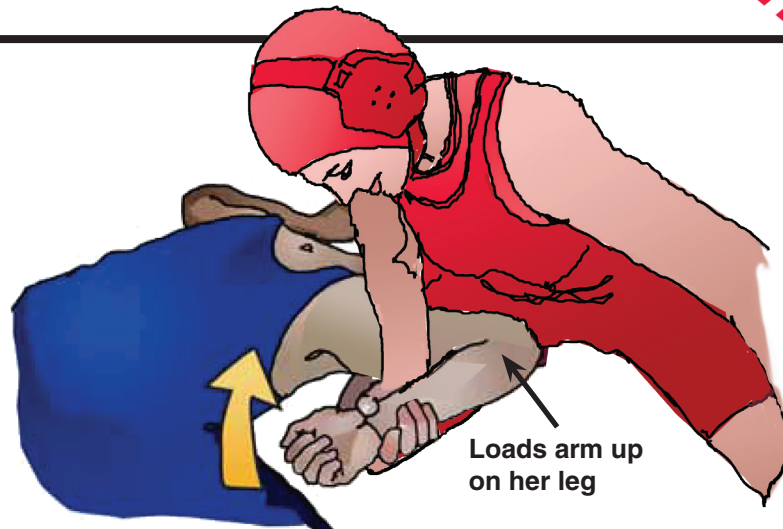


Blair Backside Tip

(Hammerlock/Twisting Hammerlock)



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

Loads arm up on her leg

1B. **Wrestle A** pulls **wrestler B's** arm up and across his 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.

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



above 90 degree
illegal

pulls arm off the back
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 7-1-5c** explains a twisting hammerlock, both are **illegal**.



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