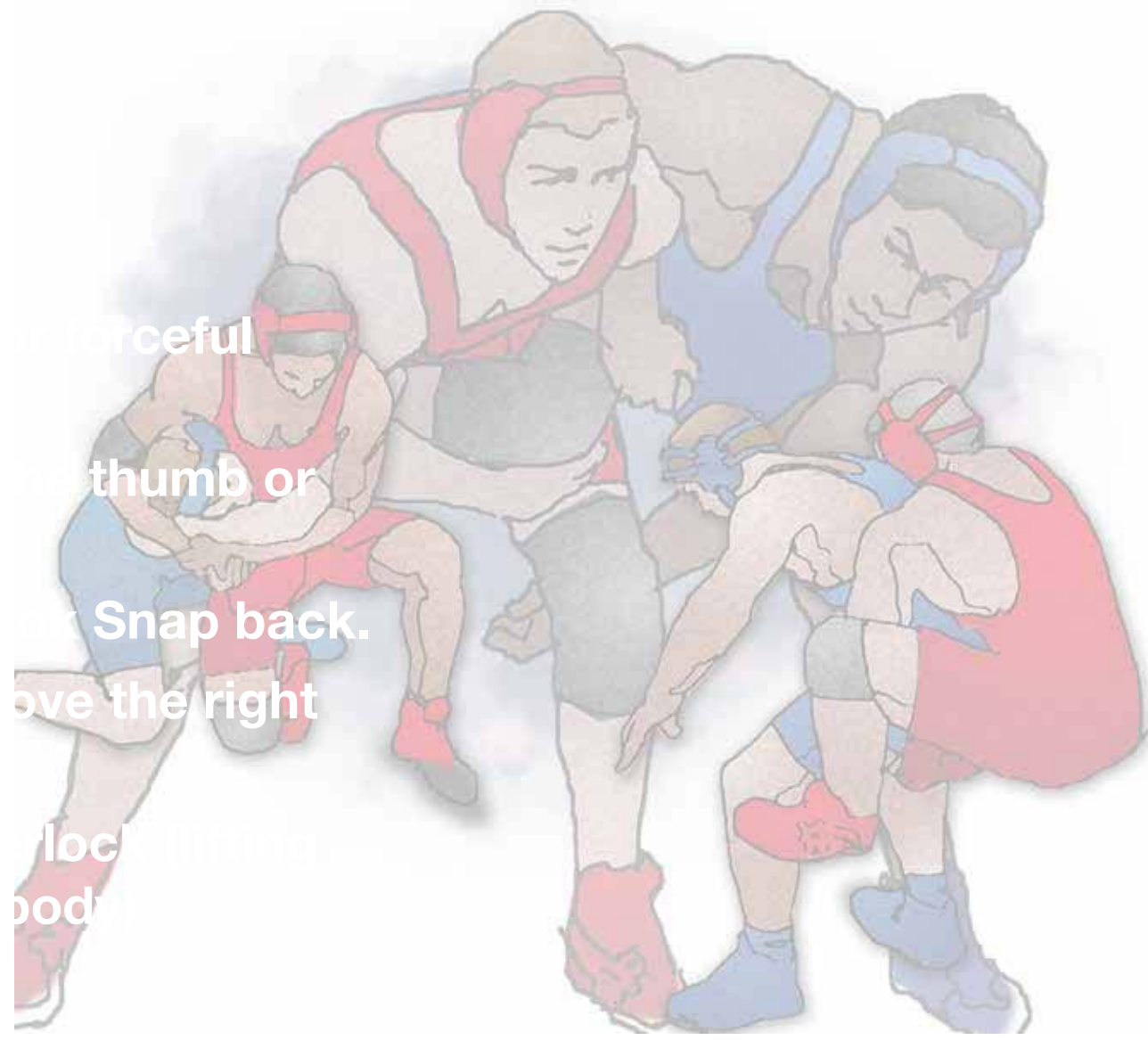


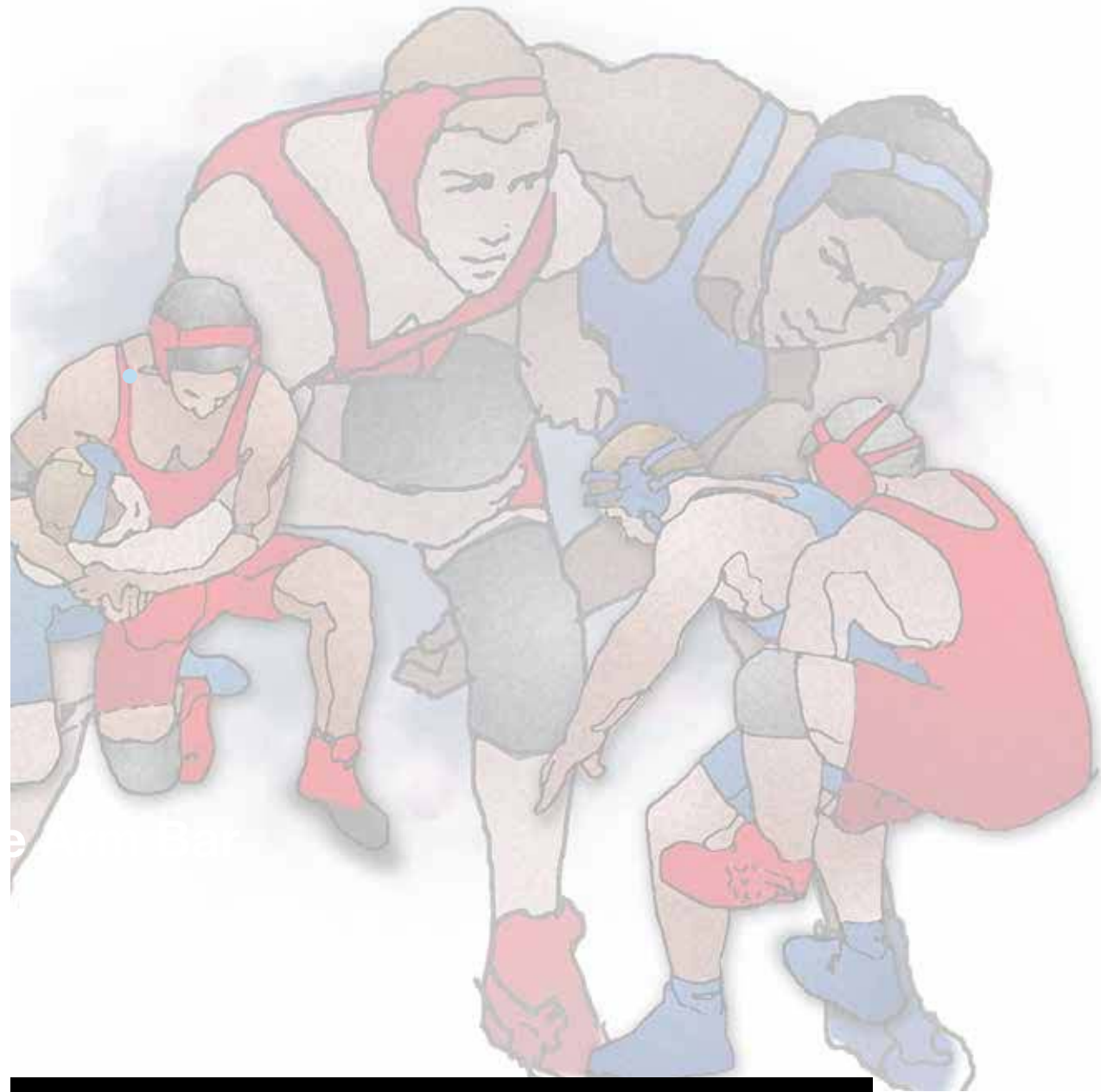
An illustration showing four wrestlers in red and blue singlets. The central figure is a wrestler in a red singlet with a black chest protector, looking down. To his left, another wrestler in a red singlet is being held from behind by a wrestler in a blue singlet. To the right, a wrestler in a blue singlet is holding a wrestler in a red singlet from behind. The background is a light, hazy blue.

