

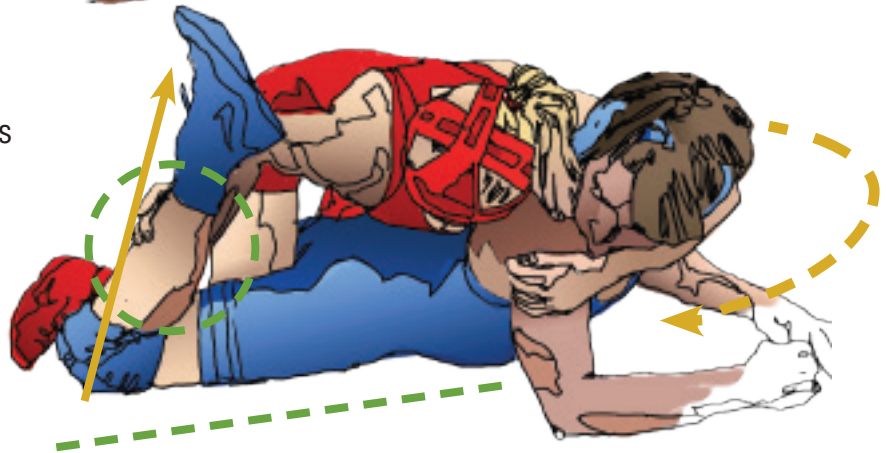
## Farside Back bow

A



Frame 1: Set-up **Wrestler A**—straddling **Wrestler B's** nearside hip & thigh is **LEGAL**.

Frame 2 : **Wrestler A**— reaches back grabs **Wrestler B's** farside foot/ankle. Grabbing foot/ankle not illegal, but the lifting of foot/ankle is **ILLEGAL**.



Frame 3 : **Wrestler A**—with **Wrestler B's** farside foot/ankle either pulls toward **Wrestler B's** head/shoulder or pushes head/shoulder or pushes head to foot/ankle stop immediatly... **ILLEGAL** back bow.

**NOTE:** Official should be in position to see that if either direction is taken you stop and penalize. This maneuver should not get this far.