Name Cadence Lerma Attendance Weight Class 285 Total Attended **Excellent Needs Improvemt** 0859849 CHAMPS Hank ID 16 clerma@hfcc.edu Hawkmail Vision Forum 1 Learning Lab 96 Practice 44 Progress Reports **Neutral Position** 2 3 **Bottom Position** #1 Takedown Low single Perfect Double off Post & lift Backside #1 Set up Open position #2 Circle opposite Wrist pull Plan B Misdirection #3 Plan C Plan D **Top Position** 2 3 4 #2 Takedown Inside trip #1 Set up Underhook & Wrist #2 Plan B Bodylock #3 Plan C Pinch headlock Plan D Inside reach single 1 2 3 4 #3 Takedown Sweep single Low single Knee pick Set up Russian 2 on 1 Plan B Shuck

Tech Fall

Major Decision Decision

GPA

Plan C FHL Plan D Arm drag

Wins

Loss

Pins

Win %

Stand up

Reversal

Changeover

Sit out

Rolls