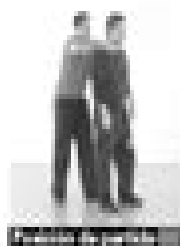


Los principios de esta defensa son exactamente los mismos que los de la Extrasegulación por Delante con Empujón (pág. 72).



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

1 Cuando la extrasegulación y el empujón vienen de detrás, tus manos pueden elevarse hacia delante sin ningún intento de pararse, 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, dirigiéndote hacia atrás, en dirección al atacante. A diferencia de lo que ocurre en la Extrasegulación 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 inmóvilízate contra tu cuerpo. Al mismo tiempo, contráete con un puñetazo de derecha, seguido por múltiples golpes con la rodilla izquierda.



Krav Maga Manual

WJ Hussar



Krav Maga Manual:

Unveiling the Magic of Words: A Review of "**Krav Maga Manual**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Krav Maga Manual**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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