



Memorandum

To: NFHS State Association Wrestling Liaisons

From: B. Elliot Hopkins, MLD, CAA, Director of Sports, Sanctioning and Student Services

Subject: Illegal Holds/Maneuvers: Double Knee Kick Back

Date: January 13, 2023

Good morning,

This week's installment of educational wrestling illustrations focuses on the Double Knee Kick Back, which is an extremely dangerous (for both wrestlers) move. We trust that you have found value in the illustrations we have sent to you this season. We hope that the illustrations are helpful and timely for your wrestling referees to discuss and use as talking points during their officials' chapter/board meetings this season and post-season. I am attaching the illustration as separate document for your use and for ease of distribution. Thank you for your participation in the Mid-Season Webinar yesterday. The interaction is always good and productive. Have a wonderful state wrestling championship series.

BEH/kjr

attachments