

Esta proyección al suelo realiza este movimiento porque es útil contra una amenaza con subidas o empujando cuando el defensor debe desplazarse al lado suero. No obstante, es igualmente útil contra amenazas con patadas desde delante o cuando el defensor se ve forzado a moverse hacia el lado suero pero puede controlar el arma.

Tiempos que son importantes de que este técnica se controla eficazmente al arma. Por tanto, es muy importante y solo debe realizarse cuando no se disponga de otras opciones.

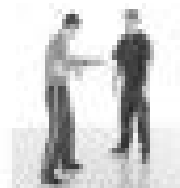


Diagrama 1: Posición de partida

Posición de partida: De frente al agresor armado; si ves forzado a desplazarte a su lado izquierdo.

1. Desde el subido como en línea Larga por Delante + Lado Suero (seg. 138).

2. Pasa el brazo izquierdo de manera que quede junto al brazo o ligeramente por detrás de él. Tu cuerpo debe estar cerca de él.

3. Si mano izquierda debe pasar, deslázala, por encima y por debajo del arma, atrápyela hacia el cuerpo del agresor. Si mano derecha se alarga entre sus brazos lo más posible (imagina que tratas de escapar hacia atrás pero apriete por la fuerza del atacante).

4. Usa tus piernas (si lo necesitas) para levantar los pies del suelo. Mantén la intención, los pies controlados de modo que quede con los pies inclinados hacia arriba y la cabeza hacia abajo.

5. Proyéctalo contra el suelo.

6. Con estos 6, manténlo inmóvil. Si el arma se ha hecho suyo, no dejes de controlarla.

Otras situaciones de partida que pueden utilizar esta defensa de proyección al suelo cuando no hay otra opción.

Amorcer la faja de la mano izquierda, con la mano derecha de modo al hombro Derecho de la Verina.

Amorcer Delante en la Mano Atrevida, con la Mano Adelantada (impugnación) en el Centro o el Centro izquierdo de la Verina.



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