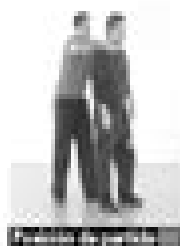


Los principios de esta defensa son exactamente los mismos que los de la Extrañgulación por Delante con Empujón (pág. 72).



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

1 Cuando la extrañgulación y el empujón vienen de detrás, tus manos pueden elevarse hacia delante sin ningún tipo de intención para prevenir 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, eleva el torso, en dirección al atacante. A diferencia de lo que ocurre en la Extrañgulación 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 Soft Technique Manual

Yi-Tong Ma

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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