



# Rough and Tumble - The History Of American Submission Wrestling

*Erik Paulson, Matt Granahan, JD Dwyer*

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**Rough and Tumble - The History Of American Submission Wrestling** Erik Paulson, Matt Granahan, JD Dwyer

Erik Paulson's new landmark book *Rough and Tumble* explores the History of American Submission Wrestling in a way the style has never been looked at before. Erik worked with American Combat Association president Matt Granahan and researcher and author JD Dwyer to trace the history of catch wrestling throughout the world and explore the overwhelming influence the style has had on No Holds Barred Fighting and Mixed Martial Arts. In addition to their extensive research the authors sat down with the last living take on all comers carnival wrestlers to explore the history from a first hand perspective. From George Washington and Abraham Lincoln, to Mitsuyo Maeda's background before teaching the Gracie Family to the dawn of the Ultimate Fighting Championships this book touches upon virtually every facet of the history of grappling. *Rough and Tumble* is guaranteed to captivate and enlighten fans, fighters and history buffs alike.

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