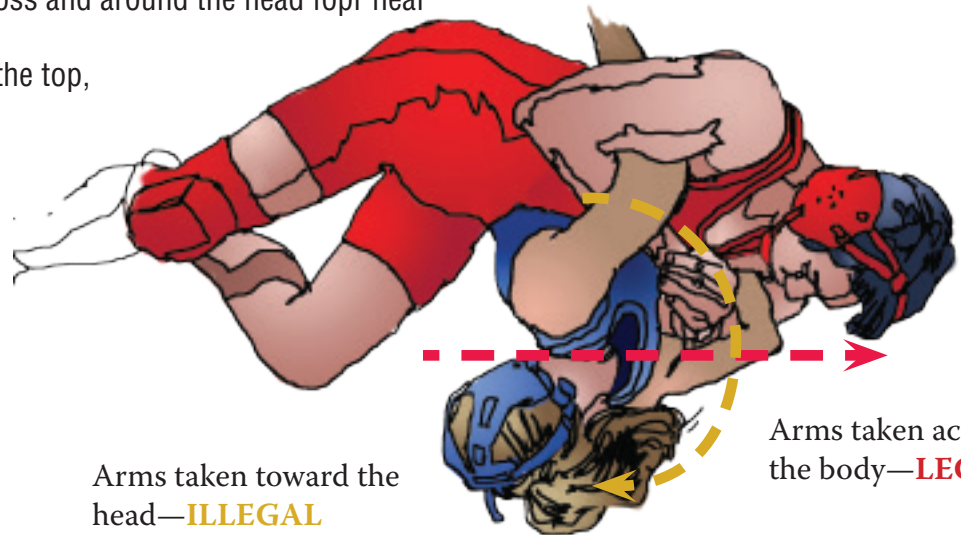


Double Arm Bar— may be Legal, potentially dangerous or Illegal

Frame 1: After a breakdown, **Wrestler A** controls both the near and far side arm and slides in arm bars on both sides.



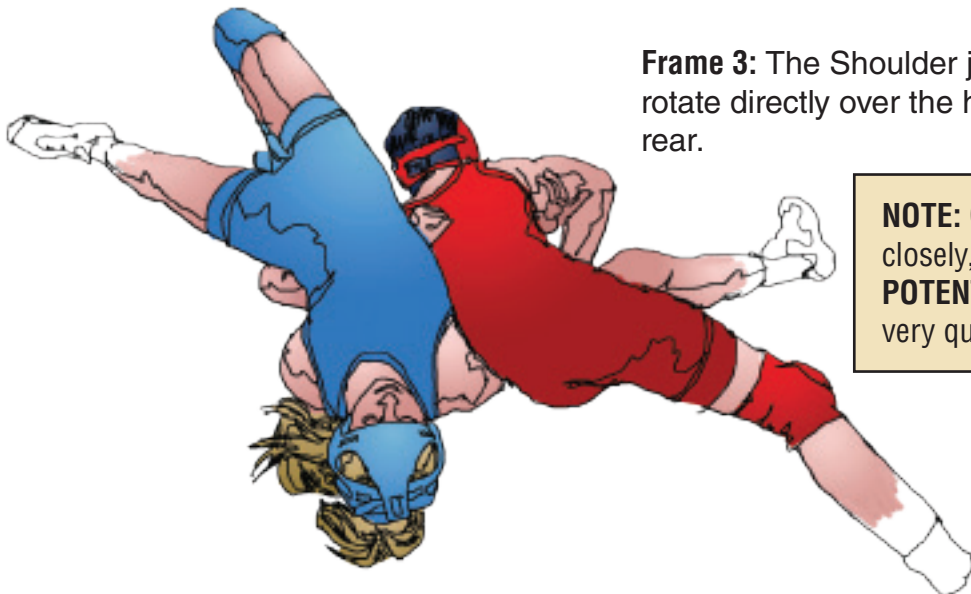
Frame 2: With double arm bar, **Wrestler A** locks hands in the middle of back of **Wrestler B**. With double arm bar, **Wrestler A** can drive either across and around the head for near fall points, which is **LEGAL**... or drive the arms directly over the top, which is **ILLEGAL**.



Arms taken toward the head—**ILLEGAL**

Arms taken across the body—**LEGAL**

Frame 3: The Shoulder joint does not rotate directly over the head from the rear.



NOTE: Officials must monitor arm bars very closely, as they may go from **LEGAL**, to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.