

If my fair line makes Van a 58% pick, I'm not asking whether I think he wins. I'm asking whether the sportsbook is offering a price that pays me enough for the risk. Those are different questions, and mixing them up is how bettors end up backing recognizable names at bad numbers.

At 58%, Van's fair moneyline is about **-138**. That does not mean every price near -138 is automatically a bet, or that Van is certain to win. It means that, under my estimate, his win probability is 58%, and -138 is roughly the price where the payout matches that probability before accounting for the sportsbook's margin. At **-120**, the price is playable on that estimate. At **-150**, it is not.

That answer depends on the 58% estimate being sound. The number is an input, not a fact handed down by the fight gods. But once you have a fair probability, the basic pricing math gives you a disciplined starting point.

Start With the Probability, Not the Name

A fair probability of 58% means that, across a large number of comparable bets, you would expect Van to win about 58 times out of 100. It does *not* mean you should expect him to win this particular fight with certainty. MMA has meaningful variance: one clean strike, a scramble, a cut, a questionable scorecard, or an unexpected pace change can decide a bout.

The corresponding fair decimal odds are calculated as 1 divided by the win probability:

$$1 \div 0.58 = 1.724$$

Converted to American odds, that is approximately **-138**. A bettor laying -138 risks \$138 to win \$100, excluding the return of the original stake. That is the approximate break-even price for a 58% chance of winning, before sportsbook vig.

In betting conversations, people sometimes say "58% implied odds" when they mean a fighter's estimated win probability. It is useful to keep the terms straight: your 58% is your *fair probability estimate*; the sportsbook price has its own *implied probability*. Comparing those two is where the value question begins.

What -120 and -150 Say About Van

For negative American odds, the break-even probability is the amount risked divided by the total amount returned, including profit. For -120, that calculation is $120 \div (120 + 100)$, or about 54.55%. For -150, it is $150 \div (150 + 100)$, or 60%.

Moneyline	Break-even probability	Comparison with a 58% fair estimate	Price verdict
-120	54.55%	About 3.45 percentage points below the estimate	Playable, assuming the estimate holds
-138	About 58.0%	Approximately the fair-price threshold	Roughly break-even before vig and uncertainty
-150	60.0%	About 2 percentage points above the estimate	Not playable at a 58% fair probability

That is the practical answer to the headline: **-120 playable; -150 not playable**, if your 58% estimate is credible. At -120, the sportsbook is asking you to win less often than your estimate says Van should win. At -150, the price requires him to win more often than your estimate says he will.

"Playable" does not mean "will win." A bet can be good at -120 and lose. A bet can be bad at -150 and win. Results do not retroactively make the price good or bad; the decision is judged against the information and price available when you placed it.

Value Betting Is Not the Same as Picking Winners

Picking the fighter you think will win is only half the job. Value betting means comparing your probability estimate with the probability required by the offered price. A favorite can be the likeliest winner and still be a poor bet if the market price is too expensive. An underdog can be less likely to win and still offer value if the payout compensates you for that risk.

That distinction matters especially in MMA, where pre-fight narratives can get loud. A fighter may have a winning streak, a recognizable name, or a recent highlight that sticks in everyone's memory. None of those details automatically make the current moneyline attractive. The relevant question is not "Who is better?" in isolation. It is "How often does Van win, and what price am I being offered for that chance?"

For a simple illustration, suppose the fair probability is 58% and you risk \$120 at -120. If Van wins, the profit is \$100; if he loses, the loss is \$120. Using that estimate, the expected value per \$120 bet is:

$$(0.58 \times \$100) - (0.42 \times \$120) = \$7.60$$

That is positive expected value under the model, not a promise of profit on one ticket. At -150, risking \$150 to win \$100, the same estimate gives an expected value of $(0.58 \times \$100) - (0.42 \times \$150)$, or a loss of \$5 per \$150 wager on average. That is why the exact same fighter can be a bet at one price and a pass at another.

Account for Vig and Compare the Whole Market

Sportsbooks build a margin into prices. That margin is commonly called vig, juice, or overround. If both sides of a two-way market are priced at -110, each side implies about 52.38%, adding up to more than 100%. The excess is not a forecast that both outcomes can happen; it reflects the book's pricing margin.

For Van at -120, the raw break-even probability is 54.55%. That is the number you need to beat on the ticket to show a positive expected return at that price. But when evaluating the broader market, it helps to look at both sides and remove the vig to estimate the market's no-margin probabilities. That gives you a cleaner comparison between your view and the market's view.

