



How to Make Your Israeli Martial Arts Training "Real"

Since Jim Wagner in the civilian market coined the genre "reality based", yesterday's "Super Ninja" has exchanged his uniform for military fatigues. Camouflage is everywhere, but not all uniforms are the same and not all teachers teach what you really need to know.

Military styles have numerous limitations. They have to be extremely simple and easy to learn and the techniques are often dependent upon the strength and power of "young" soldiers. (Remember Basic Training.) Soldiers also depend more on military weapons than on their hand-to-hand skills as the goal in the army is to win over a mass enemy. Even police hand-to-hand training has to be different as they require more control techniques and they are limited on the techniques they can use based on liability issues. VIP protection and counter terrorist tactics are different as well.

Just because someone comes out of the military or just because he or she wore a uniform, doesn't make them a qualified teacher and doesn't mean that the techniques they teach will save your life.

As a student of Israeli martial arts there are a few things you need to do.

1. Choose a qualified instructor.
2. Question the techniques you are learning - do they really work?

One of the greatest things about Israeli martial arts is that it is tested on the battlefield every day! but not all Israeli civilian martial arts are tested on the same field everyday. Those of us who taught it in the counter terrorism security forces and police units modified the systems such as Kapap, Lotar, Skornik Gadl system and of course Hisardut survival constantly, making sure the techniques were easy to learn and that they worked in life threatening situations. We do the same today. If a technique isn't working and there is a better way to do the technique or a better technique all together, guess what, we are going to change what we do.

Choose A Qualified Instructor

If you are looking for "real" training in the Israeli arts, the first thing you need is a "real" Israeli martial arts instructor. After teaching for more than few decades in the Israeli army, with the Israeli police and with top counter terrorist units, we never received a black belt or a title. There are those out there who claim their 10th Dan in Israeli martial arts. How is it then that these civilians, who have never served at all in the Israeli army, police and/or with counter terrorist units, can claim to teach "Israeli" martial arts? Even worse, there are those who claim to be the official system of the Israeli army, police and security forces and who trademark Israeli terms for their own use. Buyers beware! If people represent themselves as Israeli navy seals, part of the Mossad, or as secret service poli-

ce defensive tactics instructors, check out the claims and ask for their official letter from the Israeli Army, Police, Counter-Terrorism units and Israeli official government vip protection unit they claim to have instructed. Make sure your instructor has walked the walk and that he isn't just talking the talk.

True Israeli martial arts instructors, do not have a problem with people teaching their own martial arts systems, problems arise when systems that have no connection to Israeli martial arts, throw in some Israeli words and terms and then try to claim they teach Israeli martial arts when in fact they have no experience of these arts and are in it for personal gain for these people with a lack of self esteem and moral fibre and most of all greed please for heaven's sake, don't believe that you can trademark our terms for your own financial gain.

The next thing you need to know is that it is important to question the techniques you are learning, remember you are being taught by human beings who were also taught by human beings. Understand that you are studying a reality based art so that you can deal with real situations. If someone teaches you to kick to the groin when you are being attacked with a knife in the ice pick hold, will your kick actually cause the assailant to fall forward "helping" him/her to kill you?

If you defend against a gun attack by punching your attacker and making him to go back, you are still staying in the field of fire in which case the consequences could be death or serious injury.

Some Israeli martial arts taught by civilians today use old techniques fraught with deadly mistakes and marketed for financial gain, not for your safety.

When the Kapap Academy first came into the "civilian market" some of those so called Israeli "experts" claimed that Kapap were frauds and pretenders this then begs the question why is it then that Kapap which has twenty eight instructors with the rank of colonel in the security services these are not false claims that Kapap is making, letters from the Israeli military are available for all to see to prove the true pedigree of Kapap. The people who make these claims that we are frauds or pretenders do not realize that Kapap will provide proof to the civilian market of our pedigree. Practitioners of martial arts whether they be students instructors or people who wish to learn the Kapap system or another Israeli arts must confirm for their own piece of mind that they are going to receive the training they truly require and deserve, please ask the question as stated earlier. New teachers must be trained, but we hope that they will not claim to own the system. We at Kapap Academy hope that they will train with those of us who really know and understand the battlefield and what it takes to live "on the streets" and they will understand that Israeli martial arts are all about progressing, getting better techniques and becoming better instructors.

A good salesman can sell anything. Don't let a salesman sell you martial arts. Make

sure you choose a qualified martial arts instructor and question what you are being taught. Your life will depend on it!

I wish to leave you with a tale told to me by one of beloved teachers, Mr. Patrick McCarthy, 8 Dan, Hanshi from www.koryu-uchinadi.com. The tale illustrates the ability of a good salesman. I hope it will illustrate your need to choose a qualified instructor and not just a salesman.

The Dead Donkey

A city boy, Eyal, moved to the country and bought a donkey from an old farmer for \$100.00. The farmer agreed to deliver the donkey the next day.

The next day the farmer drove up and said, "Sorry son, but I have some bad news, the donkey died."

Eyal replied, "Well then, just give me my money back."

The farmer said, "Can't do that. I went and spent it already."

Eyal said, "OK then, just unload the donkey."

The farmer asked, "What ya gonna do with him?"

Eyal: "I'm going to raffle him off."

