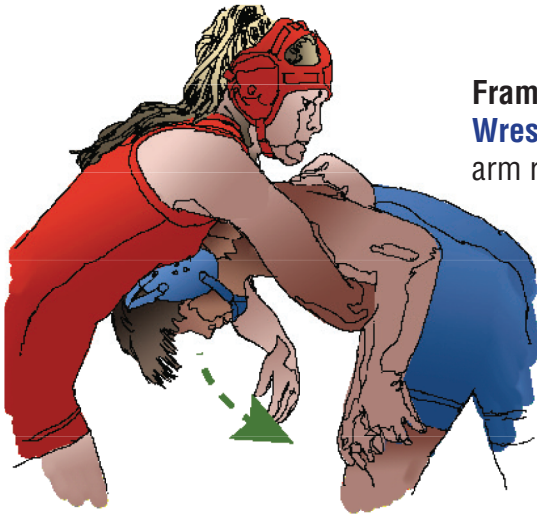


## Front Head lock–Cement Mixer—Illegal **A**



Frame 1: Set-up **Wrestler A**—underhooks **Wrestler B's** arm...**Wrestler A**-with opposite arm reaches under the throat of **Wrestler B**...

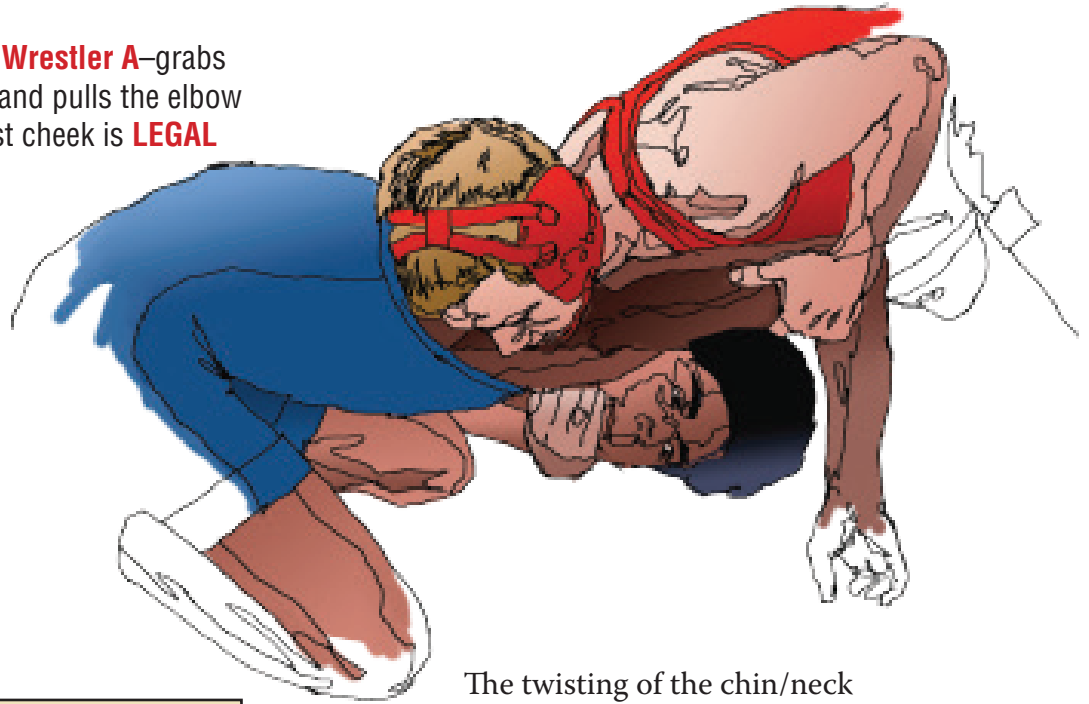
Frame 2 : **Wrestler A**—grabs her own arm used to underhook **Wrestler B's** arm. This creates pressure across the throat and carotid artery. This is also an **ILLEGAL** head lock as there is no arm encircled **ILLEGAL**.



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

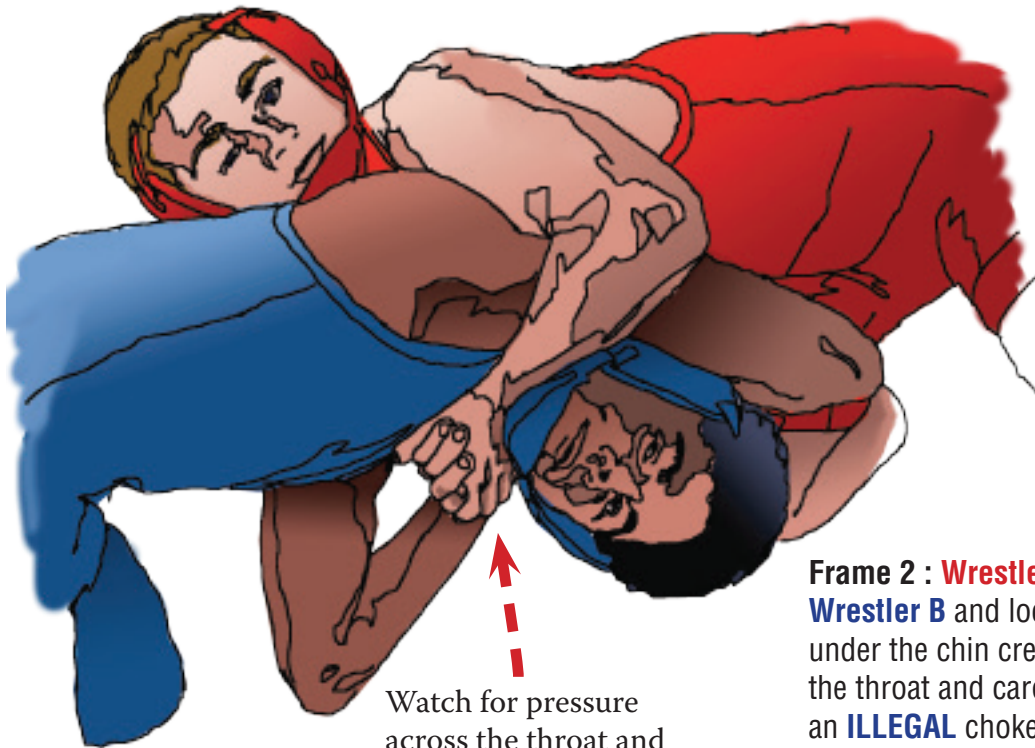
## **Front Head lock- Choke Hold—Illegal**

**Frame 1:** 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 levels to see up under wrestler throat.



Watch for pressure across the throat and side of neck.

**Frame 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 and making this an **ILLEGAL** choke hold, stop and penalize.