

CUT BACK/LEG BLOCK —LEGAL

Frame 1: Set-up: **Wrestler B** lifts single leg of **Wrestler A**. **Wrestler A** counters while applying a tight whizzer.



Frame 2: **Wrestler A** slides hand/wrist behind **Wrestler B's** nearside knee creating a variation of a nearside knee creating a variation of a **LEGAL** broomstick.



Frame 3: **Wrestler A** takes **Wrestler B** to her back. Locks hands in a whizzer cradle and elevates for nearfall.