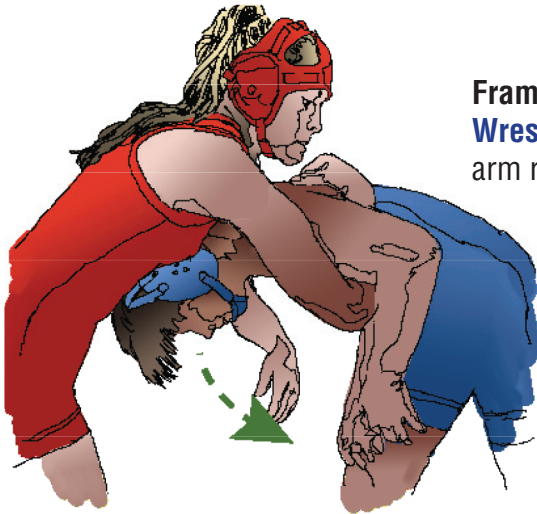
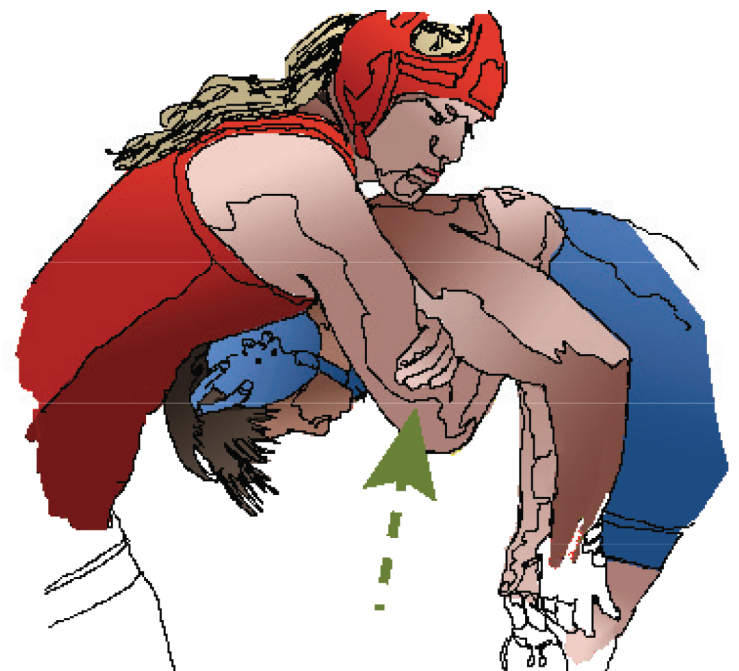


## Front Head lock–Cement Mixer—Illegal A



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.