The Kolat (Side 3/4 Nelson Choke-Hold)

Set-up—Move in and Drop Level

Wrestler “A” on whistle, drops down, hand over the head and under the armpit of Wrestler “B”

Head official should move in and drop his level and say “keep it legal” stop for Potentially Dangerous

Wrestler “A” pulls Wrestler “B”s head down and toward the knee. Stop immediately, for ILLEGAL and penalize accordingly.
The KOLAT (SIDE 3/4 NELSON CHOKE-HOLD) from Optional Start

1. Wrestler “A” on whistle, drops down, hand over the head and under the armpit of Wrestler “B”

2. Set-up—Move in and drop level

3. Wrestler “A” lock hands in legal headlock

Official should instruct Wrestler “A” to keep legal

4. Rotate hands up into carotid artery then wrestler “A” snaps top arm down and applies pressure against back of neck while lower arm across throat

Stop for potentially dangerous

5. Wrestler “A” with pressure against Carotid artery starts pulling Wrestler “B”’s head toward his knee stop immediately and penalize for ILLEGAL hold and penalize accordingly

6. “TOO LATE” Official should have called ILLEGAL before wrestler “B” arrives on his back
The KOLAT (SIDE 3/4 NELSON CHOKE-HOLD)

KOLAT (SIDE 3/4 NELSON CHOKE-HOLD)

RULE—7-2-2 F, 7-2-4—POTENTIALLY DANGEROUS
RULE—7-1-5 G, 7-1-5 U—ILLEGAL HOLD

THIS IS A LEGAL HOLD BY APPLICATION BUT WHEN PRESSURE IS APPLIED TO SIDE OF NECK (CAROTID ARTERY) AND ACROSS THE BACK OF NECK STOP FOR POTENTIALLY DANGEROUS,

IF HEAD IS PULLED DOWN WHILE APPLYING PRESSURE, STOP FOR ILLEGAL HOLD AND PENALIZE.

The KOLAT SIDE 3/4 NELSON CHOKE-HOLD—VIEW FROM ASSISTANT OFFICIAL POSITION.

IF Wrestler “A” turns Wrestler “B” with this hold, Assistant Official should notify Head official immediately for an Illegal hold. Head official shall penalize accordingly.

Assistant Official upon seeing Wrestler “A” reach across and under arm pit of Wrestler “B” to create a head lock should move in and drop level to observe pressure from back side. He should verbally communicate to head official to watch for potentially dangerous hold.
The KOLAT (SIDE 3/4 NELSON CHOKE-HOLD)

1. SET-UP

From mat, Wrestler “A” reaches over the neck and under the arm pit of Wrestler “B” and locks hands.

Head official should move in and drop his level and say “keep it legal”

2. Wrestler “A” snaps down which creates pressure against back and side of neck (carotid artery)

3. Stop for Potentially Dangerous

4. Wrestler “A” pulls Wrestler “B”’s head down stop immediately, for illegal and penalize accordingly.

5. If Wrestler “A” turns Wrestler “B” to his back—this will be illegal pressure against side of throat—stop immediately. Penalize accordingly.