

From: Wrestling Coaches Insider coach@coachesinsider.com
Subject: Changing Underhooks with Bryan Pearsall - Univ. of Pennsylvania
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To: lanny@wrestlingusa.com



August 25, 2021



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Changing Underhooks

[Bryan Pearsall - Univ. of Pennsylvania](#)

Watch as Coach explains and demonstrates how to change an underhook. If your opponent has you in a good underhook it potentially can shut your offense...

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tervel Diagnev - Nebraska Wrestling Training Center

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Dr. Micheal Jones - Pasco-Hernando State College

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