



(Photo: [Esther Lin/All Elbows](#))

Figure Four Daily with [Bryan Alvarez](#) and [Josh Nason](#) returns today with [Ariel Helwani](#) of [MMAFighting.com](#)

,
UFC Tonight

, etc., to talk a ton of different subjects including his obsession with pro wrestling in his early years, thoughts on Jerry Lawler and Jim Ross, interviewing huge names such as CM Punk and the backlash from MMA fans, his advice for people wanting to get into MMA journalism, his relationship with Dana White, and so much more. An awesome show with Ariel, and best of all it's FREE, so please post the link or file elsewhere and help spread the word about [WrestlingObserver.com](#)

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And if you like what you hear, consider signing up for [a subscription](#) as wrestling/MMA journalist [Dave Meltzer](#) and I do 3-4 shows per week in addition to the other 15-20 brand new shows, plus members have full access to our thousands of hours of audio and hundreds of new and archived Wrestling Observer and Figure Four Newsletters.

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{radioShow free/091112nason.mp3}

SHOW NOTES

- [THE MMA HOUR video/audio podcasts](#) (Mondays afternoon EST)

- Ariel interviews [Undertaker](#) (Lesnar incident)
- Ariel interviews [Jim Ross](#)
- Ariel interviews [CM Punk](#)
- [The MMA Beat](#) (video)