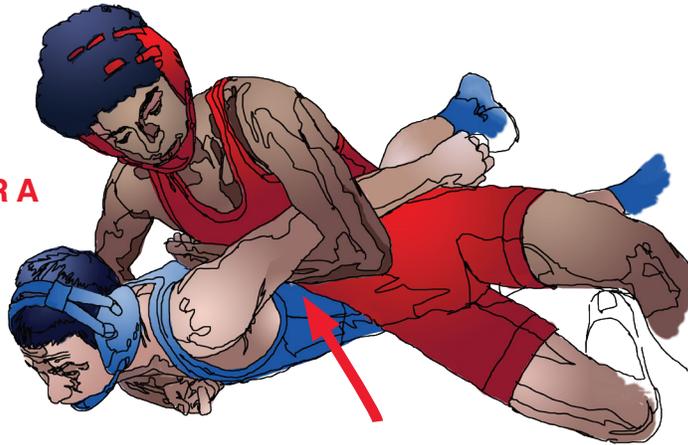
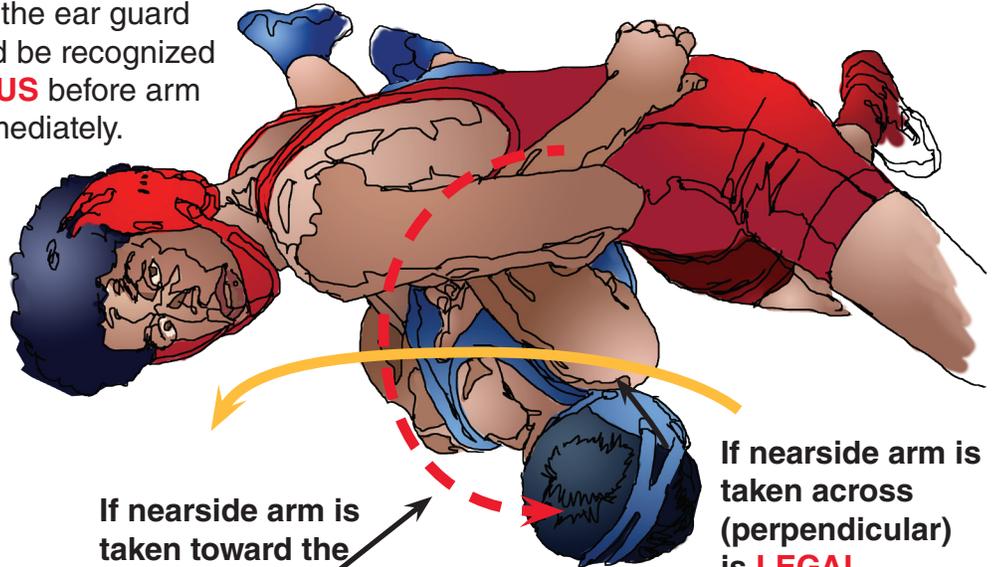


#1 Set-up After breakdown, **WRESTLER A** controls the nearside arm and slides an arm bar forcing his/her hand up into near side shoulder. The farside arm /wrist will then be tucked.



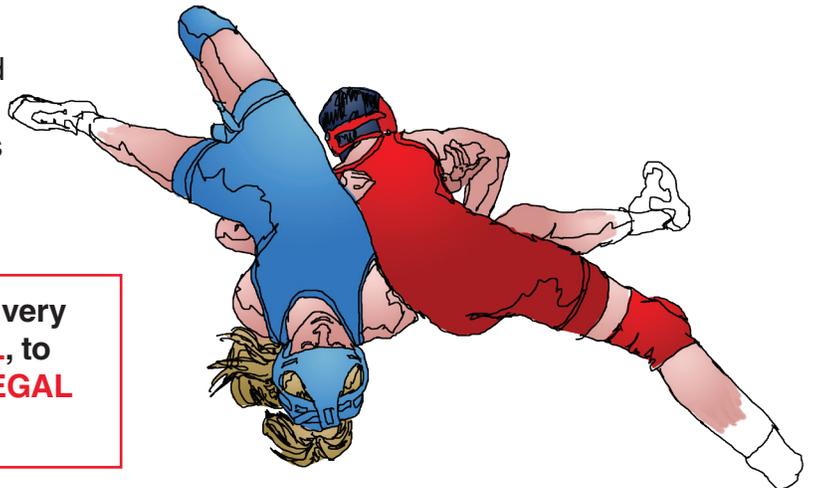
#2 With nearside arm bar, **WRESTLER A** begins to drive the arm toward the ear guard then over the head. This should be recognized as **POTENTIALLY DANGEROUS** before arm goes over the top and stop immediately.



If nearside arm is taken toward the head stop for **ILLEGAL.**

If nearside arm is taken across (perpendicular) is **LEGAL.**

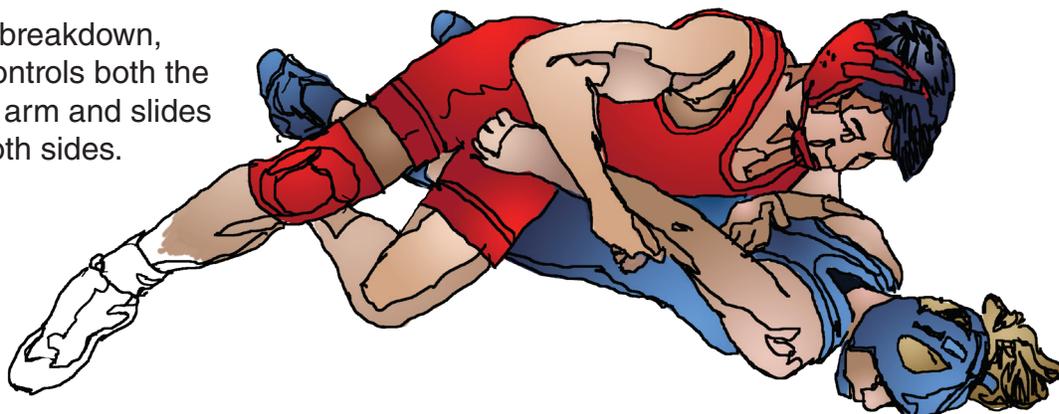
#3 **WRESTLER B's** elbow cannot be forced directly over the top. Shoulder joints do not rotate in that direction. Stop and penalize as it is **ILLEGAL.**



NOTE: Official must monitor arm bars very closely, as they may go from **LEGAL**, to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.

Double Arm Bar— may be Legal, Potentially Dangerous or Illegal

#1 Set-up After a breakdown, **WRESTLER A** controls both the near and far side arm and slides in arm bars on both sides.



#2 With the double arm bar, **WRESTLER A** locks hands in the middle of back of **WRESTLER B**. With double arm bar, **WRESTLER A** can drive either across and around the head for near fall points, which is **LEGAL** ...

or drive the arms directly over the top, which is **ILLEGAL**.



Arms taken toward the head-**ILLEGAL**

Arms taken across the body-**LEGAL**

#3 The shoulder joint does not rotate directly over the head from the rear.



NOTE: Official must monitor arm bars very closely, as they may go from **LEGAL**, to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.