

From: Wrestling Coaches Insider coach@coachesinsider.com
Subject: Pitt Stand-Up with Dave Crowell - Nazareth Area HS (PA)
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To: lanny@wrestlingusa.com



September 8, 2021



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Pitt Stand-Up

Dave Crowell - Nazareth Area HS (PA)

Watch as Coach explains and demonstrates the Pitt Stand-Up from the bottom position. Push back with the arms lifting the outside foot and moving it out to the...

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John Klessinger

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