

Top Technique

Basic

Stand up and Sit-Out Offense

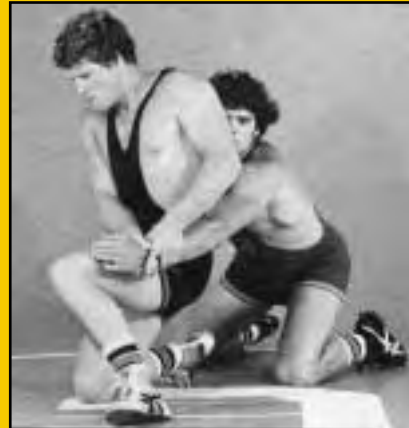
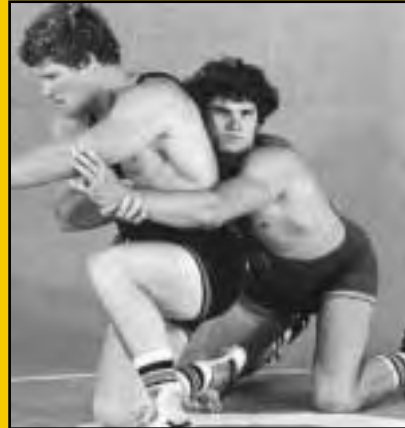


Vaughn Hitchcock
California Polytechnic State University
San Luis Obispo
California
Eight Times NCAA Division II
National Wrestling Champions

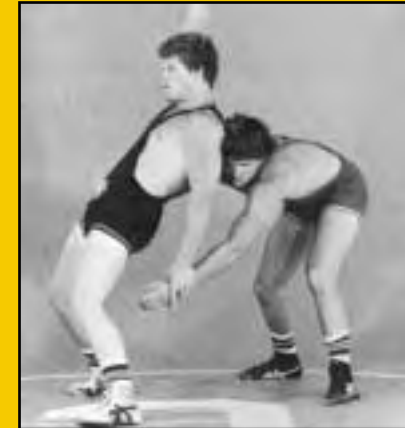
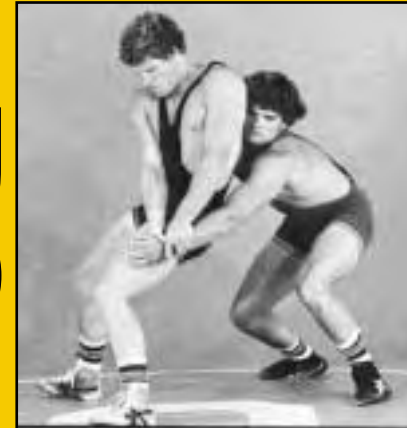


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Demonstrated by Stephen Hitchcock and Terry Hitchcock



Reaching
Stand-Up



Long
Sit-Out
Turn-In



Rolling
Sit-Out
Turn-In

