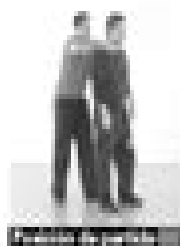


Los principios de esta defensa son exactamente los mismos que los de la Extranguillación por Delante con Empujón (pág. 72).



**Posición de partida:** Posición pareja, con un agresor detrás de ti.

1 Cuando la extranguillación y el empujón vienen de detrás, tus manos pueden elevarse hacia delante sin ningún intento de prevenir una caída. Suponiendo que das un paso hacia delante con tu pie derecho, eleva el torso impulsando y animado

a la izquierda. Esto asegura que te alejas del agarre del agresor. Simultáneamente, levanta el torso, en dirección al atacante. A diferencia de lo que ocurre en la Extranguillación por Delante, este giro debe ser mayor de 90°, ya que, en este caso, te giras para colocarte de frente al agresor.



**Ejemplo:** Si el empujón no es fuerte, dar un paso atrás puede que no sea suficiente, pero en la mayoría de casos lo es.



3 Cuando completes el giro, da un paso atrás con el pie izquierdo (el interior) ante el golpe y mantener el equilibrio sobre un fuerte empujón. Baja tu torso izquierdo para salirte de las manos del

agresor e inmóvilízate contra tu cuerpo. Al mismo tiempo, contráete con un puñetazo de derecha, seguido por múltiples golpes con la rodilla izquierda.



# Krav Maga Manual 2011

**D Siedentop**



## **Krav Maga Manual 2011:**

This book delves into Krav Maga Manual 2011. Krav Maga Manual 2011 is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Krav Maga Manual 2011, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Krav Maga Manual 2011
- Chapter 2: Essential Elements of Krav Maga Manual 2011
- Chapter 3: Krav Maga Manual 2011 in Everyday Life
- Chapter 4: Krav Maga Manual 2011 in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Krav Maga Manual 2011. The first chapter will explore what Krav Maga Manual 2011 is, why Krav Maga Manual 2011 is vital, and how to effectively learn about Krav Maga Manual 2011.
3. In chapter 2, this book will delve into the foundational concepts of Krav Maga Manual 2011. The second chapter will elucidate the essential principles that need to be understood to grasp Krav Maga Manual 2011 in its entirety.
4. In chapter 3, this book will examine the practical applications of Krav Maga Manual 2011 in daily life. This chapter will showcase real-world examples of how Krav Maga Manual 2011 can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Krav Maga Manual 2011 in specific contexts. The fourth chapter will explore how Krav Maga Manual 2011 is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Krav Maga Manual 2011. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Krav Maga Manual 2011.

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