

**IRISH**

# fighter

59g. £1.50



ISSN 1393-9181

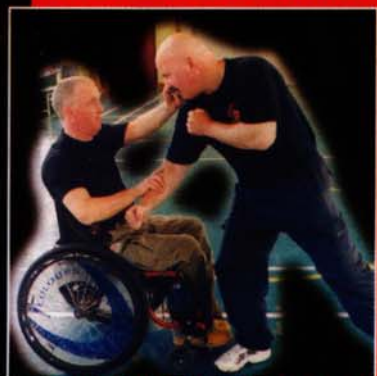
*Ireland's top selling*



*Martial Arts Magazine*



• ADRIAN 'SAM' MARKEY LAUNCHES ISRAELI KEPAP SYSTEM IN IRELAND



• COLM WHOOLEY ON SELF DEFENCE FOR PEOPLE WITH A DISABILITY



• TOP AMERICAN KICKBOXERS HEAD TO DUBLIN FOR 2006 IRISH OPEN

• JOSIE MURRAY WINS JIU-JITSU 'WORLD' GOLD



- 'Training Talk' - the best martial art
- Kickboxers 'Rumble'
- Corpus Christi students on song at US Open
- Exercise and diabetes by Colin Goggin
- Musashi's kata legacy
- AKAI Open numbers up
- 'Night of Champions' honours Nicola Corbett
- Philosophy of Kung-fu by Sifu Jon Funk
- Irish squad attend Eagle Claw Kung-fu USA camp
- 'Standing together - the only option': Martin O'Malley
- 'What's On' - for your diary
- 'Tiger' squad roar at WOMAA World Games
- Byrne wins IKF title with knockout finish
- 'Double Impact' - duality and unity by Paul O'Brien
- BMA black belt awards



**Martial Arts • Judo • Boxing • Wrestling • Health and fitness**

# LOTAR/KAPAP - THE COMPLETE COMBAT SYSTEM

BY ROB CORWELL

**K**RAV PANIM LE Panim' - 'Kapap' - began in the period of the 'Palmach' ('Strike Forces' or 'Plugot Machatz' in Hebrew), the original Israeli elite units, which remain the prototype for all Israeli special forces to this day. A definition in an Israeli army dictionary published in 1965 describes Kapap as 'combat in the range of manual contact with the enemy which uses spears, rifles, machine guns and other hand weapons'.

Kapap, which means 'face-to-face' combat ('krav panin l'panim' in Hebrew) includes all of the various fighting techniques required by a soldier in the battlefield. Soldiers were trained in hand-to-hand combat ('krav maga' in Hebrew), stick fighting using short and long sticks (similar to the Japanese jo and bo), live and edged weapons, and obstacle courses designed to toughen soldiers physically and mentally.

Two specialist units operated within the framework of the Palmach. The first, the 'Palyam', was the prototype for the Sea Commandos, the elite navy unit in Israel (similar to the American Navy Seals). The second unit, called the 'German Unit', was an undercover guerrilla force that penetrated Nazi controlled regions and infiltrated the ranks of the Nazis. The German Unit operated together with the 'Avengers' ('Nokmim' in Hebrew), a secret team that hunted, arrested and sometimes executed fugitive Nazi war criminals across the world.

Later on, with the establishment of the official armed forces of the State of Israel, Kapap became an integral part of the training which continues to this day in elite units such as 'Yamam', the Israel's premier counter-terror unit, equivalent to the US Delta Force and FBI Counter Terror units.

## Complete combat concept

'Lotar' - the modern day term for Kapap - is a complete combat concept derived from real life situations and personal experience. It focuses on teaching techniques that recognise, assess and neutralise a threat in the quickest, simplest and most instinctive way possible. Until recently, Lotar has not been taught outside of Israel. However, recently former Israeli Defence Force Major Avi Nardia, a veteran martial artist and former Lotar instructor for the Yamam, has begun to instruct both law enforcement personnel and civilians in the USA and Europe. The Yamam employs only battle-tested techniques which have been cultivated over time and personal experience. The martial art and theory of Lotar is the backbone of the Yamam counter-terror system. It operates under the principle that the simplest, instinctive method of self defence is the most effective.

"The Yamam are considered the best in the world when it comes to counter-terrorist tactics and execution. Their reputation has been borne out of continuous cultivation of real life counter-terror theory and methods due to the never-



Lotar/Kapap student Marieca Poynton (right) breaks away from a front hair hold executed by Adrian Markey.

ending terrorist activity, fought on a daily basis. These battle-tested theories and tactics have been proven time and time again to work under the most stressful and realistic conditions," Nardia, who runs Lotar International, said.