Farmer: "You can't raffle off a dead donkey!"

Eyal: "Sure I can. Watch me. I just won't tell anybody he is dead."

A month later the farmer met up with Eyal and asked, "What happened with that dead donkey?"

Eyal: "I raffled him off. I sold 500 tickets at two dollars a piece and made a profit of \$998.00."

Farmer: "Didn't anyone complain?"

Eyal: "Just the guy who won. So I gave him his two dollars back."

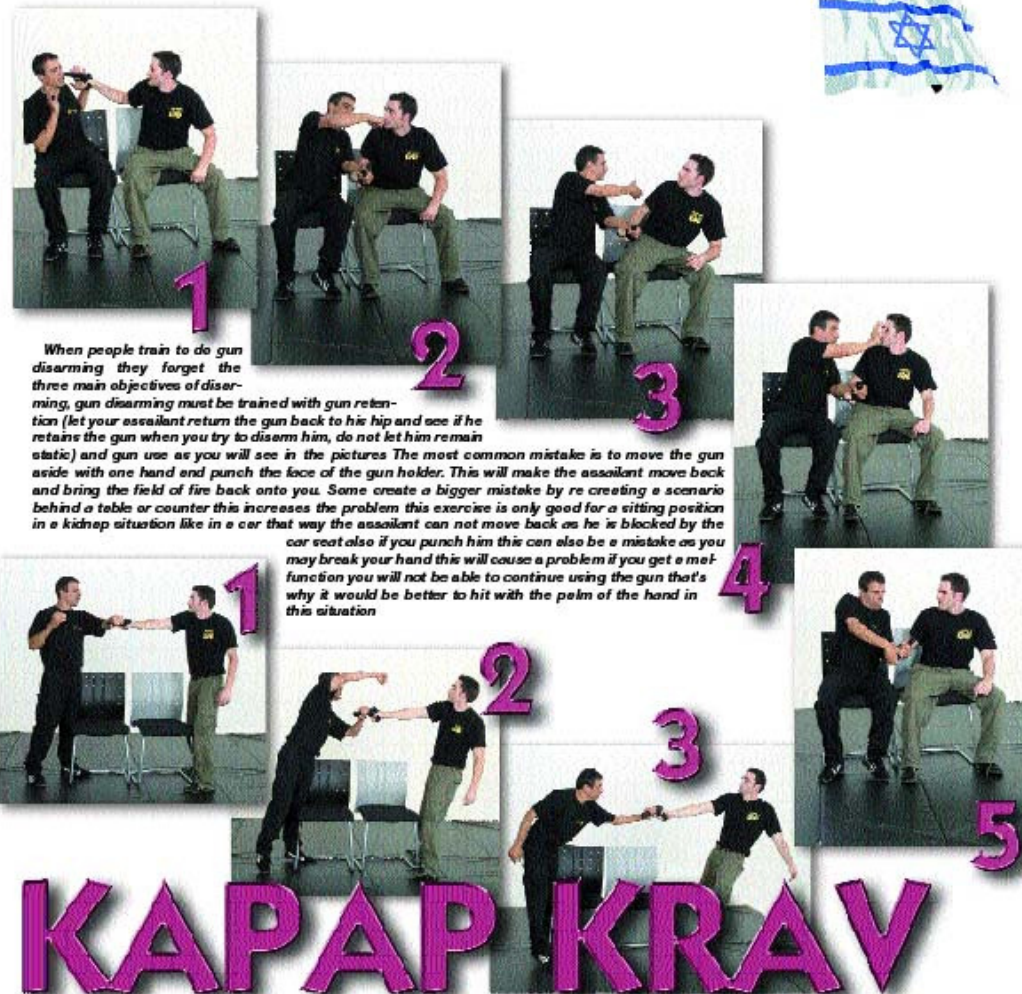
Eyal grew up and eventually became the chairman of Enron.

Business people can sell you anything, even a dead donkey, if they are good at marketing. For those of you teaching Israeli martial arts we ask, are you a businessman trying to teach martial arts or are you a martial artist trying to do business?

If you claim to be an Israeli martial arts instructor we have a few questions for you:

1. Did you served in the Israeli army as an official instructor?
2. Did you serve with the Israeli police or other Israeli security forces as an official instructor?
3. Did you serve in a counter terrorist unit or in VIP protection in Israel as an official instructor?
4. Can you produce an official letter from the Israeli army, Israeli police or from a counter terrorist unit or the Israeli Special Forces showing that you served as an official instructor?

If you can produce an official letter, show your students, as they deserve to know their instructor's qualifications.



When people train to do gun disarming they forget the three main objectives of disarming, gun disarming must be trained with gun retention (let your assailant return the gun back to his hip and see if he retains the gun when you try to disarm him, do not let him remain static) and gun use as you will see in the pictures. The most common mistake is to move the gun aside with one hand and punch the face of the gun holder. This will make the assailant move back and bring the field of fire back onto you. Some create a bigger mistake by re-creating a scenario behind a table or counter this increases the problem this exercise is only good for a sitting position in a kidnap situation like in a car that way the assailant can not move back as he is blocked by the car seat also if you punch him this can also be a mistake as you may break your hand this will cause a problem if you get a malfunction you will not be able to continue using the gun that's why it would be better to hit with the palm of the hand in this situation

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