

(LIVE.UPDATES)* Kenneth Sims Jr. vs Arnold Barboza Jr. Live free Boxing March 14, 2026

Arnold Barboza Jr. successfully rebooted his career with a hard-fought unanimous decision victory over Kenneth "Bossman" Sims Jr. Before a hometown Southern California crowd, Barboza proved that his technical fundamentals and physical strength at 147 pounds were enough to overcome the slick, counter-punching style of his Chicago rival. This victory marks a successful return for Barboza following his first career loss to Teofimo Lopez in 2025, while Sims Jr. faces a difficult road back after his second consecutive narrow defeat.



The opening rounds played out exactly as boxing purists expected: a high-level tactical battle. Sims Jr. established his jab early, using his superior reach to keep Barboza on the outside. Working from the back foot, "Bossman" landed several crisp counter-left hooks that seemed to frustrate Barboza in the second.

However, by the fourth round, Barboza began to find his rhythm. He abandoned the head-hunting strategy and started digging to the body, a tactic that would pay dividends later in the night. The pace was deliberate, with both men respecting the other's technical prowess.

Rounds 5-8: Barboza Takes Control

The middle rounds saw Barboza turn up the heat. No longer content to box at range, he began closing the distance and forcing Sims into phone-booth exchanges. In the sixth, Barboza landed a stinging straight right hand that snapped Sims' head back, the most significant punch of the fight to that point.

Sims remained competitive, landing flashy flurries whenever Barboza slowed his output, but the momentum had clearly shifted. Barboza's conditioning was the difference-maker; he looked significantly more comfortable at the 147-pound limit than he ever did at junior welterweight, outworking Sims in the clinches and winning the "gritty" minutes of each frame.

Rounds 9-12: Championship Grit

Entering the championship rounds, the scorecards appeared tight. Sensing the urgency, Sims Jr. had a resurgent tenth round, catching Barboza with a beautiful lead uppercut. For a moment, it looked like the Chicago native might pull off a late-staged comeback similar to his 2023 performance against Batyr Akhmedov.

But Barboza responded like a veteran. He swept the final two rounds on two of the judges' cards by

simply refusing to let Sims breathe. He pinned Sims against the ropes in the twelfth, unloading a barrage of hooks that forced the Chicago fighter into defensive mode until the final bell.

□ Fight Statistics (Compubox)

Statistic	Arnold Barboza Jr.	Kenneth Sims Jr.
Total Punches Landed	184 / 612 (30%)	156 / 588 (26%)
Jabs Landed	42 / 210 (20%)	61 / 285 (21%)
Power Punches Landed	142 / 402 (35%)	95 / 303 (31%)
Body Shots Landed	58	24

Scorecards

Judge A: 116-112 (Barboza)

Judge B: 116-112 (Barboza)

Judge C: 115-113 (Barboza)

□ Post-Fight Analysis

Barboza's New Chapter at 147

The move to welterweight appears to be exactly what Arnold Barboza Jr. needed. He looked stronger and more durable than he did in his final fights at 140 pounds. By defeating a top-tier technician like Sims, Barboza has immediately re-inserted himself into the world title conversation. With the welterweight division currently in a state of flux, Barboza could find himself in a final eliminator against a name like Alexis Rocha or Jaron "Boots" Ennis by late 2026.

The Heartbreak for Kenneth Sims Jr.

For Kenneth Sims Jr., this is a devastating result. After chasing the Barboza fight for nearly five years, he fell just short of the "elite" status he has long coveted. While his skills are undeniable, Sims often struggles when opponents force a high-volume, physical fight. He remains a "dangerous out" for anyone in the division, but he may now be viewed by promoters as a high-level "gatekeeper" rather than a primary contender.

What's Next?

For Barboza: A potential showdown with the winner of the Rocha-Diaz undercard or a push for a WBO title shot.

For Sims: A "must-win" rebound fight against a mid-tier contender to stay relevant in the rankings.