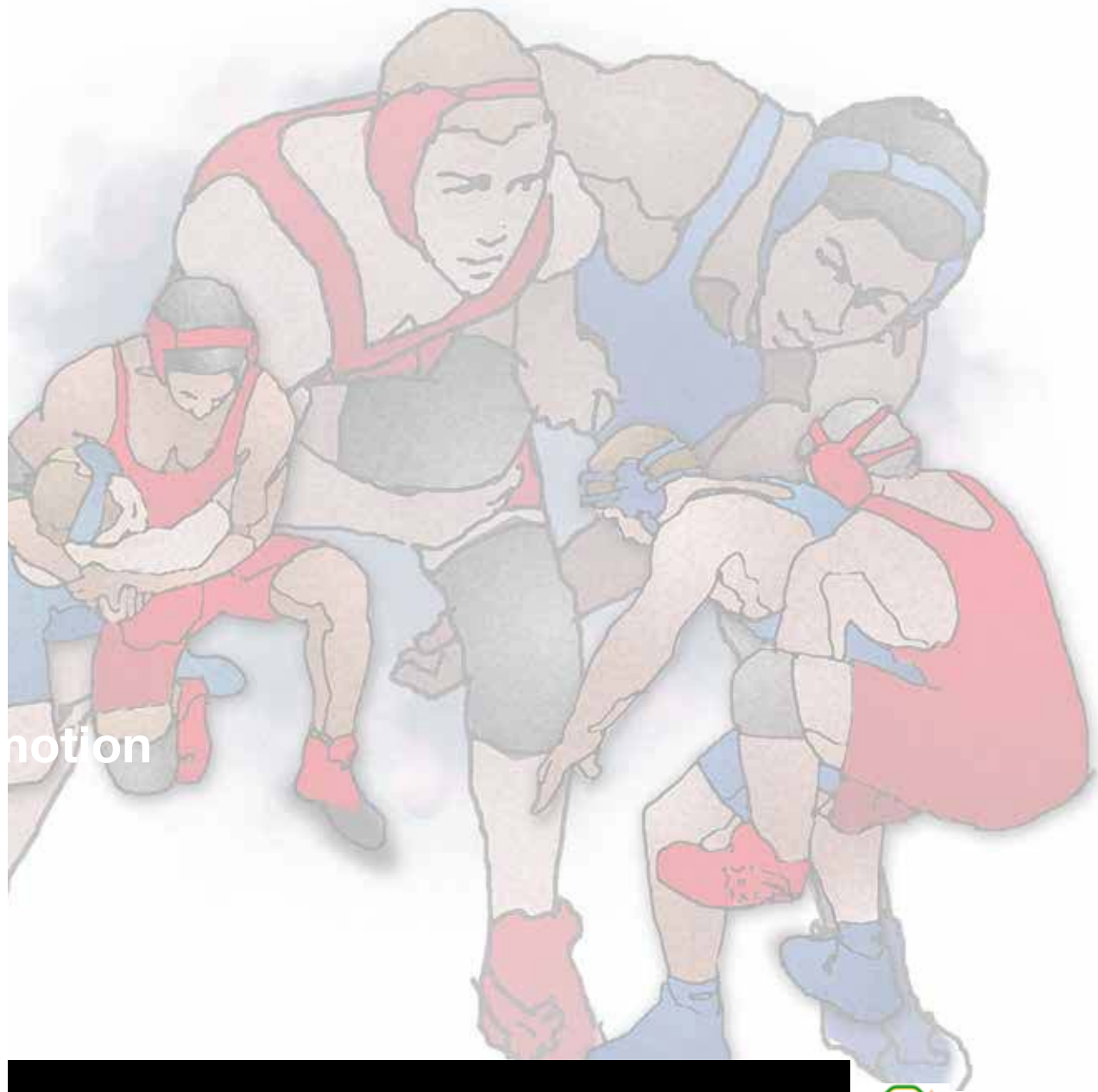
## 8 Illegal Holds & Potentially Dangerous



forceful  
thumb or  
Snap back.  
