



REGIS PROGRAIS UD 10 JOSEPH DIAZ
08/02/25 - Chicago

Total Punches Landed / Thrown										
	1	2	3	4	5	6	7	8	9	10
PROGRAIS	14/74	13/70	20/83	24/94	23/93	34/117	22/84	26/104	23/89	25/87
	18.9%	18.6%	24.1%	25.5%	24.7%	29.1%	26.2%	25%	25.8%	28.7%
DIAZ	29/54	4/21	15/46	15/45	18/57	32/73	15/42	30/64	22/54	17/54
	53.7%	19%	32.6%	33.3%	31.6%	43.8%	35.7%	46.9%	40.7%	31.5%

Jab Landed / Thrown										
	1	2	3	4	5	6	7	8	9	10
PROGRAIS	3/37	8/53	7/54	7/53	8/47	9/60	16/65	11/61	6/48	12/62
	8.1%	15.1%	13%	13.2%	17%	15%	24.6%	18%	12.5%	19.4%
DIAZ	0/2	2/9	2/14	4/11	1/15	3/9	7/16	2/13	1/8	2/17
	0%	22.2%	14.3%	36.4%	6.7%	33.3%	43.8%	15.4%	12.5%	11.8%

Power Punches Landed / Thrown										
	1	2	3	4	5	6	7	8	9	10
PROGRAIS	11/37	5/17	13/29	17/41	15/46	25/57	6/19	15/43	17/41	13/25
	29.7%	29.4%	44.8%	41.5%	32.6%	43.9%	31.6%	34.9%	41.5%	52%
DIAZ	29/52	2/12	13/32	11/34	17/42	29/64	8/26	28/51	21/46	15/37
	55.8%	16.7%	40.6%	32.4%	40.5%	45.3%	30.8%	54.9%	45.7%	40.5%

Final Punch Stat Report			
	Total Punches (Body Landed)	Total Jabs (Body Landed)	Power Punches (Body Landed)
PROGRAIS	224 (58)/895	87 (2)/540	137 (56)/355
	25%	16.1%	38.6%
DIAZ	197 (44)/510	24 (3)/114	173 (41)/396
	38.6%	21.1%	43.7%

Inside The Numbers

Prograis was busier and had edge in punches landed due to a 87-24 edge in jabs landed. Diaz had a 173-137 edge in power landed and rocked Prograis several times. Prograis 895 thrown punches were 2nd most in his career (909 vs. Taylor). Diaz 197 landed punches were most by a Prograis opponent