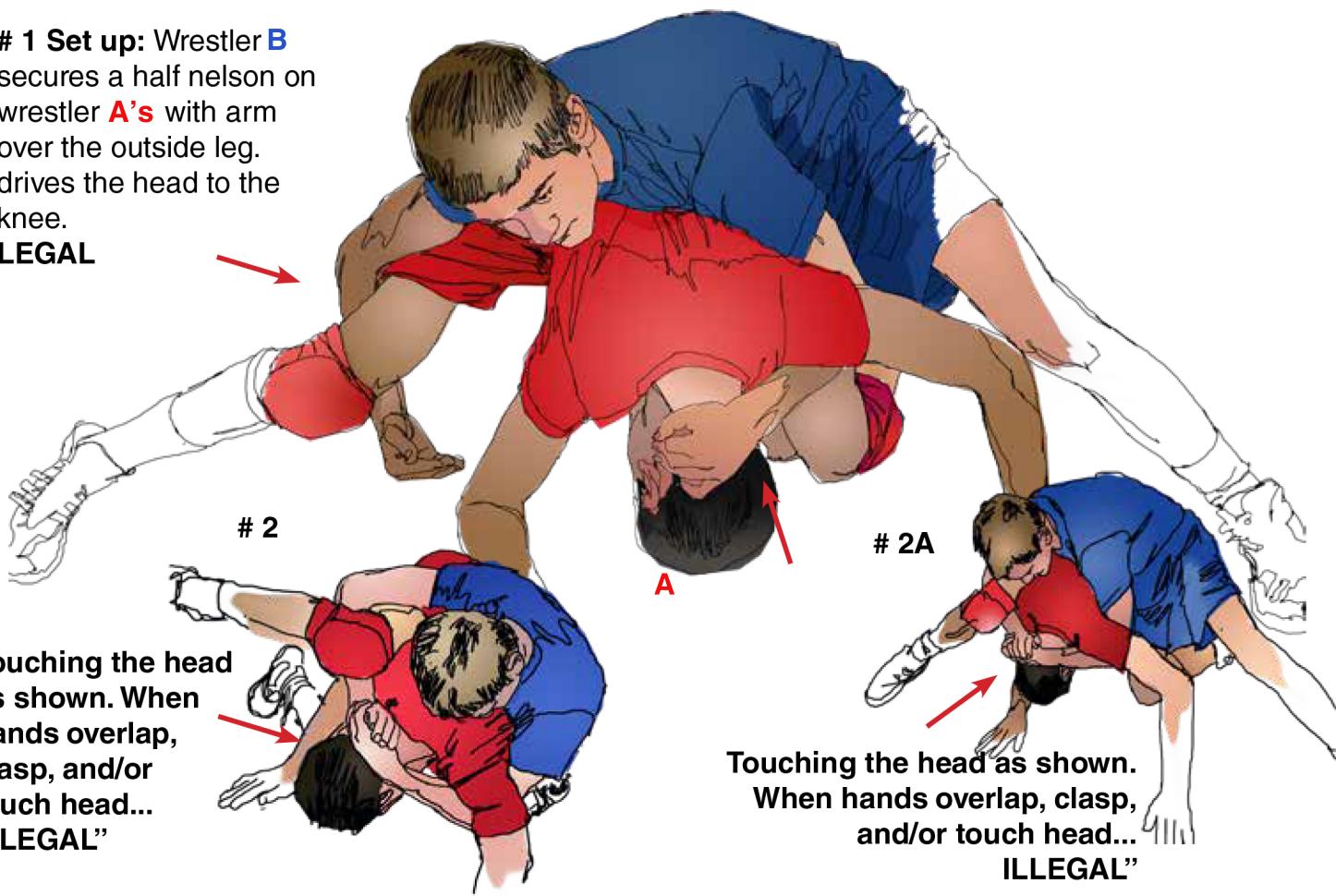


Nelson Cradle

1 Set up: Wrestler **B** secures a half nelson on wrestler **A**'s with arm over the outside leg. drives the head to the knee.

LEGAL



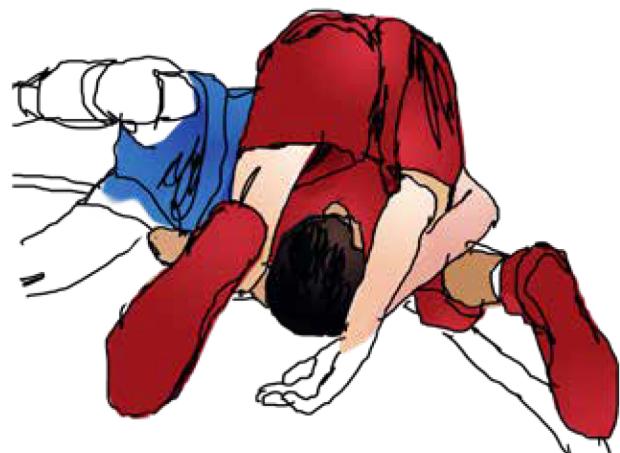
2-2a-3 Although not a true full nelson, this nelson-cradle meets the definition and criteria of a dangerous full nelson. The far side knee acts as the back side arm pit which creates downward pressure on the neck and can injure wrestler **A**

