

The KOLAT (SIDE 3/4 NELSON CHOKE-HOLD)



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RULE—7-2-2 F, 7-2-4 —POTENTIALLY DANGEROUS

RULE—7-1-5 G, 7-1-5 U—ILLEGAL HOLD

THIS IS A LEGAL HOLD BY APPLICATION BUT WHEN PRESSURE IS APPLIED TO SIDE OF NECK (CAROTID ARTERY) AND ACROSS THE BACK OF NECK STOP FOR **POTENTIALLY DANGEROUS**,

IF HEAD IS PULLED DOWN WHILE APPLYING PRESSURE, STOP FOR ILLEGAL HOLD AND PENALIZE.

The KOLAT SIDE 3/4 NELSON CHOKE-HOLD—VIEW FROM ASSISTANT OFFICIAL POSITION.



Assistant Official upon seeing Wrestler "A" reach across and under arm pit of Wrestler "B" to create a head lock should move in and drop level to observe pressure from back side. He should verbally communicate to head official to watch for potentially dangerous hold.

IF Wrestler "A" turns Wrestler "B" with this hold, Assistant Official should notify Head official **immediately** for an **Illegal** hold. Head official shall penalize accordingly



Illegal hold