Do not confuse the sportsbook's implied probability with the true probability. A price tells you what outcome you must beat to break even, after accounting for the payout. It does not prove that Van's real chance is exactly that number. Your fair line is still a judgment based on your analysis, and it may be wrong.

Make a Price Range Before the Fight

I keep a running note of the opening line versus the fight-week line. The point is not to treat movement as a crystal ball. It is to record what changed, when it changed, and whether the price still gives me value. I would set a target range before the market gets noisy:

- **At -120 or better:** The price is attractive relative to a 58% fair estimate, assuming no new information undermines the estimate.
- **Around -138:** The price is close to fair. The decision may come down to how confident you are in the probability, available alternatives, and your tolerance for model error.
- **At -150:** The market is asking for a 60% win rate. If your estimate remains 58%, pass rather than paying for a price you do not believe is justified.

You can also set a hard cutoff. For example: "I'll consider Van at -125 or better, review the bet between -126 and -138, and pass at -139 or worse unless my estimate changes." The precise boundaries depend on your confidence

and risk policy. The important thing is to decide them before you are emotionally invested in the matchup.

What Line Movement Does—and Does Not—Tell You

If Van opens at -120 and moves to -150 by fight week, the market has become more expensive. That movement may reflect respected bets, public demand, a change in information, or a sportsbook adjusting to its exposure. It does not prove Van will win. Line movement is evidence about how the market is being priced, not a guarantee about the result.

Ask what might have driven the move. Was there credible news about training, health, weight cutting, or an opponent change? Did several books move together, or did one shop adjust on its own? Did the line shift soon after opening, or gradually through fight week? Context matters, but even a well-informed market can be wrong.

Most importantly, don't let movement replace your own price discipline. If your estimate is still 58%, a move from -120 to -150 does not magically make Van a 60% pick. It may be a reason to revisit your assumptions. If you find no new reason to raise your probability, the rational response is often to pass.

On the other hand, a move toward a better price can create an opportunity. If you liked Van at -120 and the line drifts to -110 without any meaningful negative information, the implied break-even probability falls. That does not guarantee the number is wrong, but it may improve the value based on your estimate.

Use Fight Research to Inform the Estimate, Not Override the Price

Tools such as **LowKickMMA** can help you follow fight news and gather context on a matchup. Use reporting to identify questions that could affect your estimate: Is there a late opponent change? Has a relevant injury been reported? Has the weight cut raised concerns? News is useful when it changes the probability you assign, not merely because it makes the bout [five round co-main betting](#) feel more certain.

TheRX's offshore sportsbook guide can serve as a reference when evaluating offshore betting options. Treat any sportsbook guide as a starting point for due diligence, not as a substitute for checking current terms, withdrawal rules, customer support, and the laws that apply where you live. Availability and protections vary by jurisdiction, so confirm legality before placing a wager.

Once you have a price, compare reputable options available to you. A difference between -120 and -130 is meaningful over time, even if it looks small on one fight. And remember: same fighter, same fight, less return is what you're accepting when you take a worse number just because it is convenient.



When Passing Is the Best Bet

Moneyline discipline includes passing. If your estimate is uncertain, if the price has moved beyond your cutoff, or if you cannot explain why your probability differs from the market's, you do not have to force action. A close-to-fair number is not automatically a must-bet. The sportsbook will offer another card, another matchup, and another price.

Also avoid turning a single fair estimate into a staking excuse. A 58% chance is not a sure thing, and MMA outcomes have enough variance that even sound bets can lose in clusters. Keep stakes proportional to your overall plan. Avoid building a parlay around a string of heavy favorites just to create a bigger payout; every leg adds another point of failure, and the listed prices already charge you for each outcome's risk.

One strange stoppage, a disputed decision, or a dramatic upset should not make you rewrite your entire process. Review the bet and the reasoning, not just the result. Did you estimate the probability reasonably? Did you get a fair price? Did new information warrant a change? Those questions matter more than whether one night's outcome went your way.

The Bottom Line

If your fair probability for Van is 58%, the fair moneyline is about **-138**. At **-120**, the break-even probability is 54.55%, so the price is playable on your estimate. At **-150**, the break-even probability is 60%, which is higher than your estimate, so it is not playable unless you have a sound reason to revise Van upward.



Use the price as the decision point, account for vig, track opening versus fight-week movement, and do not treat market action as proof of a winner. The goal is not to be right about every fight. It is to make bets only when the odds offer enough return for the risk you are taking.