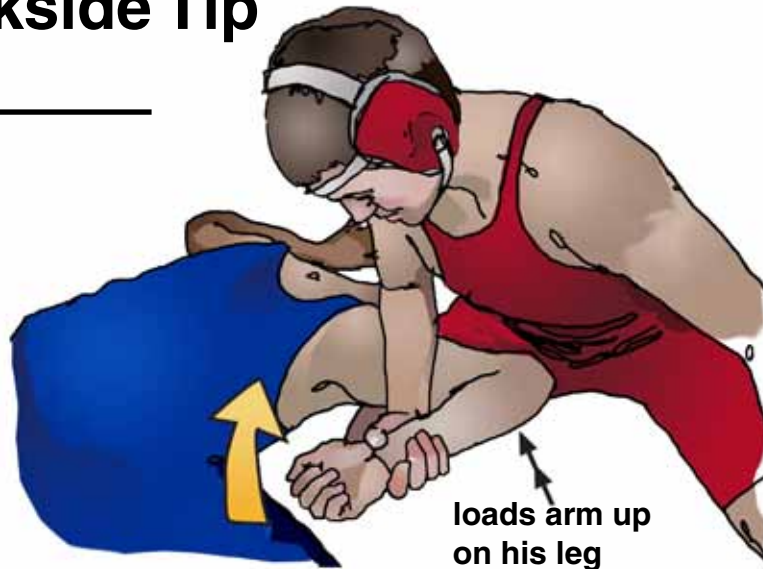


Blair Backside Tip

(Twisting Hammer)



Set-up 1A. Wrestler (a) pulls arm out from under wrestler (b), loads up on his leg,

loads arm up on his leg

1b. Wrestler (a) reaches across to apply a backside half nelson to wrestler (b)

Stop here as **Potentially Dangerous**—before arm (b) moves up and away from back, (and/or the plain of the back)



CONCERN! If official is in front as shown, he will most likely miss, the moment that this is Potentially Dangerous and/or an Illegal Hold. Adjust position to see the belly side of wrestler (a).

with wrestler (b)'s arm on leg of (a) and his arm being held in place, wrestler (a) reaches across and backside-halves (b), the captured arm of (b) will move up and away from his back, making it **illegal**.

