

# 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-  
Illegal hold, stop immediately



Figure 4 from neutral w/ arm-  
Illegal hold, stop immediately



Figure 4 around body-  
Illegal move, stop immediately



Figure 4 around both legs-  
Illegal hold, stop immediately



Figure 4 around the head-  
Illegal hold, stop immediately





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



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 on a dark gym floor. He is leaning forward with his hands on the floor, one hand on the ground and the other on his knee. The background shows a red wall and a green bucket.

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