stunning outcomes.

4. *Underdog Triumphs: The Stories Behind UFC's Greatest Shocks*

Through in-depth interviews and fight breakdowns, this book reveals the human stories behind UFC's biggest upsets. It explores what motivated the fighters, how they prepared, and what these upsets meant for their careers and the sport. The narrative underscores that in MMA, anything can happen when heart meets opportunity.

5. *Breaking the Mold: UFC Champions Who Defied Expectations*

This title highlights champions who were written off by critics but went on to achieve legendary status through unexpected victories. The book traces their journeys from overlooked contenders to dominant forces, emphasizing the role of grit and strategy. It offers inspiration to fans and fighters alike about overcoming doubt and adversity.

6. *The Upset Artists: Fighters Who Shocked the UFC World*

Profiling a roster of fighters known for pulling off stunning upsets, this book examines their fighting styles, preparation, and key moments in their careers. It offers insights into how these athletes exploit weaknesses and seize opportunities in high-pressure situations. The narrative celebrates the unpredictable drama that makes UFC thrilling.

7. *When Titans Fall: The Most Stunning UFC Title Defeats*

This book focuses on the rare and memorable occasions when reigning champions were unexpectedly dethroned. It provides a detailed recounting of these title fights, including tactical shifts and emotional dynamics. Readers gain an appreciation for the volatile nature of championship MMA bouts and the

resilience of fighters.

8. *Against All Odds: UFC Fighters Who Rewrote History*

Exploring the stories of fighters who defied predictions and transformed their legacies, this book highlights pivotal upsets that reshaped UFC narratives. It combines fight analysis with personal anecdotes to show how determination and skill converge in moments of triumph. The book inspires readers with tales of perseverance and surprise victories.

9. *Flip the Script: Unexpected UFC Wins That Shook the MMA World*

This engaging book recounts the most surprising and game-changing victories in UFC history that caught fans and analysts off guard. Each chapter details the fight context, strategies employed, and the impact on the fighters' careers. It underscores the volatile and thrilling nature of the sport where no outcome is guaranteed.

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