



## **Krav Panim El Panim / KAPAP**

From the Perspective of a Marine Combatives Instructor

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I was a student of Marine Corps Combatives or MCMAP for 8 years, I have instructed other Marines for 4 years. I have been training several systems of Martial Arts and Combatives for over 13 years including 7 years of Brazilian Jiu Jitsu. I have seen, trained, and even belonged to some questionable “self defense” programs. I would never consider myself to be an “expert”, but I have been in the company of experts and frauds alike. I wrote this to share my opinion of KAPAP and Israeli Combatives.

The term Combatives commonly refers to a concept of personal protection and self-preservation that differs from martial arts. The mindset for a martial artist is to win a contest as well as develop self-defense skills. Whereas the mindset for combatives is different, it differs in what occupation classification you fall under. Survive and report (civilian), apprehend and protect (law enforcement), or eliminate and move through (military).

My experience with KAPAP Academy LLC has cracked what I thought was a solid understanding of what it means to think and fight combatively. In my opinion KAPAP has one of the most efficient, practical, realistic, and well-rounded self-defense concepts that I have been a part of.

KAPAP (Krav Panim EL Panim) is a system of combatives that was created and is utilized in Israel. KAPAP asks questions that are never asked, WHY and HOW. Why am I in this situation? And how do I react to survive? KAPAP Academy utilizes live scenarios and pressure training instead of pattern or technique training. Of course there are still techniques that need to be trained, but through realistic scenarios against actively resistant opponents in an ever changing environment, you are allowed to truly put what you are learning to the test.

I could see the immediate and apparent difference in KAPAP Academy's training methodology from that of other martial arts or combatives I have trained. It seemed more intelligent. KAPAP trains you to survive attacks by developing awareness, reflexive movements, and the use of scenarios and pressure/stress drills as tests. In the middle of an attack with stress, adrenaline and fear racing through you, you will not be able to think, just react; this is what must be trained for. Muscle memorization, reflex development, adjustability and fitness are the keys to greatly increasing the chance you have to survive an attack.

“Are you trying to pass your techniques off as gospel, or are you trying every day to fail what you are teaching, so that you may give more effective tools to your students?” I first heard this question asked at KAPAP Academy's Level 1 Instructor Course. I have never been asked this before. So I came to the realization very quickly that this is how a good instructor should think. I was hooked and came to the conclusion that only though attempting to fail what I believed in, could I truly believe in it. If you never test it, then how will you know if it will HELP you survive?

I was guilty of always taking the techniques I was taught, conducting minimal adjustments in drilling and teaching them as gospel to Marines. After training with KAPAP Academy for a few months my mind was opened. I began to train, teach, and think differently. Then it became my mission to share my experience with others so they may also see the benefit in the training as I did.

After training KAPAP for a few months and learning what I could from others, I went to the Level 1 Instructor Course. There I learned from the modern source and head of KAPAP Academy Albert Timen. Albert humbled my understanding of what I knew and was teaching. Since then, I have been teaching and spreading my experience anywhere and everywhere I could. I, as others, truly believe that this system of self defense is one of an only few that actually could prepare you for the emotional and physical response to a deadly attack.