



#1 Set-up WRESTLER A–underhooks WRESTLER B's arm...WRESTLER A–with opposite arm reaches under the throat of WRESTLER B...

#2 WRESTLER A-grabs his 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.