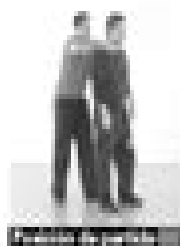


Los principios de esta defensa son exactamente los mismos que los de la Entregulación por Delante con Empujón (pág. 72).



Posición de partida: Posición pasiva, 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, 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, levanta el torso, 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 inmóvilízate contra tu cuerpo. Al mismo tiempo, contráete con un puñetazo de derecha, seguido por múltiples golpes con la rodilla izquierda.



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