



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-Lotar/CQB**, which has been written in special ink called blood. The knowledge gained in developing the martial art of **KAPAP/CQB** came from not only 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 delivering 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-Lotar**, we see guns being used as an integral part of the training, especially when it comes to gun 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. 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 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 Israeli's, 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 groups have today. It is from this climate of hatred that has given Israeli's their fighting spirit and to fight 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, since it's a fight for your life.**

For Israeli's, the reality is that when you're in a fight for your 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.