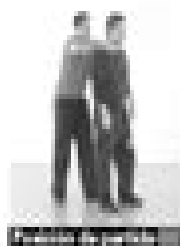


Los principios de esta defensa son exactamente los mismos que los de la Entregulación por Delante con Empujón (pág. 72).



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

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

a la cabeza. Esto asegura que te alejas del agresor. Simultáneamente hacia atrás, en dirección al atacante. A diferencia de lo que ocurre en la Entregulación 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 empuje y mantener el equilibrio sobre un fuerte empujón. Baja tu torso izquierdo para salirte de las manos del

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



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BM King

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'BM King' text.

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Table of Contents Krav Maga Manual 2011

1. Understanding the eBook Krav Maga Manual 2011
 - The Rise of Digital Reading Krav Maga Manual 2011
 - Advantages of eBooks Over Traditional Books
2. Identifying Krav Maga Manual 2011
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Krav Maga Manual 2011
 - User-Friendly Interface
4. Exploring eBook Recommendations from Krav Maga Manual 2011
 - Personalized Recommendations
 - Krav Maga Manual 2011 User Reviews and Ratings
 - Krav Maga Manual 2011 and Bestseller Lists
5. Accessing Krav Maga Manual 2011 Free and Paid eBooks

- Krav Maga Manual 2011 Public Domain eBooks
- Krav Maga Manual 2011 eBook Subscription Services
- Krav Maga Manual 2011 Budget-Friendly Options
- 6. Navigating Krav Maga Manual 2011 eBook Formats
 - ePub, PDF, MOBI, and More
 - Krav Maga Manual 2011 Compatibility with Devices
 - Krav Maga Manual 2011 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Krav Maga Manual 2011
 - Highlighting and Note-Taking Krav Maga Manual 2011
 - Interactive Elements Krav Maga Manual 2011
- 8. Staying Engaged with Krav Maga Manual 2011
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Krav Maga Manual 2011
- 9. Balancing eBooks and Physical Books Krav Maga Manual 2011
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Krav Maga Manual 2011
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Krav Maga Manual 2011
 - Setting Reading Goals Krav Maga Manual 2011
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Krav Maga Manual 2011
 - Fact-Checking eBook Content of Krav Maga Manual 2011
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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