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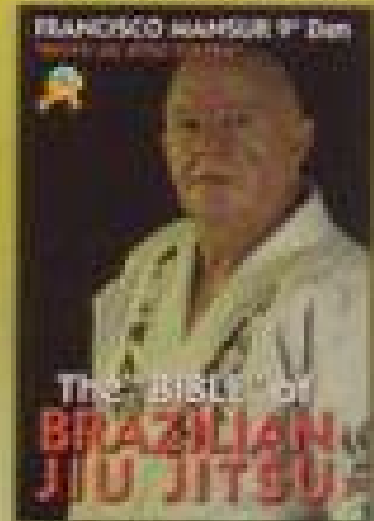
DIM MAK!
VITAL POINTS
SECRETS FROM CHINA

MARTIAL ARTS FROM ISRAEL:
Kapap Krav Panim El Panim

"KING ZULU":
We interview Rickson
Gracie's toughest opponent

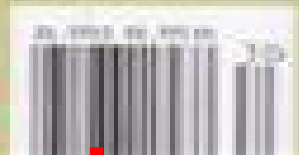
THE "HARFOUCHE" REVOLUTION:
Burton Richardson interviews
this visionary of the Martial Arts

NOVELTY:
THE BOOK BY
MASTER MANSUR 9TH DAN
IN BRAZILIAN JIU-JITSU



EXPERTS SHOW YOU WHAT TO DO IN THE

**most frequent
street aggressions**



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5

RED ALERT STREET SURVIVAL

Experts

Victor Gutierrez • Sergeant Jim Wagner
• Major Avi Nardia • J.L. Isidro • Salvatore Oliva

Extreme Street Attacks

Text: Alfredo Tucei

Photos: www.budointernational.com

When I proposed the question about what the five most common forms of empty-hand aggression are in the streets of this planet, I couldn't have sought a better place; I did it at the annual meeting of the World Confederation of police and security experts, which took place in Valencia, Spain, as it has every October for three years. I discovered then how behind the repetition of constants, an almost unanimous pattern can be distinguished with clarity, and that given that this was so, and that the statistics and the police experts of countries as different as France, Italy, Spain, Brazil, and the United States quickly show agreement, our job was to prepare a piece about it.

It must be noted that in countries where the carrying of firearms is permitted, there are many assaults in which these weapons intervene, and for that, in coming articles we will analyze this particular. Assaults with bladed weapons are no less frequent, and we won't neglect the deep analysis of this matter, either. However, we wanted to begin at the beginning, that is to say: What to do facing the most frequent empty-hand attacks in the street?

The five attack techniques

It was extraordinary to verify how all the experts consulted by this magazine coincide 90% on the five most common techniques that unfold in an empty-hand aggression. Some even offered valuable inside information from security agencies by way of statistics in order to give more credit to their comments. The five most common attacks are these:

1) Circular fist attack. Though many karatekas will be surprised, the most spontaneous and natural form of fist attack is done with the hook to the head, or repeated fist strikes. Said attack utilizes the circular force of the spiral of seven turns that make up the arm, and the extraordinary mobility that the shoulder adds at being able to throw a broad punch from behind supported by the big muscle groups of the back, such as the trapezius. The most common fist strike seeks the head and in the majority of cases, the jaw which is its weakest point.

Let's get to work. We asked five experts of proven experience in self-defense to respond to this question. What requirements were necessary? All of them had to have been involved in law-enforcement, having been police officers or police instructors, and they had to come from different styles and different countries. Undoubtedly, and no less importantly, all of them had to have been in the "trenches" before reaching "high command", since experience in these matters has absolutely no substitution. Without a doubt, many more notable teachers and friends could have taken part in this experiment, those who form part of the collection in our catalog of videos and whose experience and knowledge is widely proven. Yet, evident space limitations and time in the case of DVDs, leave no other option. I believe, however, that the final result is more than sufficient and, of course, satisfactory. It could be no other way! We have relied on a first-rate panel of experts. People at the level of Jim Wagner and his

Reality-based system, with a broad curriculum in different agencies and support groups in the US; Major Avi Nardia from the Israeli army, an expert who has dedicated many years of his life to being on the front lines of the fight against terrorism; Sifu Victor Gutierrez, whose work has called a lot of attention from diverse police groups in various countries going back years, work that occupies half of his instructing time; J.L. Isidro, whose work as an uncover agent for years allows him to be a first-hand witness, something that no one bet on; Aikido for as a defense and police system; and Salvatore Oliva, whose experience as an instructor in realistic situations and combal methods has attracted people far and near, an expert with very refreshing proposals. As the fruit of all this, we are pleased to present this work to you in an article, and for those interested in going further into the matter, an instructional video over an hour in length, where each one of them confronts one by one the five most frequent empty-hand techniques in the street.



