

# Figure Four, Scissor Review

Presented  
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Figure Four-Ankle behind the knee joint



Scissors-Ankle off the knee joint and  
crossed over the opposite leg



Figure 4 from neutral w/o arm-  
Technical violation, delay call if safe



Figure 4 from neutral w/ arm-  
Technical violation, delay call if safe



Figure 4 around body-  
Illegal move, stop immediately



Figure 4 around both legs-  
Illegal hold, stop immediately



Figure 4 around the head-  
Legal hold, typically from a double armbar  
situation





Figure 4 around head, change to an illegal scissors- typically from a double armbar situation, stop immediately



Figure 4 on leg-legal w/ no hyperextension

Figure 4, on leg w/ hyperextension-  
illegal, stop immediately



Illegal scissors on head w/arm- pressure  
on neck, stop immediately



Illegal scissors on head w/o arm-stop immediately, pressure on neck



Draping head scissors w/ arm-  
legal, no pressure on neck



Draping head scissors w/o arm-  
legal, no pressure on neck



Scissors around body-  
legal, if not used for punishment





Scissors on the head-  
illegal from a granby position

A man with grey hair, wearing a white t-shirt and black shorts, is performing a kneeling lunge stretch on a dark gym floor. He is leaning forward with his hands on the floor, and his right leg is extended forward while his left knee is on the ground. The background shows a red wall and a green bucket.

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