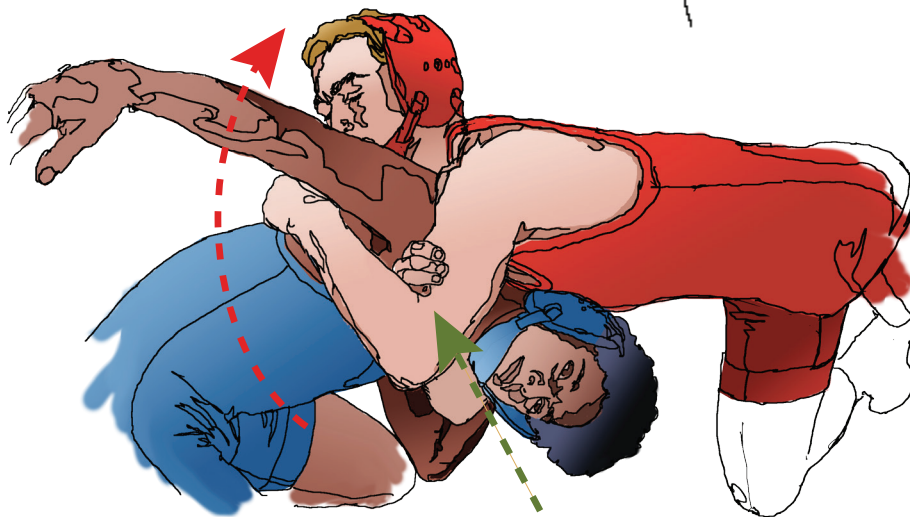
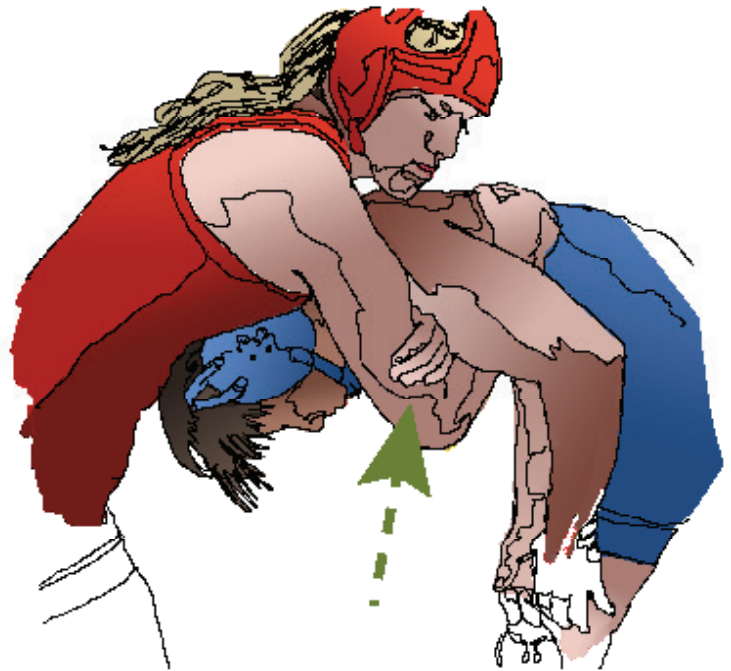




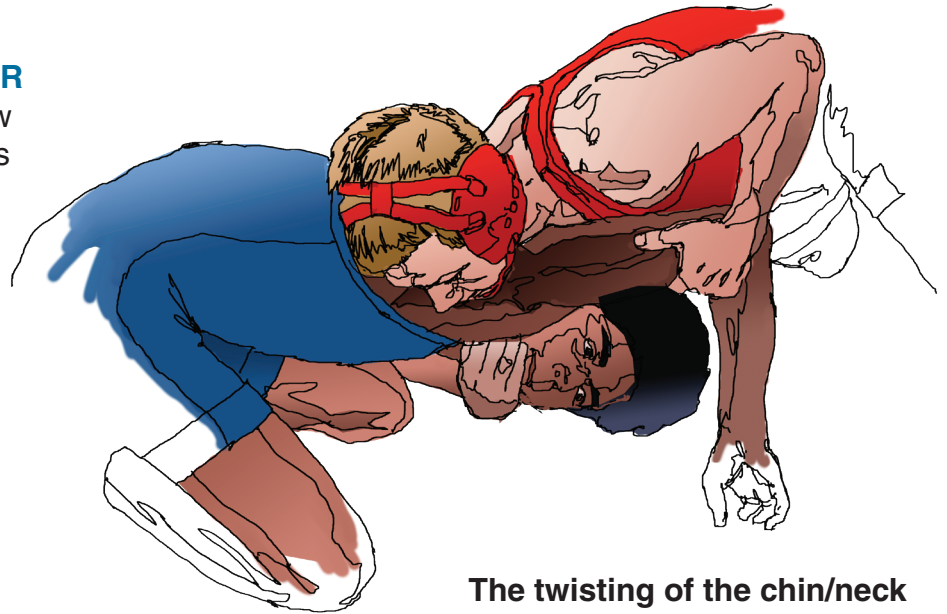
#1 Set-up **WRESTLER A**–underhooks **WRESTLER B's** arm...**WRESTLER A**–with opposite arm reaches under the throat of **WRESTLER B**...