DEFENSE OF THE 5 MOST FREQUENT STREET ATTACKS



When I composed the question about what the five most common forms of physical aggression are in the streets of the planet, I couldn't have picked a better place; I did it at the annual meeting of the World Association of Police and Security Experts, which took place in Valencia, Spain in November for three years. I discovered that how defining a phenomenon of constants, an almost unchanging pattern can be compared with events, and that given that this was no god that the police and the police experts of countries as different as France, Italy, the United States, and the United States surely share agreement, our job was to find a common ground.



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The DVD series has been a huge success, selling a total of 100,000 copies in the UK. It is the only DVD series in the world that has been translated into 10 different languages. The DVD series is a must-have for anyone who is interested in self-defense. It is a comprehensive guide to the most common forms of physical aggression in the streets of the world. The DVD series is a must-have for anyone who is interested in self-defense. It is a comprehensive guide to the most common forms of physical aggression in the streets of the world.

Summary



Sumario Sommario



Subject: Feliciano Casas, General Director & Art Director: Alfredo Tocci, all of Producers: Marga López-Beltrán García, e-mail: marga@kapapsheffield.com, all of Video Producers: Javier Salazar, Administrators: Joga Luis Martínez, dubbing assistants: Gogor Hernández Lora, Head of distribution: Fernando Castellón, Translator: Stephen Marshall Wood, Neves Garcia March, Brigitte de la Cour, Jean Nani, Thomas Schmitt, Collaborator: Juan Wilson, Yvonneau Yamada, Clara Magaña, and Susan Adams-Ferrari, for Spanish: Carlos de la Cruz, María de la Cruz, for English:...

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"We are all eternal students. To confront an aggression with possibilities, one must always be learning from errors; it is necessary to learn with someone who has had direct experience and one must reflect. People tend to repeat things without thinking about them and sometimes this costs lives. At times, they are simple things that make the difference, a leg posture, a movement backwards instead of forward, things like that... We professionals must never be satisfied with ourselves, all is little when what we are playing with is non-replaceable: life."

Major Avi Nardia. Israeli Martial Arts. Kapap Krav Panim el Panim

1) Front kick attack. The soccer kick to the genitals or to the knees, the front kick, is undoubtedly the most common form of aggression with the legs. Its objective is not like that of the previously defined, but adequately executed, it creates an unquestionable situation of advantage for the second attack.

2) The head-butt. The strike with the head is one of the dirtiest and most dangerous resources there is, and undoubtedly difficult to defend against without tactical recourse. Its correct application can be definitive in an encounter, or hurt the opponent in such a way that he is blinded by the blood or too dazed and incapacitated to deal with the second attack.

3) Grabbing hold from behind. Attackers don't deny themselves any tactical advantage and surprise is, of course, one of the best. For that, the stealthy and surprise approach from behind to grab the victim and neutralize him is a very common recourse, especially when the attack is done by more than one aggressor.

4) The neck hold. This way of standing immobilization is one of the most frequent. "The tie" can quickly neutralize an individual and be done by surprise. This strangulation can leave you without blood in the head and cause you to lose consciousness in seconds, therefore, one must react very quickly.

The psychological factor

As you will learn on the DVD, all the professionals emphasize the psychological factor of combat. Real combat situations set off natural defense systems in our organism and this can leave us "frozen" and incapable of reacting. For that, self-defense training must be done in the most realistic way possible and wearing habitual clothes. If we are ready psychologically, awake and alert, we will be able to avoid the majority of dangerous situations. As an anecdote, I will tell you that giving Avi Nardia a friendly hug can become a complicated task. Even with friends, so many years of training and in situations where his life was on the line has made him always be looking for the "reaction

distance", so that you can spend a quite some time chasing him around the room before being able to hug him. There is no way of being always alert, or of training in a way that we can guarantee that our results will always be adequate, but this is a matter we can't leave untouched and a little training in this respect is better than none... and more better than less. Life in our world and our times demands that it be so.

The tactical factor

Distance, economy of movement, decision, feintery, all of them are valuable when considering an assault situation. Every one of the experts proposed to us multiple ways of approaching these situations from distinct tactical considerations. It is an interesting and complementary experience to see how each one pays attention to a distinct factor and how others come to coincide; however, in some things like those previously mentioned, the distance factor is undoubtedly essential. The same technique completely varies according to the response to this factor. However, some



The Martial Arts from Israel are having a great deal of success. Without a doubt, the concept of "reality" implicit in these styles is based on the fact that the necessity arises in the Israeli army special forces in their daily confrontations.

Beyond the political or geo-strategic considerations, we can affirm without any fear of error that these experts, immersed in such tough work, really know what they are talking about. It is true that the genuine specialists in this material don't quickly make themselves known. Regardless of the initial confusion, and especially the legal arguments in the U.S. concerning the use of one or another nomenclature, the real Israeli Martial Arts are those that arise from the heat and clamor of battle. Therefore, those like Avi who have been instructors in the Police and army of that country have, as we understand it, that which is truly the most interesting to learn, the knowledge and experience coming from the fruit of real combat. Hardened experts like Major Avi Nardia (currently a retired Major of the Israeli army living in the U.S.) are having a big impact on the lovers of the Israeli Martial Arts, due especially to what very much distinguishes this style from others, that it arises from real and direct experience of combat. This experience is being greatly taken advantage of by the United States army where Avi has trained many soldiers sent to Iraq, as well as diverse international agencies fighting terrorism.

