

biggest upsets ufc history

biggest upsets ufc history have captivated fans and analysts alike, showcasing moments where underdogs defied expectations and altered the course of mixed martial arts. These surprising outcomes have become a defining feature of the UFC, highlighting the unpredictable nature of the sport. From dramatic knockouts to tactical masterclasses, the biggest upsets in UFC history reveal how preparation, determination, and sometimes sheer luck can overturn the anticipated results. This article explores some of the most shocking fights that reshaped UFC narratives, examining the fighters involved, the context of the bouts, and their lasting impact on the sport. Whether an upset occurred in a title fight or a preliminary bout, these moments define the thrilling uncertainty that keeps fans engaged. Below is a detailed overview of the most memorable and unexpected victories in UFC's storied past.

- Legendary Underdog Victories
- Title Fight Shocks
- Technical Masterpieces That Defied Odds
- Impactful Upsets on Fighter Careers
- Notable Upsets by Weight Class

Legendary Underdog Victories

Underdog wins are a cornerstone of the biggest upsets UFC history boasts. These bouts often feature fighters who entered the octagon with little expectation from fans and analysts but managed to secure stunning victories through skill, resilience, or strategic brilliance. The element of surprise in these matchups amplified the drama and highlighted the depth of talent present in the UFC roster.

Matt Serra vs. Georges St-Pierre – UFC 69

One of the most famous underdog victories in UFC history is Matt Serra's win over Georges St-Pierre at UFC 69. Serra, a relatively unknown fighter at the time, shocked the world by knocking out the then welterweight champion St-Pierre. The upset was particularly significant given St-Pierre's dominance and status as a future all-time great. Serra's victory demonstrated that even overwhelming favorites are vulnerable, especially when facing opponents with a solid game plan and the will to win.

Holly Holm vs. Ronda Rousey – UFC 193

Holly Holm's knockout of Ronda Rousey is another landmark upset. Rousey entered the fight as a dominant champion with an undefeated record and widespread public adoration. Holm, a former professional boxer, used her striking skills to dismantle Rousey's grappling-heavy style, culminating in a head-kick knockout that instantly changed women's MMA history. This upset showcased how stylistic matchups and preparation could lead to unexpected outcomes.

Title Fight Shocks

Championship bouts often come with high stakes and expectations, making any upset in these fights especially notable. The biggest upsets UFC history includes several title fights where champions were dethroned by underdogs or lesser-known contenders, reshaping divisions and legacies.

Michael Bisping vs. Luke Rockhold – UFC 199

Michael Bisping's victory over Luke Rockhold for the middleweight title at UFC 199 is a prime example of a title fight upset. Bisping was considered a long shot against the more physically imposing and technically skilled Rockhold. However, Bisping's resilience and timely strikes led to a TKO victory, earning him the championship and one of the most celebrated upsets in UFC history.

Jorge Masvidal vs. Ben Askren – UFC 239

While not a title fight, Jorge Masvidal's 5-second knockout of Ben Askren at UFC 239 stunned the MMA community. Masvidal, known for his striking, capitalized on Askren's attempted takedown immediately after the bell, delivering a flying knee knockout that broke records. This moment is often cited when discussing the biggest upsets and fastest finishes in UFC history.

Technical Masterpieces That Defied Odds

Some of the biggest upsets in UFC history are not only about surprising results but also about the technical execution and strategic depth shown by the victors. These fights often serve as case studies in preparation and adaptability, where fighters outsmarted their opponents in the octagon.

Fabricio Werdum vs. Fedor Emelianenko – Strikeforce

2010

Although not in the UFC, Werdum's submission win over Fedor Emelianenko in Strikeforce is often referenced in UFC discussions due to its magnitude and impact on MMA. Werdum executed a slick triangle armbar, handing the legendary Emelianenko his first defeat in nearly a decade. When Werdum later joined the UFC, this victory elevated his status and exemplified how technique can overturn even the most dominant fighters.

Rose Namajunas vs. Joanna Jędrzejczyk – UFC 217

Rose Namajunas's knockout of Joanna Jędrzejczyk for the strawweight title at UFC 217 was unexpected due to Jędrzejczyk's dominant reign. Namajunas used precise striking and movement to outclass the champion, finishing the fight with a clean head kick. This upset highlighted the importance of timing and striking accuracy in MMA's higher levels.

