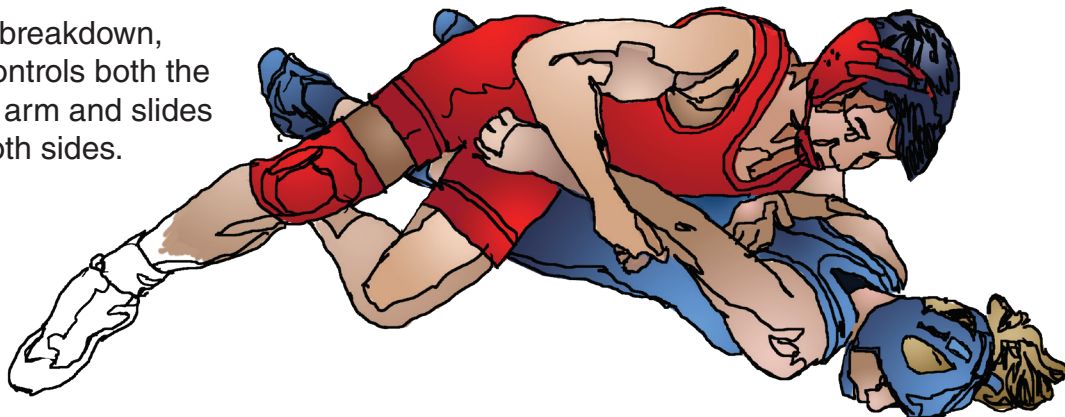
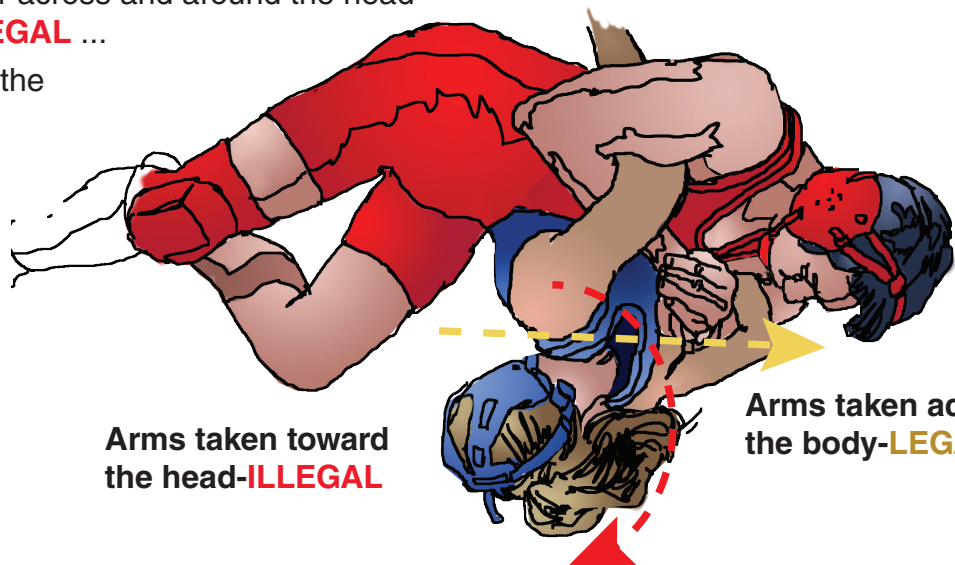


## Double Arm Bar— may be Legal, Potentially Dangerous or Illegal

**#1 Set-up** After a breakdown, **WRESTLER A** controls both the near and far side arm and slides in arm bars on both sides.



**#2** With the 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**

**#3** The shoulder joint does not rotate directly over the head from the rear.



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