# 1 Set up: Wrestler “A” has broken wrestler “B” down and has a cross face to far shoulder.

LEGAL

Wrestler “A” drives with his chest to turn “B” he reaches back to grab either ankle. He may hold (post) the ankle to the mat. This takes away “B” ability to bridge. LEGAL, but official must watch this and may be potentially dangerous.

When it becomes Illegal!

Wrestler “A” now pulls “B”’s foot up toward the head, or while pressing the cross face around to the foot. This has become a back bow and is ILLEGAL.