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This Edition's Coaching Instructional Content:



Combining Head and Wrist Ties

Chris Perry - OK State

Watch as Coach Chris Perry explains and demonstrates the proper hand technique when combining the head and wrist ties.

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2017 Schoolboy/girl Regional Champions List...

USA Wrestling

USA Wrestling is proud to recognize its 2017 Regional champions in all age groups and styles. We will provide the list of Regional champions by...

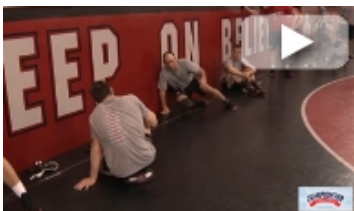
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Lou Rosselli

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