Impactful Upsets on Fighter Careers

Upsets in UFC history often have far-reaching consequences beyond the immediate fight result. They can alter career trajectories, affect rankings, and redefine a fighter's legacy. Many fighters gained newfound respect and opportunities after shocking victories, while some champions faced difficult comebacks.

Demetrious Johnson vs. Henry Cejudo – UFC 227

Henry Cejudo's victory over Demetrious Johnson is one of the most significant upsets, as Johnson was considered the greatest flyweight champion with a record-breaking title defense streak. Cejudo's strategic wrestling and timing led to a split decision win, ending Johnson's reign and elevating Cejudo's career to new heights.

Chris Weidman vs. Anderson Silva – UFC 162

Chris Weidman's knockout of Anderson Silva shocked the MMA world. Silva was widely regarded as one of the greatest fighters ever, holding the middleweight title for years. Weidman's victory marked a changing of the guard in the division and demonstrated how even the most dominant champions can be vulnerable to well-prepared challengers.

Notable Upsets by Weight Class

The biggest upsets in UFC history span across multiple weight classes,

illustrating that unpredictability is a universal trait in MMA. Each division has witnessed moments where less favored fighters defied the odds, creating unforgettable memories for fans.

1. **Heavyweight:** Fabricio Werdum's submission wins and surprise knockouts have marked this division.
2. **Light Heavyweight:** Jon Jones' early career losses and comeback wins featured several upset scenarios.
3. **Middleweight:** Michael Bisping's title victory and other unexpected finishes have defined this class.
4. **Welterweight:** Matt Serra's knockout of Georges St-Pierre remains iconic.
5. **Lightweight:** Upsets like B.J. Penn's defeats have shaped the division.
6. **Women's Divisions:** Holly Holm's win over Ronda Rousey and Rose Namajunas' title victories are standout moments.

These weight class examples demonstrate how the biggest upsets in UFC history are not confined to a single category but rather reflect the diverse and dynamic nature of mixed martial arts competition.

Frequently Asked Questions

What is considered the biggest upset in UFC history?

One of the biggest upsets in UFC history is Holly Holm defeating Ronda Rousey at UFC 193, where Holm, a former boxing champion, knocked out the previously undefeated Rousey to claim the bantamweight title.

Who was the underdog in the UFC 193 biggest upset?

Holly Holm was the underdog in UFC 193 when she faced Ronda Rousey, as Rousey was a dominant champion with multiple title defenses and was heavily favored to win.

Which fight is known for Jon Jones' shocking loss being an upset?

Jon Jones' loss to Matt Hamill at The Ultimate Fighter 10 Finale is considered a major upset, as Jones was undefeated and a rising star but lost by disqualification due to illegal elbows.

Has a heavyweight underdog ever caused a major upset in UFC?

Yes, Francis Ngannou's knockout of Alistair Overeem at UFC 218 was a major upset, as Ngannou was relatively unknown and a massive underdog but delivered a powerful knockout to a top contender.

What made Matt Serra's victory over Georges St-Pierre at UFC 69 such a huge upset?

Matt Serra's win over Georges St-Pierre was a huge upset because St-Pierre was a dominant champion and favorite, while Serra was a former contender who came in as a massive underdog but won by TKO to claim the welterweight title.

Additional Resources

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

This book delves into some of the most unexpected and thrilling moments in UFC history, where underdogs toppled legends. Each chapter explores the fighters' backgrounds, the buildup to the fights, and the aftermath of these stunning victories. Readers get an inside look at how these upsets reshaped the sport and the careers of those involved.

2. *Underdog Triumphs: Legendary UFC Upsets That Changed the Game*

Focusing on the stories of fighters who defied all odds, this book highlights the grit and determination behind the UFC's greatest upsets. It offers detailed fight analyses and personal interviews with fighters and coaches. The narrative reveals how these shocking outcomes inspired a new generation of athletes.

3. *Against All Odds: The UFC's Most Unbelievable Upsets*

This compelling read chronicles the moments when the unexpected became reality inside the cage. From last-minute substitutions to career-defining knockouts, the book captures the drama and intensity of these historic bouts. It also discusses the impact these upsets had on the UFC's popularity and global reach.