For some months now our readers have been requesting more instructional videos from this magnificent instructor. Well...his new video is here at last!

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A close-up, high-angle portrait of Major Avi Nardia. He is looking directly at the camera with a serious expression. His face is the central focus, with his eyes, nose, and mouth clearly visible. He has short, dark hair and a light beard. The background is dark and out of focus.

Major Avi Nardia

Israeli Martial Arts

KAPAP KRAV

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Self-defense



KAPAP-Krav Panim El Panim The Analysis of the Israeli Martial Arts

To understand Israeli Martial Arts you need to understand the history of how it began and how it continues to exist, to see the goals achieved, and what has been accomplished. You cannot sit in Los Angeles and teach celebrities Israeli Martial Arts and claim to be the official system of the Israeli army if you have never served a day in the Israeli army; you would know nothing about it.

Israeli Martial Arts come from ancient history. The modern art started around the late 1940s. This was due to the fact that during this time the Jewish people were under attack and they had to fight back, not so much for culture or a life style, rather

they had to fight to survive. That's why putting a belt system and bowing is wrong, because you start to lose the idea of the Israeli Martial Arts, which is more a concept than a Martial Art.

There are many famous names from the Israeli Martial Art history, such as Shimon Aruch, from which the movie "Triumph of the Spirit" was made concerning his life story. In order to survive, Shimon Aruch had

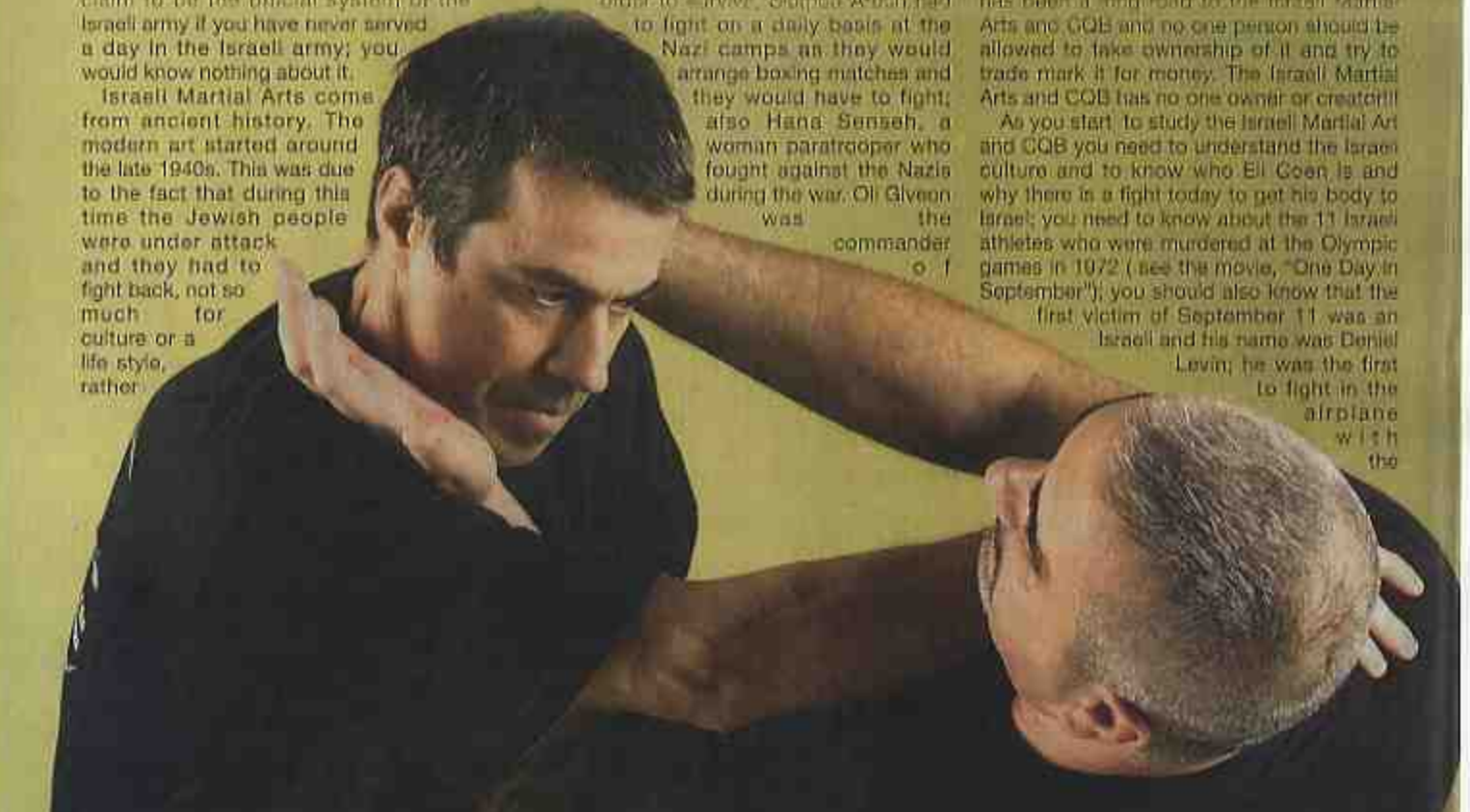
to fight on a daily basis at the Nazi camps as they would arrange boxing matches and they would have to fight;

