

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

1. SET-UP



From mat, Wrestler "A" reaches over the neck and under the arm pit of Wrestler "B" and locks hands.

2. Wrestler "A" snaps down which creates pressure against back and side of neck (carotid artery)



Head official should move in and drop his level and Say "keep it legal"



3.

stop for Potentially Dangerous



4. Wrestler "A" pulls Wrestler "B"s head down stop immediately, for **ILLEGAL** and penalize accordingly.

5. If Wrestler "A" turns Wrestler "B" to his back—this will be illegal pressure against side of throat— stop immediately. Penalize accordingly.

