

Wrestling Observer Radio with Bryan Alvarez and Dave Meltzer returns this afternoon with special guest Frank Shamrock to talk his new autobiography, which hits bookstores on October 1st! Tons to discuss including the Pioneer Era of modern MMA, new train methods vs. old, memories of his career, when he almost fought Kimbo with no notice, Strikeforce, Ronda Rousey, his battle with alcoholism and so much more. A fun show as always so check it out~! {radioShow dmdocuments/092612shamrock.mp3}