also Hans Sensesch, a woman paratrooper who fought against the Nazis during the war. Oli Givon was the commander

of the "revenger" unit that fought the Nazis and was responsible for hunting down the war criminals to bring justice. There are many legendary fighters alive today, such as Mehir Har Zion and others. This is the real history of the Israeli Martial Art and CQB training. It has been a long road to the Israeli Martial Arts and CQB and no one person should be allowed to take ownership of it and try to trade mark it for money. The Israeli Martial Arts and CQB has no one owner or creator!!!

As you start to study the Israeli Martial Art and CQB you need to understand the Israeli culture and to know who Eli Goen is and why there is a fight today to get his body to Israel; you need to know about the 11 Israeli athletes who were murdered at the Olympic games in 1972 (see the movie, "One Day in September"); you should also know that the first victim of September 11 was an Israeli and his name was Dorel

Levin; he was the first to fight in the airplane with the



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Major Avi Nardia



life, it's not important how good you look delivering a spinning kick if there is a chance the technique will kill you. And why will it kill you? Simply because the spinning back kick is useless and the person you were fighting against used ugly but practical techniques to live another day.

Israeli KAPAP and Traditional Martial Arts

KAPAP was the first CQB training introduced in Israel and was based on stick fighting, knives, guns, and hand-to-hand combat, and even stone throwing in the old days. The idea is to fight with what you have available in your hand. For instance, when people argue about what gun is the best gun to have or what knife is the best knife to have the answer is obvious - the best gun or knife, or any weapon for that matter, is the one you have in your hand when you need it. This is also the main idea behind Israeli KAPAP/CQB. It was not developed to create a new Ryu and lots of

"new" 10th Dan grandmasters so that Israel could have a place in the international arena of Martial Arts. That is why there are no uniforms or belts or ranks or even bowing to an opponent when sparring or training. All are considered useless because they serve no purpose in an encounter involving a real life-threatening situation. An example of what occurs during a real encounter occurred last year with a martial artist who was shot to death during a fight in parking lot. Although he was a Kickboxing champion, he lost his life to his assailant who shot him after he tried to grab the assailant's gun. Certainly, if it were a fight in the ring, the martial artist probably would have won the fight. However, the fight was for his life and not for prize money. This is not to say that every encounter will end successfully, but how you respond to a situation will depend on whether or not you have the ability to effectively defend yourself or the mentality to accept the fact that it is okay to run away from a situation in order to stay alive.

As mentioned earlier, Israeli KAPAP is based on evaluation and evolution, which must be done for every technique in order to examine whether it accomplishes what it is designed to accomplish. In KAPAP techniques are also evaluated to determine whether any soldier or police officer can do it and, for civilians, whether they can be done by the weakest man or woman. The techniques must also be easy to teach. If the individual or group has a very limited time to train, easier and simpler techniques can be implemented to accommodate these training needs. However, if there is time to train, better and more specific techniques are also taught. Another important consideration for teaching KAPAP is liability. When teaching military personnel, you teach soldiers to stay in the killing zone and continue the assault on the enemy. For a civilian, just the opposite applies. If, after disarming a knife, an individual decides to stay in the fight and attempts to kill the attacker, there is a good chance that individual will be spending time in jail. Also, when teaching police officers, there are other things to consider since just about every law enforcement agency has a defensive tactics program that must not only be politically correct, but must also meet any legal and medical requirements before being implemented. So, although KAPAP is specific in its application, it is still flexible enough to be used in any arena to meet liability concerns.

Today, CQB is a modern Martial Art while traditional Martial Arts are considered older styles. It is when these two are combined, the old with the new, that they can be effective. In essence, modern Martial Arts can't live without the traditional Martial Arts nor can the traditional Martial Arts live without the modern Martial Arts. The bottom line is, when someone is going to kick you, your life is not at risk, only your ego. However, when someone pulls a knife or points a gun at you, you need to know how, when, and if you should act. If someone says, "Give me your money," the best defense is to give him your money. If the encounter becomes more life-threatening then you must also defend yourself. The question is whether you have the tools to know what to do and how to do it. The Israeli

terrorists and was mentioned in the September 11th report. This is the true history and the real Israeli Martial Art and you need to understand that this is the way to the spirit of fearless determination which is the fighting spirit and the backbone of the Israeli Martial Art and CQB training, and if you want to learn this Israeli Martial Art it must be from this same spirit to survive the fight and not because you have seen some actor who is in show business and marketing and who knows nothing about the real Israeli Martial Art.

