Blair Backside Tip
(Twisting Hammer)

Set-up 1A. Wrestler (a) pulls arm out from under wrestler (b), loads up on his leg.

Stop here as Potentially Dangerous—before arm (b) moves up and away from back, (and/or the plain of the back)

CONCERN! If official is in front as shown, he will most likely miss, the moment that this is Potentially Dangerous and/or an Illegal Hold. Adjust position to see the belly side of wrestler (a).

1b. Wrestler (a) reaches across to apply a backside half nelson to wrestler (b)

with wrestler (b)’s arm on leg of (a) and his arm being held in place, wrestler (a) reaches across and backside-halves (b), the captured arm of (b) will move up and away from his back, making it illegal.
**DOUBLE KNEE KICK BACK—ILLEGAL BY APPLICATION**

**STEP 1. SET-UP**

Offensive wrestler (A) creates space to jump up with both knees or feet behind the knees of the standing defensive wrestler (B).

**STEP 2. APPLICATION—ILLEGAL**

Blow whistle as soon as Step 2 occurs. Try and prevent injury, (however) it is still an illegal hold, and should be penalized immediately.

Wrestler B could sustain injury to knee or ankle due to force and weight of wrestler A.

**STEP 3. FINISH**

(Note) The rocking back over the ankles can cause injury.

( Remember) No near fall points can be earned if wrestler A takes wrestler B to a tilting position.

POINTS CANNOT BE EARNED BY WRESTLER A WHEN RESULT OF ILLEGAL HOLD.

WRESTLER A (RED) WRESTLER B (BLUE)
**Head Trap/Knee-Block—Potentially Dangerous**

**STEP 1 SET-UP**

Wrestler “A”

Wrestler “B” shoots in on Wrestler “A”

**STEP 3**

Does not grab chin

Wrestler “A” blocks Wrestler “B”’s knee and hips across. **Note:** If Wrestler “A” causes a forceful turning of neck and chin to Wrestler “B”, it is illegal.

**STEP 4**

Wrestler “A” takes Wrestler “B” to his back. Stop for potentially dangerous or if deemed to forceful referee should call unnecessary force, penalize accordingly.

Wrestler “A” steps with right leg outside Wrestler “B”’s outside leg. **Stop for potentially dangerous** as this puts pressure across Wrestler “B”’s knee.

Make effort to stop at this point to avoid injury to wrestler. If move is used again after stopping for potentially dangerous, penalize for unnecessary force/illegal hold.
Quarter Nelson with the Chin

—Illlegal—
(by application)

Step 1
The Set-up
Wrestler A—applies quarter nelson from the front—Legal

Step 2
Wrestler A reaches down and grabs Wrestler B’s chin—ILLEGAL by application

Step 2A—OPPOSITE VIEW
NOTE: Wrestler A grabs wrestler B’s chin. See it, call it — ILLEGAL by application
Illegal Twisting knee

STEP 1 SET-UP

Wrestler “B” on defense

Wrestler “A” grabs Wrestler “B”’s ankle

STEP 2

Wrestler “A” lifts Wrestler “B”’s ankle straight up (Not potentially dangerous or illegal), official should position to observe what he does with the ankle.

STEP 3

Wrestler “A” uses his own leg to drive Wrestler “B”’s ankle away and out (causing a twisting knee action—call an illegal hold and penalize. Note. Potentially dangerous should be called if you can step in before illegal act is started.)