#3

Touching the head as shown. When hands overlap, clasp, and/or touch head... ILLEGAL"



#4

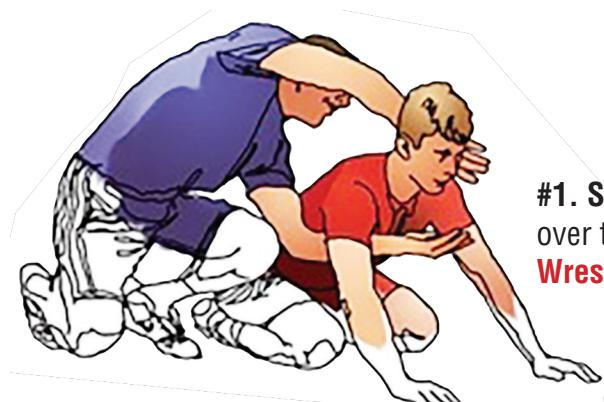


This **nelson cradle** is interpreted the same as a variation of a **full nelson** and **shall be called and penalized the same as a full nelson.** It is illegal by application if the hands overlap, clasp or are on the ear guards."

The Kolat (side 3/4 Nelson Choke Hold **ILLEGAL**

B

Rule 7-2-21
7-2-42
Rule 7-1-5g
7-1-5u
ILLEGAL



#1. Set-up: From mat, **Wrestler B** over the neck and under the armpit of **Wrestler A** and locks hands



#2. Wrestler B snaps down and vices forearms together which creates pressure against throat and side of neck (carotid artery)



Note: Head official should move in and drop their level to check throat/neck. Stop for potentially dangerous sooner than later.

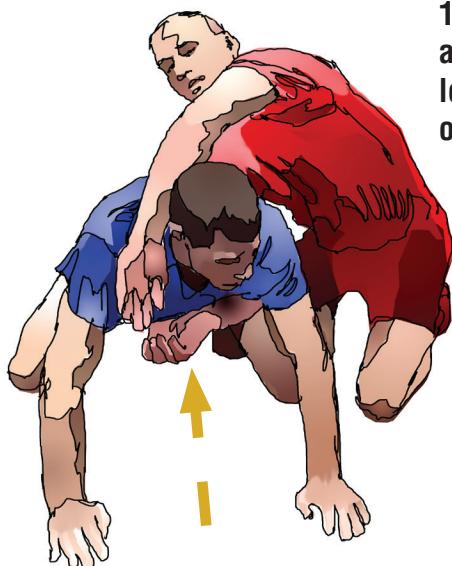
#3. Wrestler B pulls **Wrestlers A's** head down, stop immediately, for **ILLEGAL** and penalize for hold.



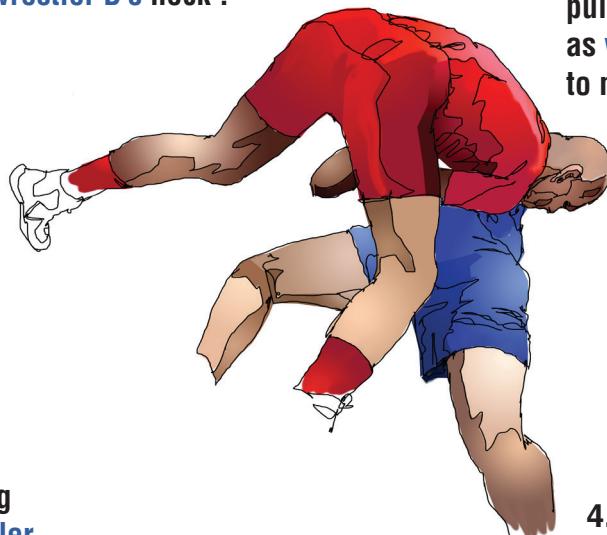
#4. If **Wrestler B** turns **Wrestler A** to his back this will be an **ILLEGAL** choke with pressure against throat-Stop immediately and penalize accordingly.

The Assassin (A Kolat Variation) Potentially Dangerous Which May Become Illegal

A



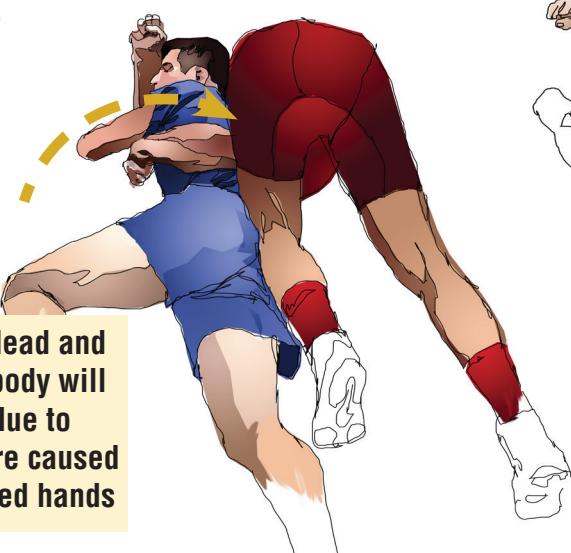
1. Set-up- **Wrestler A** reaches over head and under shoulder w/ far side arm to lock & vice hands in side of wrestler **B**'s neck .