4. *Octagon Shockers: Inside UFC's Biggest Upsets*

Taking readers behind the scenes, this book uncovers the strategies, mistakes, and surprises that led to some of the UFC's biggest upsets. Featuring expert commentary and exclusive interviews, it provides a comprehensive understanding of how these fights unfolded. The book also examines how these outcomes shifted championship landscapes.

5. *The Upset Artists: Fighters Who Redefined UFC History*

Highlighting the careers of fighters known for pulling off monumental upsets, this book celebrates their skill, resilience, and mental toughness. It includes detailed biographies and fight breakdowns that showcase their

journeys to victory. Readers will gain insight into what it takes to overcome overwhelming odds in the UFC.

6. *When Giants Fall: The Most Shocking UFC Upsets Ever*

This book documents the moments when dominant champions were dethroned in spectacular fashion. Through vivid storytelling and fight footage analysis, it captures the emotions and significance of these upsets. The author also reflects on how these events have influenced fight strategies and matchmaking.

7. *Victory Against the Odds: The Biggest Cinderella Stories in UFC*

Focusing on the underdog narratives, this book celebrates fighters who rose from obscurity to shock the world. It explores their training regimens, mental preparation, and the pivotal moments that led to their stunning victories. The book also discusses the cultural impact of these upsets on the UFC fanbase.

8. *Blood, Sweat, and Surprise: The UFC's Greatest Upsets*

An intense exploration of the physical and psychological battles behind UFC's most surprising outcomes. This book provides a detailed look at the fighters' preparations, in-fight tactics, and post-fight reflections. It highlights how these upsets have added layers of unpredictability and excitement to the sport.

9. *The Underdog Chronicles: Historic UFC Upsets That Shook the World*

This volume compiles stories of fighters who defied expectations and made history with their unexpected wins. It features in-depth interviews, statistical analyses, and personal anecdotes that bring each upset to life. The book emphasizes the enduring legacy these fights have left on the UFC and its fans.

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Relive iconic moments that shaped the UFC's narrative, from legendary title bouts to underdog stories that defy the odds. With meticulous detail, Bren delves into the stories behind every submission, knockout, and decision that echoed through the annals of UFC history. Witness the rise of fighters who became legends — from the early dominance of Royce Gracie to the era-defining presence of fighters like Georges St-Pierre, Anderson Silva, Ronda Rousey, and Conor McGregor. Explore the intricacies of the sport through the tales of grit and determination, where fighters battled not only in the cage but against personal demons and adversities. The History of the UFC - Book 2 is not just a recollection of events; it's an immersive experience that transports readers into the heart of the action. Through Bren's vivid storytelling, the Octagon comes alive, and the resilience, courage, and indomitable spirit of the fighters shine. This book is a celebration of the UFC community, where passionate fans contribute to the energy that fuels the sport. Whether you're a seasoned fan reliving the glory days or a newcomer eager to understand the roots of the UFC, this book caters to a diverse audience. As the final bell rings on this volume, the reader is left with a profound appreciation for the UFC's impact on sports, culture, and the human spirit. James Bren's The History of the UFC - Book 2 is not just a book; it's a testament to the enduring legacy of a sport that continues to inspire generations. Get ready for an unforgettable journey through the Octagon. The cage door is open — are you ready to step in?

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pure, wrestling background with very little striking training, and he went and became one of the most dangerous, one-punch knockout artists in the history of the sport.” —Joe Rogan Dan “Hendo” Henderson was the first fighter in MMA history to become a double champion, winning championships in PRIDE Fighting Championships and Strikeforce. He faced the biggest names in MMA, on his unparalleled run through the early days of MMA through its remarkable rise in popularity, squaring off against the likes of Fedor Emelianenko, Anderson Silva, Quinton “Rampage” Jackson, Wanderlei Silva, Michael Bisping, Vitor Belfort, and Renzo Gracie. Henderson’s first fight against Mauricio “Shogun” Rua in 2011 is considered one of the greatest fights in UFC history. In this no-holds-barred look back on his life, Henderson provides context and insight into the biggest fights of his career, while reflecting on the wholly unique upbringing that shaped him into the warrior he needed to be to win. With his trademark humor, he sheds light on his two trips to the Olympics, his transformative time training in Europe and Russia, and his up-and-down relationship with Dana White. *Hendo: The American Athlete* is a thrilling window into the life and mind of a true legend. There will never be another fighter like Hendo.

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