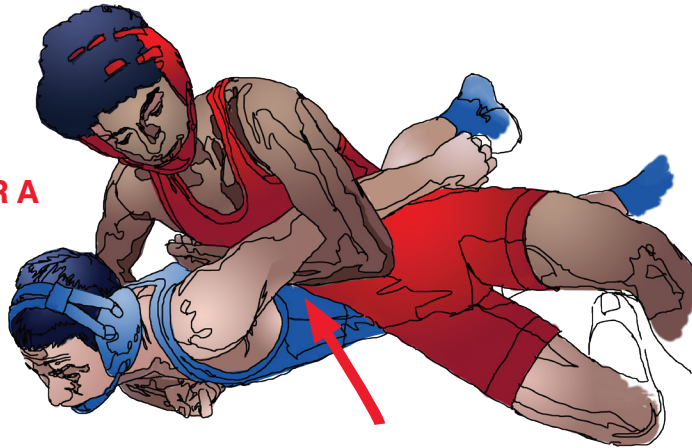
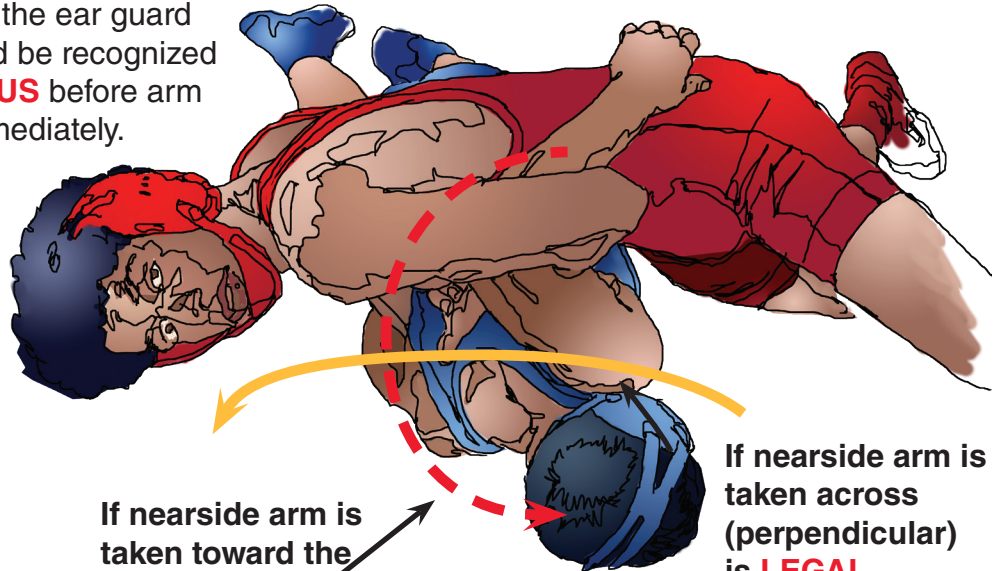


**#1 Set-up** After breakdown, **WRESTLER A** controls the nearside arm and slides an arm bar forcing his/her hand up into near side shoulder. The farside arm /wrist will then be tucked.



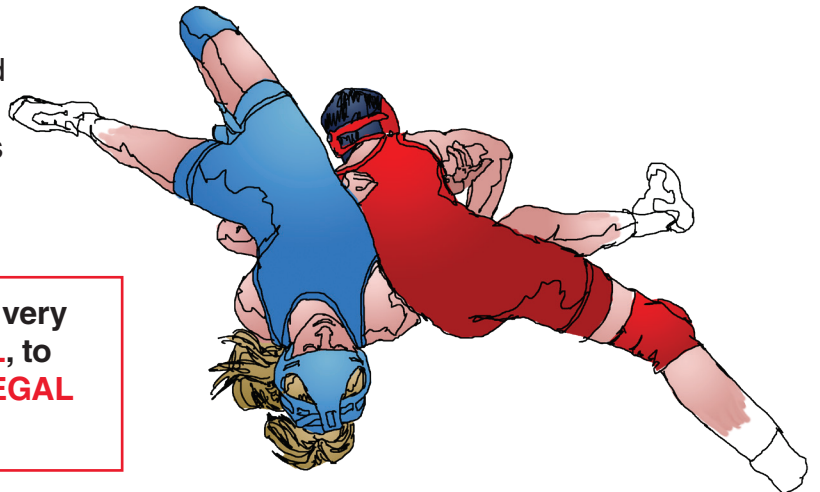
**#2** With nearside arm bar, **WRESTLER A** begins to drive the arm toward the ear guard then over the head. This should be recognized as **POTENTIALLY DANGEROUS** before arm goes over the top and stop immediately.



If nearside arm is taken toward the head stop for **ILLEGAL.**

If nearside arm is taken across (perpendicular) is **LEGAL.**

**#3** **WRESTLER B's** elbow cannot be forced directly over the top. Shoulder joints do not rotate in that direction. Stop and penalize as it is **ILLEGAL.**



**NOTE:** Official must monitor arm bars very closely, as they may go from **LEGAL**, to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.