The Development of Israeli KAPAP/CQB

Unfortunately, Israel is the most experienced nation in the world when it comes to terrorism and that is why it has developed one of the most valued CQB training systems in the world - the Israeli Martial Art of KAPAP/CQB, which has been written in special ink called blood. The knowledge gained in developing the Martial Art of KAPAP/CQB came not only from the experience of successful operations against terrorist attacks, but many times it came by making tragic mistakes. It was after these mistakes occurred that better techniques were developed to avoid making the same tragic mistakes again. For this reason, the Israeli Martial Art of KAPAP/CQB is about evaluation and evolution. Even today, the weapons of warfare and self-defense have evolved from earlier techniques and strategies. For example, a few hundred years ago, the bow and arrow was a combat tool, while today we have guns - the bow and arrow of modern times and of modern Martial Arts. Just as the arrow was once the edged weapon projected towards a target, it is now the bullet that is the edged weapon. And instead of the bow as the force behind the delivery of the arrow, gunpowder now takes on the same role to deliver the bullet. That is why today, in the evolution of Israeli Martial Arts such as Kapap, we see guns being used as an integral part of the training, especially when it comes to gun disarming, in gun retention, which should be taught along with disarming, not only is it important to know how to disarm a gun, but you must also know how to retain it and, if necessary, use it. We see guns and firearms as a Martial Art!

Israeli CQB training, as well as KAPAP, owes its development to many different individuals. Though most of their names are missing from any list you will find, they have all contributed to the art and that is why no one individual can claim sole ownership or of having developed it. As with any Martial Art, it is important to understand the origin of Israeli Martial Arts and to recognize the culture from which it began. For Israelis, the roots of Israeli CQB came from anti-Semitism and the Nazi's desire to kill the Jews. It is the same feeling that some radical Muslim groups have today against Jews. This is the climate of hatred that has given Israelis their fighting spirit, the spirit of fighting back, if needed, in order to survive. This is what Israeli Martial Arts is all about - to do whatever it takes to survive the fight. For Israelis, the reality is that when you're in a fight for your



Martial Art of KAPAP is the self-defense system that can provide you with these tools when your life, not your ego, is on the line.

Introduction to Close Quarters Battle (CQB)

CQB can be described as combat taking place within buildings, cars, hallways, stairwells, rooms, enclosures, and other constricted spaces. Although CQB training first started with military and law enforcement personnel, it is now being taught to security unit personnel and civilians. CQB is important to security forces because the techniques associated with CQB serve as the foundation for recapture tactics. As a result, security units and their personnel must have the ability to respond to a "worst case scenario" by recapturing the asset that it is protecting.

CQB can involve - individually or collectively - hand-to-hand combat, weapons, and more. As a result, we need to be proficient with every move. For instance, with hand-to-hand combat we cannot assume that the enemy will freeze up when we engage him. We need to think that he will counter our moves so we need to consider this and be ready for it in the fight, whether it is with a firearm or with a knife. That is why in Kapap we include these elements as a part of the hand-to-hand combat program.

Violent Confrontation

This term is used to describe a meeting of two or more combatants (even if one or more is passive) where there is the potential for, or actual use of, extreme destructive force. This type of confrontation usually occurs at close range in a short amount of time.

The SOP 9 Study

This study was conducted in New York and examined every shot fired in the line of duty by law enforcement officials during the course of one year. Out of a total of 2,047 shots fired that year, only 217 actually hit their intended targets and only 10 percent of these shots hit vital organs. During interviews with the officers involved in these shootings the majority of them commented that they never even acquired their front sights when they engaged their target. Additionally, these officers also experienced some or all of the following: the confrontations took place at the range of ten feet or less with a duration of less than four seconds. During this time, fewer than five rounds were fired.

- The typical response was from the holster.
- A sudden feeling of shock and surprise overwhelmed the officers.
- The end result of this study showed that the police officers were NOT trained properly enough to handle these life and death situations. Now, can you imagine

what it would be like for a civilian who has even less training than these officers? That is why, for civilians, realistic training is needed and should be conducted by experienced firearms instructors.

Things to consider

Psychological aspects: under severe stress, the normal mental processes become extremely difficult and the mind resorts to its most basic processes.

The following are examples of psychological effects you may experience during a combat situation or any other high stress situation:

1. Tunnel vision: under extreme stress your attention will primarily be focused on the greatest threat and, as a result, you will have a temporary loss of peripheral vision.

