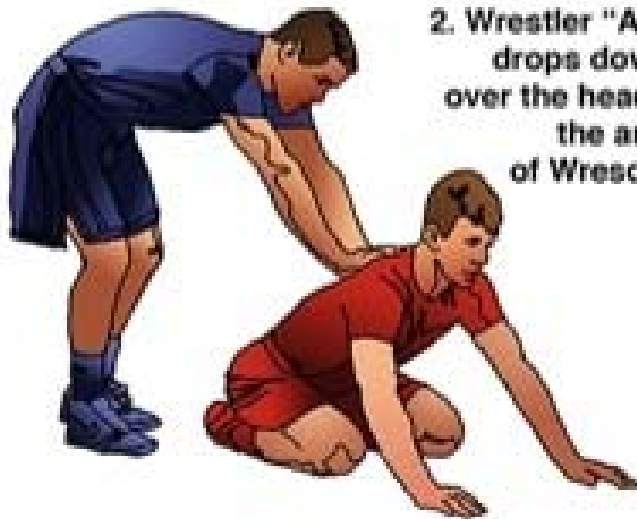


The KOLAT (SIDE 3/4 NELSON CHOKE-HOLD) from Optional Start

1.



2. Wrestler "A" on whistle, drops down, hand over the head and under the armpit of Wrestler "B"



SET-UP—MOVE IN AND DROP LEVEL

3.



Wrestler "A" lock hands in legal headlock
Official should instruct Wrestler "A" to keep legal

4. Rotate hands up into carotid artery then wrestler "A" snaps top arm down and applies pressure against back of neck while lower arm across throat



Stop for potentially dangerous

5.



Wrestler "A" with pressure against Carotid artery starts pulling Wrestler "B"'s head toward his knee stop immediately and penalize for **ILLEGAL** hold and penalize accordingly

6. "TOO LATE" Official should have called **ILLEGAL** before wrestler "B" arrives on his back