#2 **WRESTLER A**–grabs his own arm used to underhook **WRESTLER B's** arm. This creates pressure across the throat and carotid artery. This is also an **ILLEGAL** head lock as there is no arm encircled **ILLEGAL**.



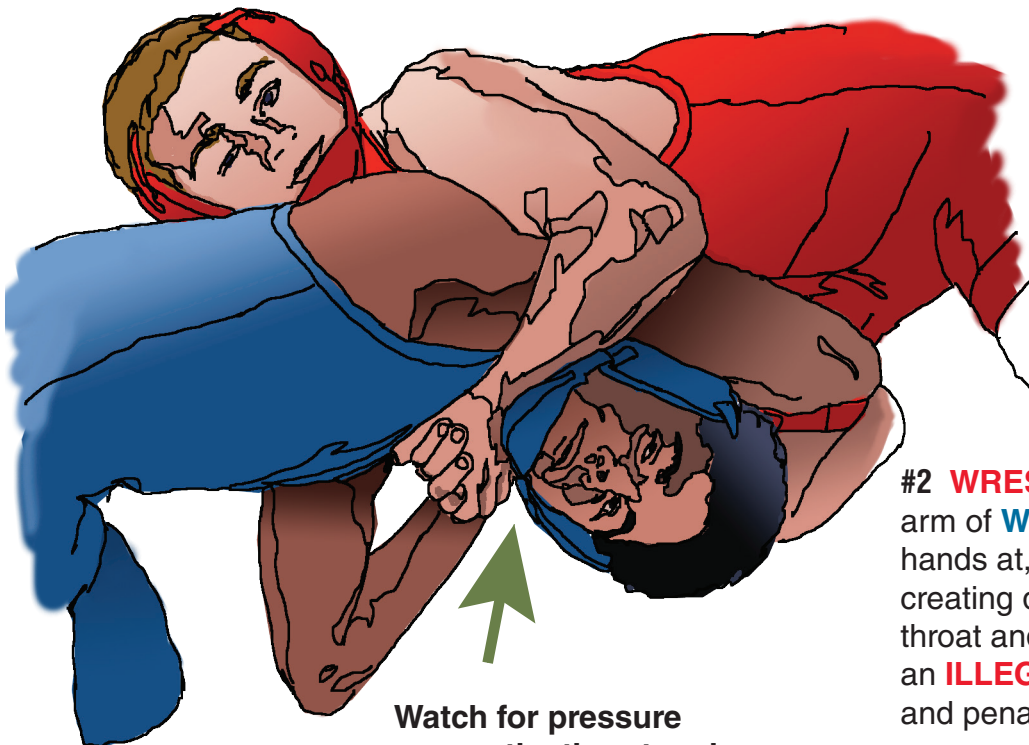
NOTE: Official should move to underhook side and lower his/her level so they can see up under both wrestlers to see arm movement.

#1 Set-up From the front
WRESTLER A –grabs **WRESTLER B**'s cheek/chin and pulls the elbow up to trap the arm against cheek is **LEGAL**.



The twisting of the chin/neck is an **ILLEGAL** neck wrench.

NOTE: Official needs to lower their level to see up and under wrestler throat.



Watch for pressure across the throat and side of neck.

#2 **WRESTLER A**- releases the arm of **WRESTLER B** and locks his hands at, and under the chin creating direct pressure on the throat and carotid artery making this an **ILLEGAL CHOKE HOLD**, stop and penalize.