2. Auditory exclusion: as with tunnel vision, you will focus on the greatest threat and won't have the ability to hear for a period of time. For instance, you will probably not hear anyone shouting at you.

3. Electro dermal stimulation: a reaction of the skin that makes the hair stand up on the arms and the back of neck.

4. Time/Space compression: there will be a slow-down in the perceived passage of time and a shift in perceived spatial relationships in times of high stress. This is caused by the inability to judge speed and distance and accurately balance the two. Also, you may experience a slowing down of time. In other words, everybody will seem to move in slow motion.

5. Mental track: in most high stress situations, including life and death situations, a person's ability to keep track of the details of the situation taking place around him becomes nearly impossible. In most police shootings, a police officer being debriefed after an engagement does not usually remember how many rounds he fired. This can happen even in training. Therefore, as a shooter, you must learn to beware of the number of rounds you fired so the weapon does not run completely dry in the middle of a fire-fight. This concept of awareness not only applies to a shooting situation, but also applies to hand-to-hand combat and edged weapons.

Physiological aspects: regardless of how much training an individual has, certain studies, along with the SOP 9 study, show that during a combat situation, one or more physical changes take place in an individual's body. That is why proper training is necessary to help minimize certain aspects.

The following are examples of physiological effects you may experience during a combat situation or any other high stress situation:

1. Pulse and breathing: In any excitable situation, pulse and breathing will always be affected. Your heart-rate increases and your breathing becomes rapid and shallow.

2. Adrenaline: this is nothing more than a hormone that stimulates involuntary nerve

action. The amount of stress you are placed under will depend on the amount of adrenaline released into the system. When adrenaline is released into the body, it stimulates the muscles. This causes them to tighten. Depending on the individual and the situation, this is more than adequate to affect an individual's shooting position or fighting position.

3. Coordination and reflexes: under any type of stress, hand and eye coordination is severely degraded, especially the coordination of the hand and fingers.

The Chemical Cocktail

The reactions just discussed are the result of the body's survival response to a potentially lethal situation. When suddenly placed in a life-threatening situation, the body will dump the chemicals listed below into the bloodstream and mix with sodium. This "chemical cocktail" creates an imbalance characterized by general muscle tightening and loss of fine motor skills. This chemical cocktail includes:

1. Epinephrine: an adrenal hormone that stimulates automatic nerve action (fight).

2. Nor - Epinephrine: a hormone that is formed naturally in the body's nerve endings during times of fear (flight).

3. Cortazol: a crystalline hormone released to the body's nerve endings during times of fear (fight).

The body's reaction: the body responds to this imbalance by releasing potassium to counteract the effects of the sodium. However, this process takes time and slows our ability to react. As a result, we must always seek to minimize the impact that this chemical cocktail has on us in order to improve our reaction times. We can do this by training to maintain the proper "mindset".

Mindset is a term used to describe an individual's state of mental readiness to act or react to a stimulus in our environment that ensures survival. This proper combat mindset is neither learned nor can it be taught, it must be developed from within. The tools you need for proper combat mindset can only be exposed in a schoolhouse environment to help you to develop yourself.

The Breakdown of the Mind

Conscious Mind: the conscious mind is the thinking part of the mind. It takes seconds to make decisions when using this part of the brain. In any type of combat situation the conscious mind's decision-making process is too slow to keep you alive. The conscious mind is a hindrance that causes you to have to react to every situation instead of acting.

Sub-conscious Mind: reacts to situations. This part of the mind works in quarter seconds, which is much faster than the conscious mind. It has to be trained in order for it to work properly.

When training, the skills being learned

Major Avi Nardia

need to be not only simple, but sound and effective. The sub-conscious mind is only developed through proper repetition (muscle memory) in training.

You must strive for perfection with each and every repetition.

If you train poorly, or if the training is too complicated or too detailed, when the sub-conscious mind takes over it will not be able to respond properly to the situation. What occurs is that the conscious mind identifies the situation, realizes it cannot handle it, and then turns it over to the sub-conscious mind to react. That is why we say that in any type of combat situation a person must rely on his training in order to survive.

The Optimum Combat Mindset

Optimum combat mindset is the state of mind where you have prepared yourself mentally (both consciously and sub-consciously), physically, emotionally, tactically and technically to endure the rigors of combat for prolonged periods of time and under extremely adverse conditions, and still remain effective.

Developing a Combat Mindset

Like the body, the mind needs to be conditioned to respond to or function properly in combat. When faced with a combat situation, you want your mind to be free of distractions so that all of your focus is on the mission at hand, such as getting out of a situation and if it's in the killing zone, killing the enemy and surviving the encounter. You need to be mentally prepared for death and injury and you need to go into the fight prepared for the worst. For instance, if you find yourself in a knife fight, you should expect to get cut or if you go into a shooting you should expect to get shot.

