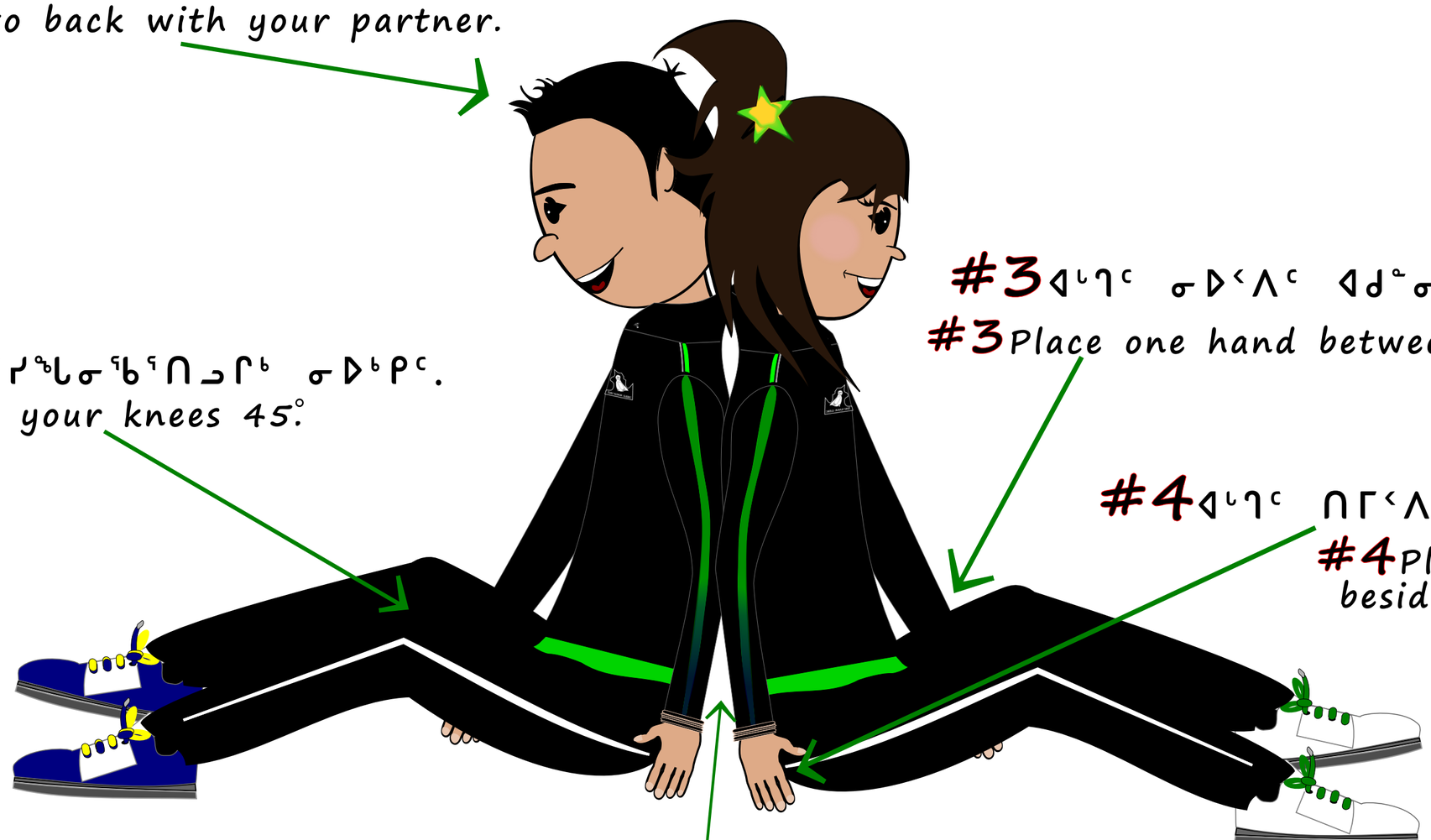
# ᑐᓄᒻᒧᑦ ᐊᔭᐅᑎᓂᖅ

# Back Push

#1 ᐊᑭᕐᓗᑦ ᑐᓄᖕᖕᒐᓗᒍ ᐊᑦᑐᐊᓗᑎᒃ ᐃᑦᓯᕙᓗᑎᒃ.
#1 Sit back to back with your partner.



#2 45-ᒥᒃ ᐊᕙᑦᓯᖕᒐᓂᖅᑲᖅᑎᓗᒋᒃ ᓂᐅᒃᑭᑦ.
#2 Bend your knees 45°.

#3 ᐊᒡᒥᑦ ᓂᐅᑉᐱᑦ ᐊᑯᓐᓂᖕᒐᓃᑦᑎᓗᒍ.
#3 Place one hand between your legs.

#4 ᐊᒡᒥᑦ ᑎᒥᑉᐱᑦ ᓴᓂᕐᓃᑦᑎᒥᓪᓗᒍ.
#4 Place one hand beside your body.

#5 ᐊᑭᕐᓗᑦ ᐱᖕᒍᒐᓯᐊᕐᓗᒍ ᐃᓂᖕᒐᓂᑦ.
#5 Try to push your opponent out of position.

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