

Rating the Biomotor Abilities

By Eric Wong

This is a little exercise used so you can get an idea of what level you need to develop each Biomotor Ability to.

For each category, you think of an athlete who would exemplify a world-class level of that ability and consider them a 10/10, then you think about what level an MMA fighter needs to develop that ability to, relative to the world-class athlete and give them a score out of 10.

First, let's discuss who is a 10/10 for the 5 (+ 1) streamlined BMAs.

Strength: gotta give it to the Powerlifter here. Strength is about absolute ability to move something, regardless of how long it takes and guys who can Deadlift over 1,000 lbs are king.

Power: Olympic Lifters aka weightlifters are the purest example of power. In fact, some research has shown that the Olympic Lifts can generate over 3000 watts of power, while a Deadlift can generate just over 1,000 watts.

Cardio (Speed): for pure speed, you can't beat the the 100m dash. It's the purest form of speed on the planet.

Cardio (Endurance): for pure endurance, Ironman competitors are hard to beat, with the world record time being over 8 hours!

Agility: this is a tough one and you could make a case for a number of different sports here, but I'm going to choose Badminton. I'm not just saying this because I'm Chinese and I know you may scoff, but check out the minute long sequence [starting right here](#) and judge for yourself.

Relative Strength Endurance (RSE): for me, this has gotta be gymnastics. They move their own bodies around like nobody's business and their routines are generally 1-2 minutes long and involve amazing feats of RSE.

Of course this is all subjective, but it gives you a framework for your choices on what abilities to develop and prioritize. Here are my ratings for an MMA fighter, boxer and BJJ practitioner:

Biomotor Ability	World-Class Athlete	MMA Fighter	Boxer	BJJ Practitioner
Strength	Powerlifter	6	2	5
Power	Olympic Lifter	7	4	6
Cardio (Speed)	100m Sprinter	6	7	5
Cardio: Endurance	Ironman Competitor	5	6	4
Agility	Badminton Player	7	7	4
RSE	Gymast	7	4	7

You can see how well rounded an MMA fighter needs to be and why it can be a fairly complex sport to create a S&C program for.