ove the right  
loc  
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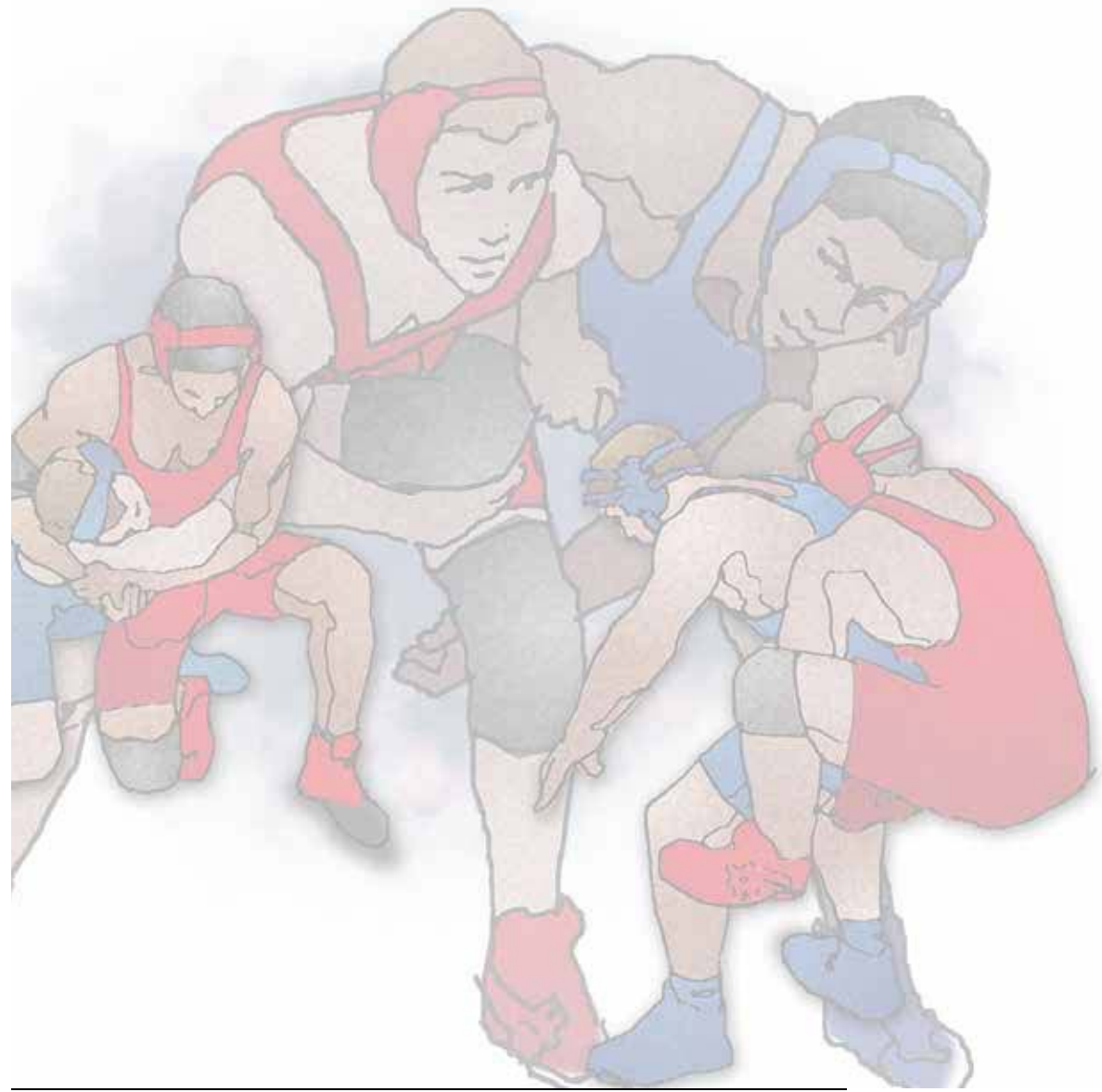
