

VAUGHAN HITCHCOCK

VAUGHAN HITCHCOCK

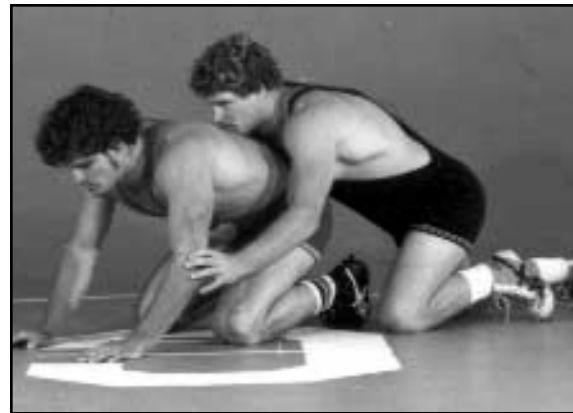
Wrestling Technique Wall Display

Basic wrestling techniques presented in a logical sequence for maximum efficiency and speed of learning.

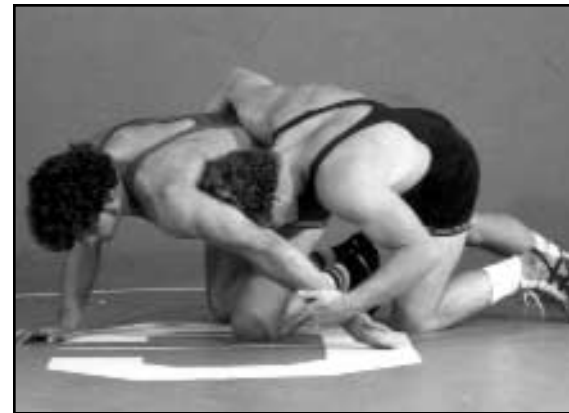
Large 2 x 3 feet size.

12 different wall displays are currently available.

Individual Wall Displays @ \$6.00 ea.
Set of 6 or more @ \$5.50 ea.



1) Basic start position



2) Head lever breakdown

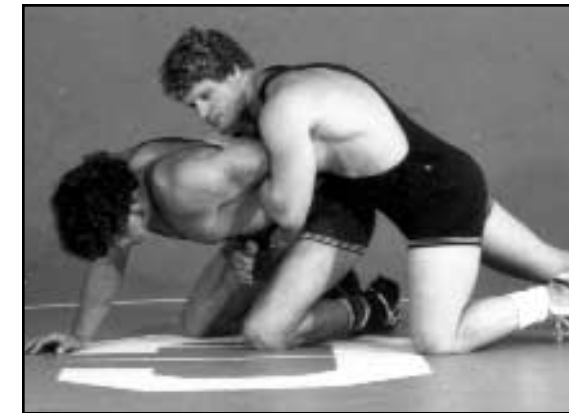
TAKEDOWN TECHNIQUE

Pinning - Arm Bar Tilt

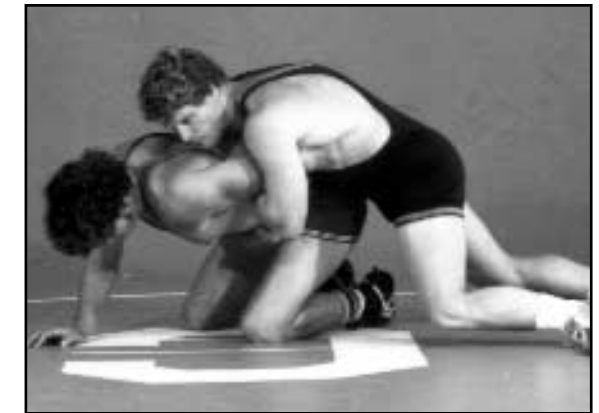
By Vaughan Hitchcock



- Coached 96 NCAA National Place Winners
- Coached 8 NCAA Championship Teams
- Coached High School Team to 72-1 Record
- Compiled a Dual Meet Record of 355 Wins
- College Wrestling Record 97-4-0
- 3x State Champion with a 101-2-0 Record
- Elected to the National Wrestling Hall of Fame



3) To a bar arm



4) Create pressure by attempting to move around opponent's head