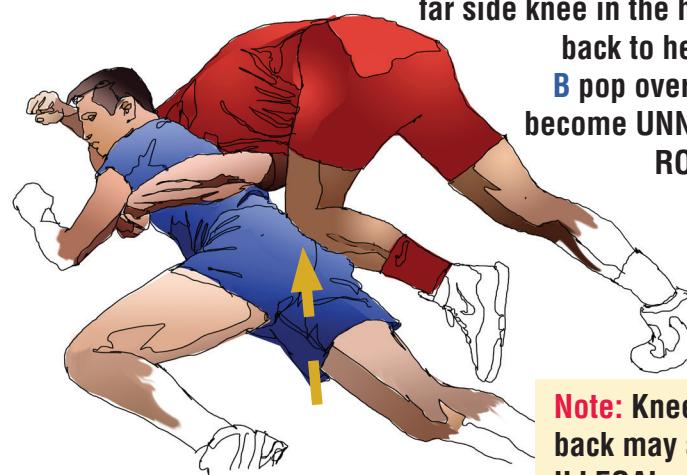
2. **Wrestler A** crunches & pulls **wrestler B** into his knee as **wrestler B** breaks down to mat.

Note: THE OFFICIAL'S POSITION IS CRITICAL TO SEE DANGEROUS POINTS.

3. **Wrestler A** steps across w/ far leg (a sit out step) pulling across **wrestler B**'s head, neck and throat to his back. This may become ILLEGAL if across the throat.



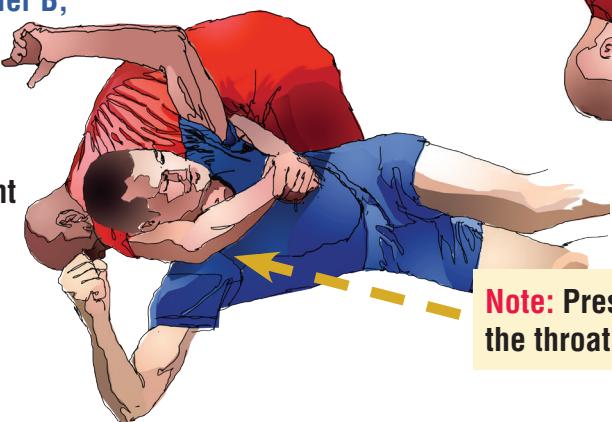
Note: Head and upper body will rotate due to pressure caused by locked hands



4. **Wrestler A** may plant his far side knee in the hip or lower back to help **wrestler B** pop over. This may become UNNECESSARY ROUGHNESS.

Note: Knee in lower back may also be ILLEGAL

5. As **wrestler A** turns **wrestler B**, he will keep his hips parallel to mat and tight against **wrestler B**'s hip.



Note: Pressure across the throat

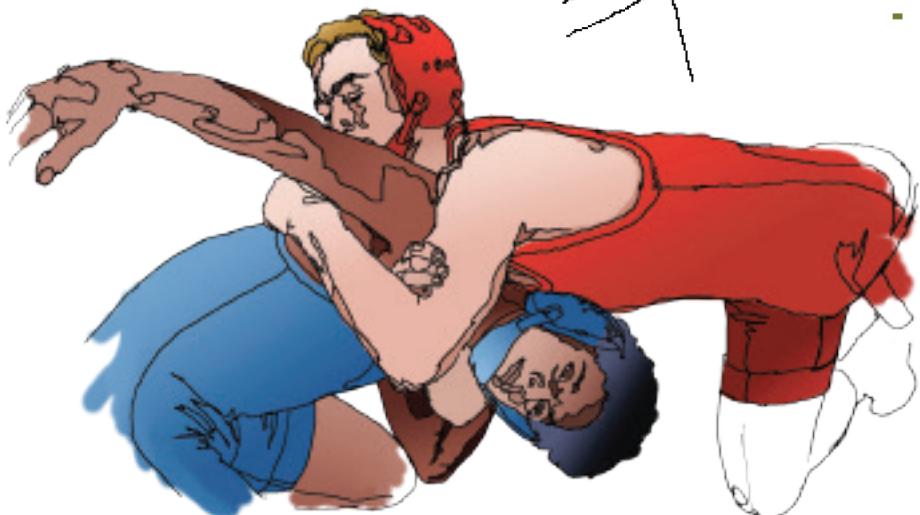


6. As **wrestler A** finishes the move, notice **wrestler B**'s head propped up by **wrestler A**'s arm pit and upper arm forcing the chin to be pinched against the arm across the throat. This has definitely become a choke hold ... ILLEGAL.



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.