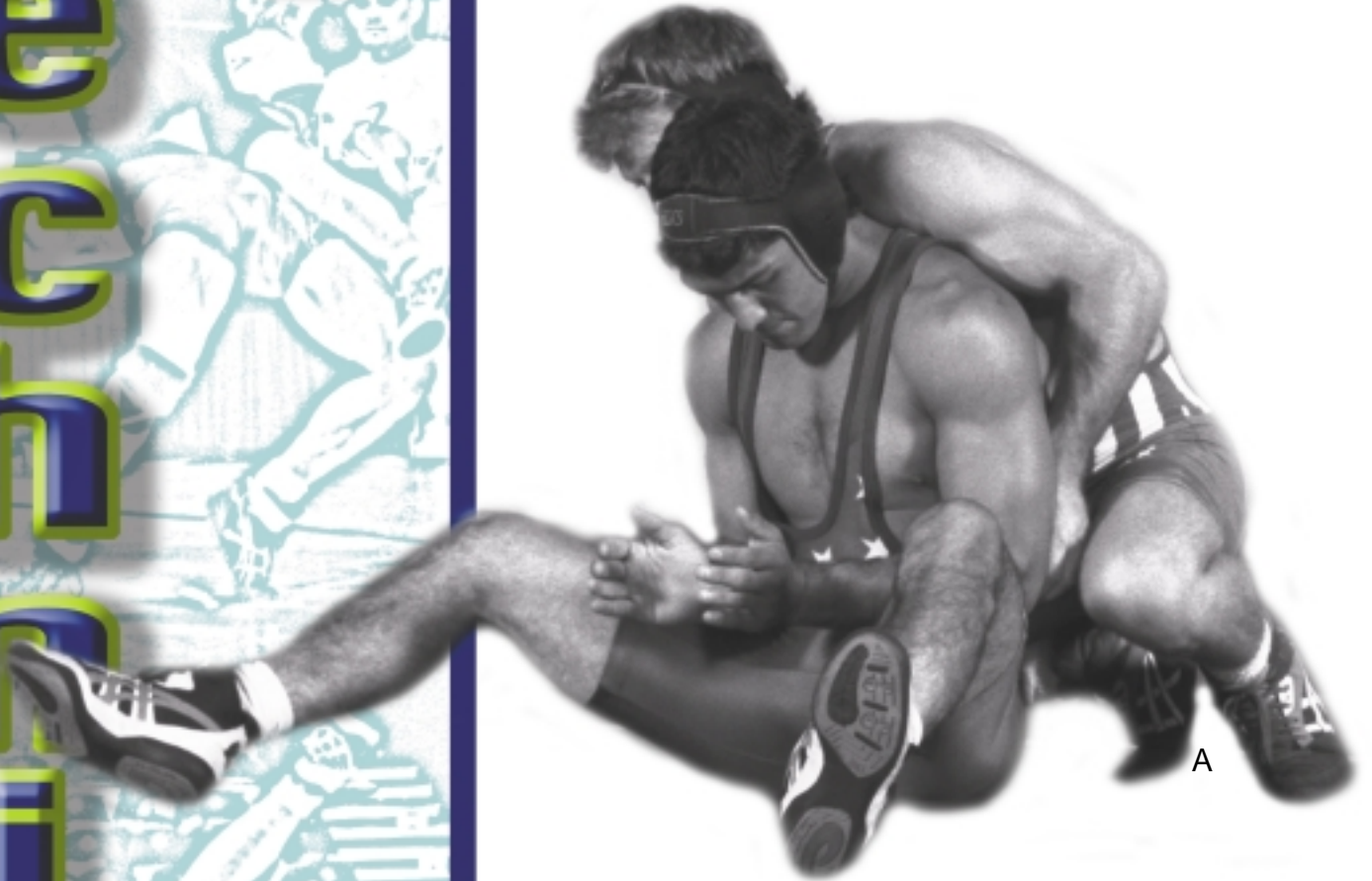


# Top e c h n i q u e

## Technique



### SIT-OUTS

Bottom wrestler pushes back to a sit-out position and digs deep with his elbows for inside position and control (a). Once control is established a short hip-jeisting movement (b) is added to complete the escape (c).

**About the Author:** Dan Gable stands as one of the United States' greatest collegiate and Olympic champions. As head wrestling coach at the University of Iowa from 1977 to 1997, Gable won the Big 10 Conference Championship in each of his 21 seasons. He also won an unprecedented 15 NCAA Wrestling Championships, including nine straight from 1978 to 1986. As coach of the 1984 Olympic wrestling team, Gable led the United States to seven gold medals and two silvers and was named "best coach." An Olympic wrestler himself in 1972, Gable dominated the field, going unscored upon in six matches to take the gold. Now serving as assistant to the athletic director at the University of Iowa, Gable has been inducted into both the Olympic Hall of Fame and the National Wrestling Hall of Fame, and in 1996 he was listed as one of the top 100 U.S. Olympians of all time.

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# when on bottom



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