Remember, response time is a critical factor in surviving a violent confrontation in a CQB environment. Do not waste time analyzing and second-guessing in an attempt to make the best possible decision. The time that is saved in the thought process will in turn save your life as you fight to end the confrontation.

One of the most important things to remember is not to forget the One Plus rule - if you get into a hand-to-hand fight, think he could have a knife; and if he has a knife think he could have another one, or a gun.

Keep alert and one step ahead all the time!

Make Kapap Academy rules and Swords of Wisdom a way of life.

The first rule is that there are no rules,...

Kapap Academy "Swords of Wisdom"

Kapap - a Martial Art that teaches traditional, cultural, contemporary, researched, and explored aspects involving personal teaching evaluation of techniques with no conflicts.

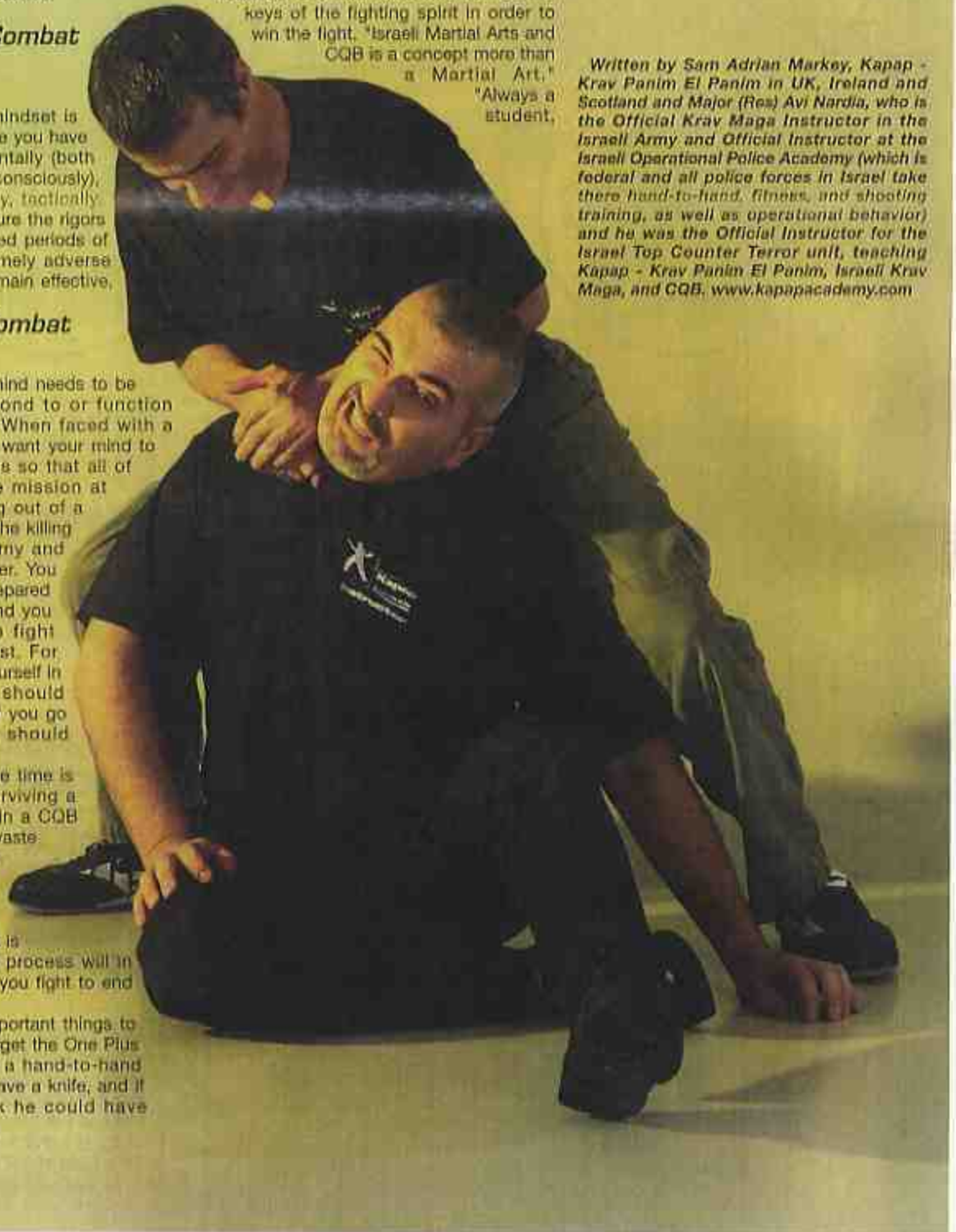
Most people talk, we like to focus on fearlessness and determination as the keys of the fighting spirit in order to win the fight. "Israeli Martial Arts and CQB is a concept more than a Martial Art." "Always a student."

sometimes a teacher." "Better a student of reality than a master of illusion." "Any weapon - one mind." "Edged weapons do not run out of ammunition and they never jam." "If you fight against an edged weapon, assume that you may get cut." "There are two kinds of fights: for your ego or for your life. Kapap is for the fight for your life."

