

Double Knee Kick Back—Illegal

Frame 1: Set-up From a rear standing position, Wrestler A starts to return Wrestler B.

2a.

Feet behind

ILLEGAL

knee

Frame 2a/b : Wrestler A forcefully jumps their feet/shins into the back of both knees of Wrestler B. Wrestler B will be carrying all the weight of both wrestlers, as it will kick out both legs of defensive wrestler.

> Shin behind Knee ILLEGAL

2b.

NOTE: Feet or shins forcefully kicking out the knees in **2a** and **2b** are **ILLEGAL**

Frame 3: Damage may be done duringthe kicking out of the knees in 2a and 2b, also to head and neck blindly falling backward causing possible HNC injury. Stop immediately and penalize.