"Lotar encapsulates the entirety of fighting techniques used in close encounter combat - from empty hand, through the use of edged weapons and firearms, up to infiltration and sabotage training just as Israel's elite forces practice them," Nardia said. "It combines shooting and self defence and analysis of all kinds of different and unusual violent situations. This is done using any available weapon or improvising one, considering the environmental conditions - urban or rural, light, ground, water and weather as well as long, short and close distance."

## Random acts of violence

With the recent terrorist activities brought to light in the last two years and the number of assault with a deadly weapon cases are at an all time high. Civilians, law enforcement, and even the military, are now more than ever vulnerable to random acts of violence. Personal security is no longer an assumed right. Armed burglary, rape, murder, home intrusion, aggravated assault, carjacking, kidnapping, and terrorism are on the rise. Random acts of violence are occurring at this moment, without warning and without prejudice.

"Civilians of all ages, business executives, and the corporate traveller are all at risk the moment they walk out the door, or unfortunately, even before that," Nardia said. "Lotar, developed specifically from real-life situations and personal experience, focuses on teaching techniques that recognise, assess and neutralise a threat in the quickest, simplest and most



Kapap students Paddy McInerney (left) and Barry McMahon demonstrate a gun disarm, which along with weapon defences, is an integral part of the Kapap Close Quarter Battle (CQB).

instinctive way possible."

"Since the terrible attacks of September 11 in New York, we have come to the unacceptable realisation that the most powerful military in the world and US law enforcement was, and presently is not, adequately prepared to combat such horrific acts. Acts of terrorism cannot be fought with solutions wrought by probable scenarios," Nardia added.

Nardia believes that the majority of existing martial arts schools, although based on martial art and theory, have lost the actual application of the techniques that they are teaching. "Lotar has been created around the modern day martial application, continually modified to address the ever changing world and the need for new and evolved methods of self protection," he said.

## Hand-to-hand combat

Major Nardia is aware of most of the military special forces and law enforcement techniques in hand-to-hand combat as well as the physical and mental requirements to combat terrorism on all levels. In his 24 years of experience, he served in the Israeli Defence Force (IDF) and fought in the Lebanese War in the early 1980s, where he earned the rank of major. During his career he has instructed various armed forces all over the world, from patrol police officers to special forces, corrections officers, army and marine units and counter terror units. In Israel, he taught defensive tactics and operational behaviour at the Operational Police Academy, which is charged with training the entire police force of the country. To this day, he is a Close Quarter Battle (CQB) trainer in the IDF Reserves, as well as a reserve police sniper.

Over the last number of years, Nardia has also travelled internationally training various counter terror units and other elite forces in tactical shooting, high risk entry, bus, train and aircraft interdiction and command post procedures. "The experience of training all over the globe has given me a better understanding of the many CQB styles, and the reasons for their differences," Nardia said.

"I've come to realise that the different missions of each armed force generate different CQB needs, which are then specified in their CQB manual. The same applies to law enforcement, where liability considerations lead to moderate, less lethal techniques and applications requiring greater control. When training civilians, the CQB training must be modified again, to be taught more as a self defence application, while taking into consideration the student's physical condition and ability," Nardia added.

## Traditional martial arts

While living in Israel, Nardia specialised in teaching civilians at Tel Aviv University, Bar Ilan University and Spivak Handicap Centre. Here his courses ranged from traditional martial arts (Kendo, Iaido, Judo, Ju-Jitsu, Taiho Jutsu, Kyudo and Muay Thai) to sport and

Continued on page 8

● **LOTAR/KAPAP - THE COMPLETE COMBAT SYSTEM-** continued from page 6.

modern martial arts such as Kapap/Lotar, Olympic fencing and theatrical combat. Nardia was also involved with the Israeli Social Service Program teaching Kapap and self defence classes to women.

Nardia has also received certification as an athletic trainer from the Israeli Wingate Institute and was a former physiotherapist and athletic trainer for the Israeli national rugby squad for five years. He also spent two years as the Athletic Trainer of the Herzliya National League Handball and Basketball teams, dealing with various sport injuries.

Today Kapap is run by its founder, Lt. Colonel Chaim Peer, along with chief instructor Major Nardia. Other instructors who are involved include Albert Timen and David Arama, along with a cadre of other teachers who have real life experience in CEC.

● Lotar-Kepap is now available in Ireland through Major Avi Nardia's representative here, Adrian 'Sam' Markey. The first Kapap open seminar in Ireland will take place over two days in the Phoenix Sports Centre, Carrickmacross, Co. Monaghan, on 11-12 February, 2006. Unless you have connections in Israel you will not receive this type of training in genuine, authentic Israeli hand-to-hand combat, a system which is used by the Israeli Special Forces. Booking and further details Tel. (087) 6758072; [realitybased@eircom.net](mailto:realitybased@eircom.net)