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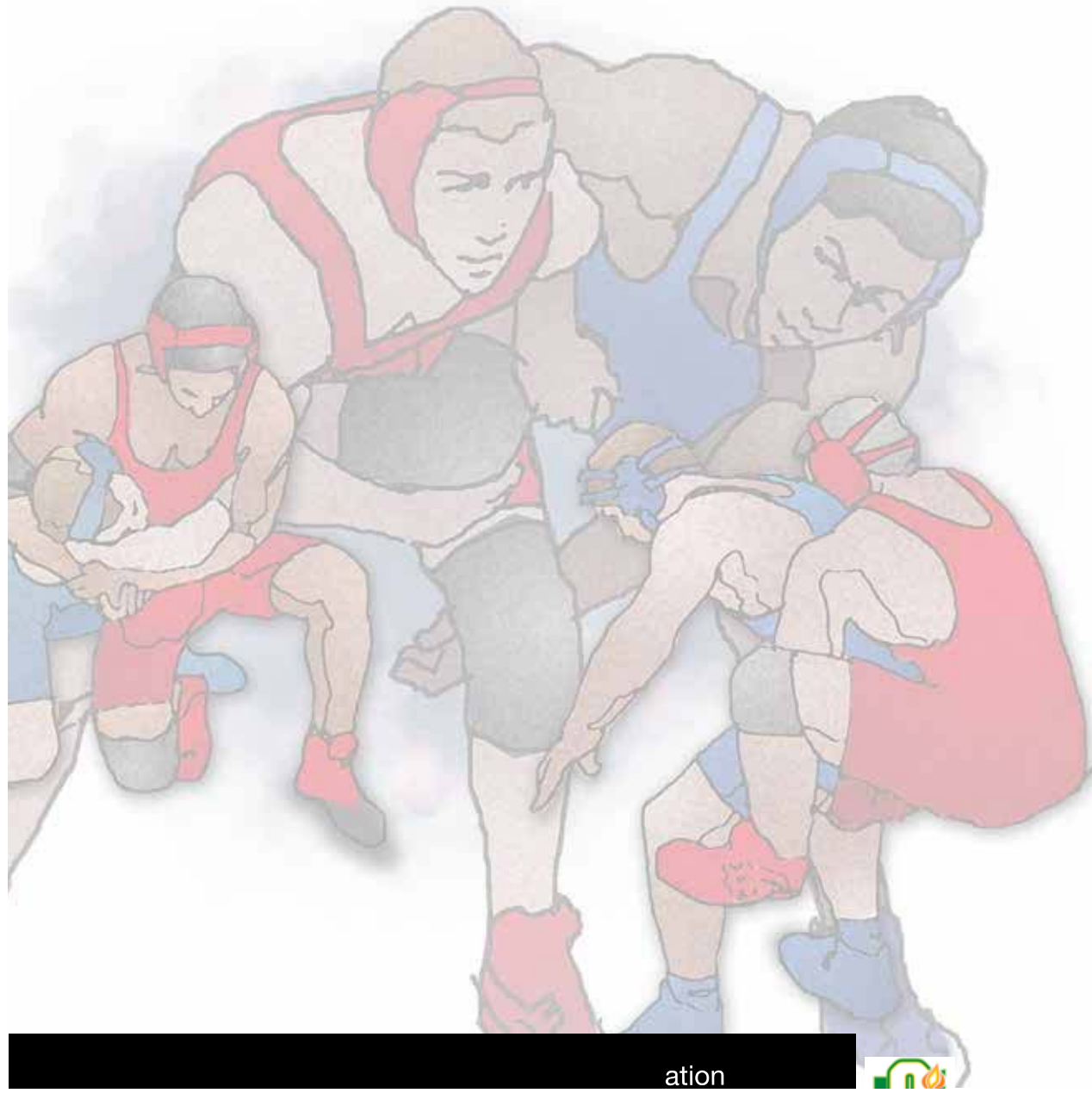




motion







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