

# Say Uncle!: Catch-As-Catch-Can Wrestling And The Roots Of Ultimate Fighting, Pro Wrestling & Modern Grappling By Jake Shannon

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founded by Jake Shannon, Scientific Wrestling was book 'Say Uncle: Catch-As-Catch-Can Wrestling and the Roots of Ultimate Fighting, Pro-Wrestling,

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### **Jake shannon - founder & coach - scientific**

- Wrote the best-selling book 'Say Uncle!: Catch-As-Catch-Can Wrestling and the Roots of Ultimate Fighting, Jake Shannon on Catch Wrestling in 2014

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Jake Shannon is the author of Say Uncle! (3.55 avg rating, 22 ratings, 4 reviews, published 2011), Endonomics (4.00 avg rating, 1 rating, 0 reviews,  
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Say Uncle! Catch-As-Catch-Can Wrestling and the Roots of Ultimate Fighting, Pro Wrestling, by Billy Robinson with Jake Shannon, 2012, ECW Press

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### **Jake shannon - founder & coach - scientific**

- Wrote the best-selling book 'Say Uncle!: Catch-As-Catch-Can Wrestling and the Roots of Ultimate Fighting, Pro Wrestling, Jake Shannon on Catch Wrestling in 2014

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