



The Gideon Test

In our last Kapap Instructors course training in Italy, Mr. Albert Timen the Kapap Academy president told the students whilst they were in the middle of knife fighting training, to stop and do push ups. Then he told them about the "**Gideon's Test**", one of our Instructors named Massimo smiled and asked "**so we failed?**"

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In the morning, Gideon by God's command called his ten thousand men out, and made them march down the hill, just as though they were going to attack the enemy. And when they were beside the water, he noticed how they drank; and set them apart in two companies, according to the way they were drinking.

As they came to the water, most of the men threw aside their shields and spears, and knelt down, scooped up a drink of the water with both hands together like a cup. These men Gideon commanded, to stand in one company.

There were a few men who did not stop to take a large drink of water. Holding a spear and a shield in the right hand, they were ready for the enemy, if one should suddenly appear. They merely cupped up a handful of the water in passing and marched on, lapping up the water from one hand.

God said to Gideon: "Set by them these men who lapped up each a handful of water. These are the men whom I have chosen to set Israel free."

Gideon counted these men, and found that there were only three hundred of them; while all the rest bowed down their faces to drink. The difference between them was that these three hundred were earnest men, of one purpose; not turning aside from their aim, even to drink, as the others did.

Then, too, there were watchful men, always ready to meet their enemies. Suppose that the Midianites had rushed out on the army, while nearly all of them had their faces towards the water drinking, their arms thrown to one side - how helpless they

would have been! But no enemy could have surprised the three hundred, who held their spears and shields ready, even while they were taking a drink.

Some have thought that this test also showed who worshippers of idols were and who truly worshipped God. Men who fell on their faces when they prayed to the idols, but god men stood up while they worshipped the Lord. Perhaps this act showed that most of the army were used to kneeling down to worship before idols, and that only a few used to stand up before the Lord in their worship; but of this we are not certain. It did show that here were three hundred brave, watchful men, obedient to orders, and ready for the battle.

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You might be forgiven for asking what a man who lived a few thousand years ago has to do with the future of the **Kapap** system. Well I believe when you hear this message today you'll have that question answered.

As we wrote before about finding the right teacher/Instructor, we at the Kapap Academy think that it's also about finding the right student.

A few years ago, we opened our door for the first time to the civilian market, since the Kapap system was taught only to select military and police personnel in Israel.

As the first step, we opened a course called Kapap level Instructor® and it was a full 5 days based basic training. We emphasized that this is more like an "interview" phase for the students, because as we read the student's credentials (CV's) it may have said that they had 20 years of experience. Many were ranked as "Experts", just to find out that it was far away from reality when it came to the fight on the mat.

What we usually saw was really very poor Martial Arts skills which were exaggerated by titles on certificates and ranks from Martial Arts "Federations". A big majority of them had been basing their fighting skills on three basic moves with lots of exhaling sounds (fu, fu, fu...) that impressed them (but not a real attacker of fighter) with a lot of choreography.

But at the end, none of them could fight. Most of them did not even know how to put on a basic choke, let alone kicks, punches and so on. These basic skills are learned in almost every traditional martial art after four months of study (with a good teacher). How could this be that those "Expert" certificate holders from a particular modern martial art that claim in their material of teaching that they are **Not Traditional martial art – they are a None nonsense martial art...** so we must say that they are full of nonsense and not more.

As we are almost ending the year of 2006, we at Kapap Academy backed by the International Kapap Federation decided to close back the doors and choose our Gideon Fighters/Instructors and find the right ones to keep going with the this system and not let in those with an ego, or lack of Instructors quality, which only chase the papers and titles but are unwilling to behave like real fighters.

We are going to cut out a large percentage of the Kapap Level one Instructors that have not made it to the teaching license qualification which only a "select group" had. For the ones that did pass the Gideon's test... we can truly call them Kapap Level one Instructors© and they have the proper teaching license to prove it.

If we look back at history and try to learn the lessons, we can all be better ***students of reality then masters of illusion***, as we all know that the Titanic ship was built by “experts” that based their “undefeated theory” on the enormous size of the ship they built with their egos, that nothing could happen to it. Well we all know what the sad truth was different.

We are sorry to disappoint some people, but the Kapap Academy is a leader and a firm believer in the quality of the Kapap combat system and not being a quantity McKrav system that certifies the masses.

The Kapap Academy and Federation are running like a family model and as such we will make sure that only good quality members will make it with the family in the future.

As an end note we have to mention how funny it is to see new grand masters that popped up from the Israeli Martial Arts in the last year or two after taking our Instructors courses or watching our DVD's. Suddenly, techniques that were first introduced in Kapap courses and DVD's ended to be the **“New official curriculum”** in their systems.

For an updated list of our **Gideon Instructors** that are **licensed and authorized** to teach Kapap, get into our website at: www.kapapacademy.com

If you are interested to become a Gideon Instructor prepare for the journey.

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Article Written by Kapap Academy President **Mr. Albert Timen** and UK based Instructors **Craig and Deborah Welsh**