

Matt Kovacs Bio

DOB: 5/9/81

Hometown: Everett, WA

Record: 19-12-1, 15 KOs (MMA)

Bio Notes

- Occupation: Personal Trainer
- Began combat fighting at 24 years old when he became a professional boxer. Fought six times as a heavyweight boxer before switching to MMA. (Record 3-2-1)
- Got interested in MMA when he was 26 because he was dared by his brother to enter a “Tough Man” contest in Washington. “Anybody got in there with anybody else. There were no weight classes or anything like that. It was just firemen vs. cops vs bouncers . . . You signed up, threw on some 16-ounce gloves, and you basically just beat each other up.” Lost in the championships two years in a row to the same person. (Contest now banned across U.S.)
- Turned pro in MMA when 27 years old. Switched from boxing to MMA because he felt he would be better at it. “There are so many more ways to attack an opponent in MMA. You can also use wrestling, kickboxing . . . I only had a year of boxing training before I turned pro. I didn’t have an extensive amateur record that most pro boxers have.”
- “Without a doubt the MMA training is by far the most difficult training that I have ever done. In my mind MMA fighters are the most in shape athletes in the world. Without a doubt. Boxing was challenging—10 and 12 three-minute rounds. But we do that in MMA and we add in wrestling . . . Plus, we’re fighting for five-minute rounds and not three.”
- MMA athletes are endurance athletes. Everybody expects them to look like big, strong muscular guys, but those guys don’t do as well, in my opinion, as the guys built with the long, lanky boxing frame. Some guys are built like Greek gods, but they can’t run up the stairs. I see it all the time in the gym.”
- “I don’t know a whole lot about Barnett other than that he is experienced. He’s been around a while and he has a good record. He’s one of those guys that people probably take a look at and don’t expect much because he is soft. He is really heavy. I know he walks around at like 290 and he is only 5-9, so he has that soft look. But he is really athletic. He can do cartwheels and spinning kicks. I’ve seen video of him and he is the textbook, ‘Don’t judge a book by its cover’ type of fighter.”

- “I think we are going to have a real good fight and I don’t think it’s going the distance. I am a very aggressive fighter, always coming forward. That’s why my fight name is ‘The Attack’. I don’t like to sit back. I am always chasing my opponent and pushing the action. With a guy like him and a guy like me, it’s impossible that it will be a boring fight. I think someone is going to get knocked out.”
- “My striking is my biggest asset. That’s why I have 15 knockouts. I like to stand and bang. Bare Knuckle boxing is tailor-made for my strengths.”