KAPAP agenda: we look for quality not quantity, through experience. No one can fight without experience, so find a good teacher. Everyone has a plan until hit.

Kapap-Krav Panim El Panim. The next step in Israeli Martial Arts.

Written by Sam Adrian Markey, Kapap - Krav Panim El Panim in UK, Ireland and Scotland and Major (Res) Avi Nardia, who is the Official Krav Maga Instructor in the Israeli Army and Official Instructor at the Israeli Operational Police Academy (which is federal and all police forces in Israel take their hand-to-hand, fitness, and shooting training, as well as operational behavior) and he was the Official Instructor for the Israeli Top Counter Terror unit, teaching Kapap - Krav Panim El Panim, Israeli Krav Maga, and CQB. www.kapapacademy.com



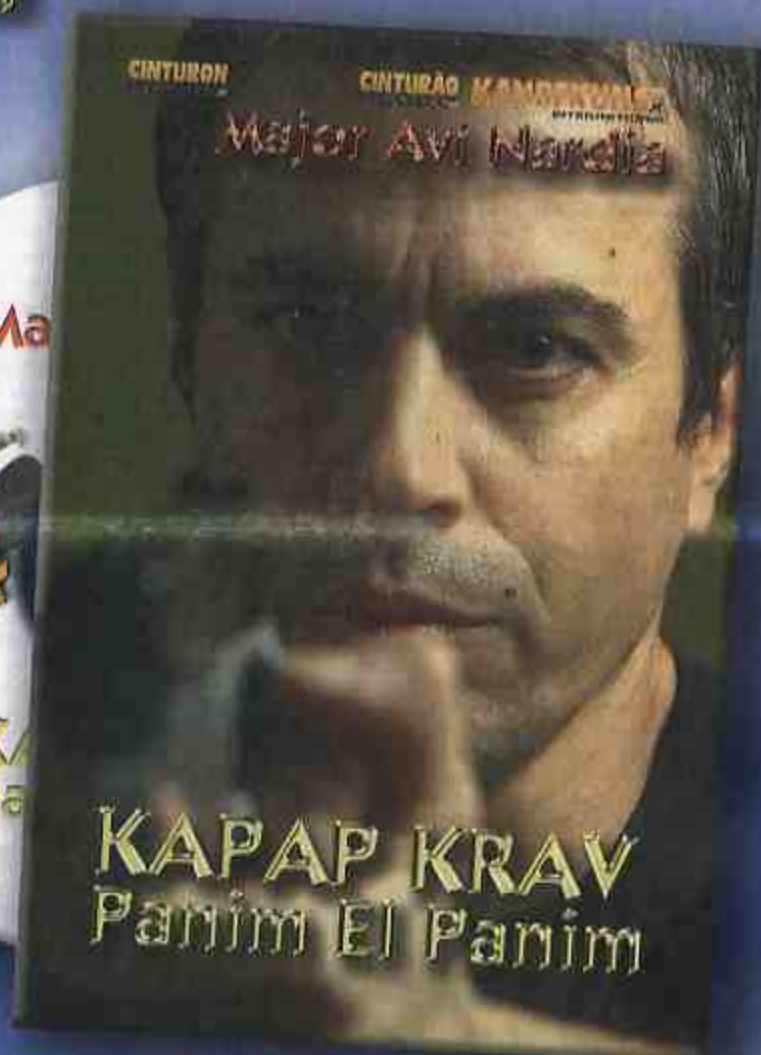
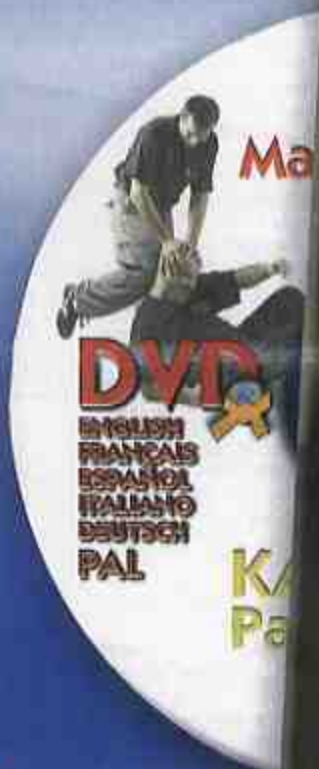
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Major Avi Nardia



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England £25
Holland €44,00



The Israeli Martial Arts are based on principles and exercises that once assimilated, allow us to find our techniques. In this second video dedicated to Kapap, Major Avi Nardia analyzes in detail three basic movements that numerous Israeli styles employ and that you can freely incorporate into your arsenal in order to confront many situations such as grips, locks, choke-holds, as much standing as on the ground, knife attacks, etc. This is a project backed up by more than 24 years as an official instructor in the Israeli army, police, and counter-terrorist services.

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