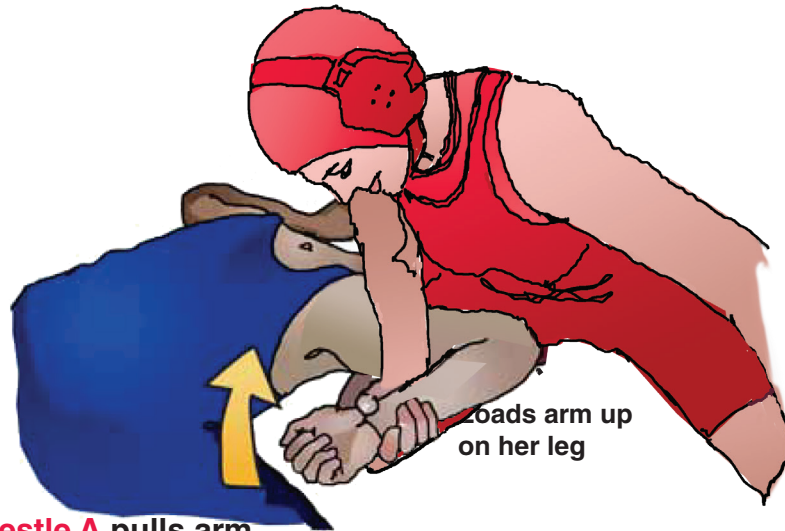


Blair Backside Tip

(Hammerlock/Twisting Hammerlock)



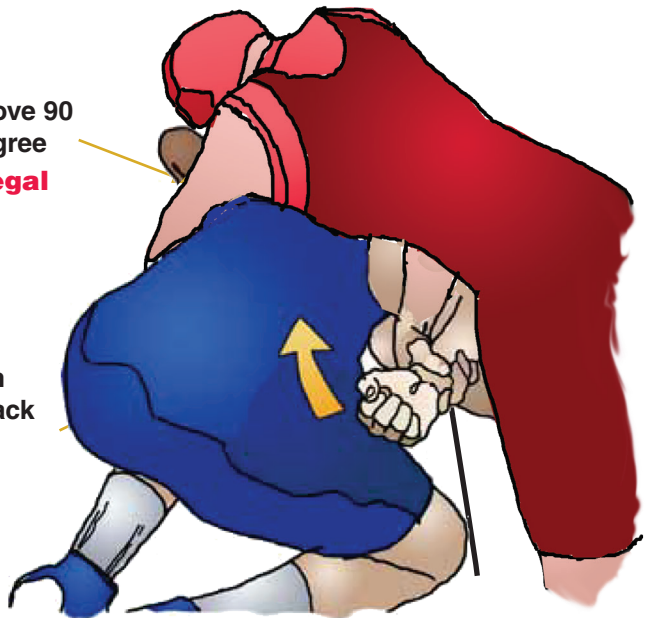
Set-up 1A. **Wrestle A** pulls arm out from under **wrestler B**, loads up on her leg.

1B. **Wrestle A** pulls **wrestler B's** arm up and across her back, she reaches for a backside half nelson.

This situation may become potentially dangerous. The official must be in position to see the arm of **wrestler B**. The elbow and shoulder may be injured.

above 90 degree
illegal

pulls arm off the back
illegal



CONCERN! If the official is out of position, they will miss the moment this becomes potentially dangerous, and more importantly when this becomes illegal.

If the arm of **wrestler B** moves up the back beyond 90 degrees-**rule 7-1-5b** describes a hammer lock. if the elbow is pulled away from the back-**rule 1-1-5c** explains a twisting hammerlock, both are **illegal**.



NOTE: Officials must adjust their position to see the belly side of **wrestler A** to see the position of **Wrestler B's** arm.