



ISRAELI KAPAP AND TRADITIONAL MARTIAL ARTS

KAPAP was the first CQB training introduced in Israel and was based on stick fighting, knives, guns, and hand-to-hand and even stone throwing in the old days. The idea is to fight with what you have available in your hand. For instance, when people argue about what gun is the best gun to have or what knife is the best knife to have the answer is obvious – the best gun or knife, or any weapon for that matter, is the one you have in your hand when you need it. This is also the main idea behind **Israeli KAPAP/CQB**. It was not developed to create a new Ryu and lots of 10th Dan grandmasters, so that Israel could have a place in the international arena of martial arts. That is why there are no uniforms or belts or ranks or even bowing to an opponent when sparring or training. All are considered useless because they serve no purpose in an encounter involving a real, life-threatening situation. An example of what occurs during a real encounter occurred last year with a traditional martial artist who was shot to death during a fight in parking lot. Although he was a kickboxing champion he lost his life to his assailant who shot him after he tried to grab the assailant's gun. Certainly, if it were a fight in the ring the martial artist probably would have won the fight. However, the fight was for his life and not for prize money. This is not to say that every encounter will end successfully, but how you respond to a situation will depend on whether or not you have the ability to effectively defend yourself or the mentality to accept the fact that it is okay to run away from a situation in order to stay alive. As mentioned earlier, Israeli KAPAP is based on evaluation and evolution, which must be done for every technique in order to examine if it accomplishes what it is designed to accomplish. In KAPAP, techniques are also evaluated to determine whether any soldier or police officer can do it and, for civilians, whether they can be done by the weakest man or woman. The techniques must also be easy to teach. If the individual or group has a very limited time to train, easier and simpler techniques can be implemented to accommodate these training needs. However,

if there is time to train, better and more specific techniques are also taught. Another important consideration for teaching KAPAP is liability. When teaching military personnel, you teach soldiers to stay in the killing zone and continue the assault on the enemy. For a civilian, just the opposite applies. If after disarming a knife an individual decides to stay in the fight and attempts to kill the attacker there is a good chance that individual will be spending time in jail. Also, when teaching police officers, there are other things to consider since just about every law enforcement agency has a defensive tactics program that must not only be politically correct, but must also meet any legal and medical requirements before being implemented. So, although KAPAP is specific in its application it is still flexible enough to be used in any arena to meet liability concerns. Today, CQB is a modern martial art while traditional martial arts are considered older styles. It is when these two are combined, the old with the new, that they can then be effective. In essence, modern martial arts can't live without the traditional martial arts nor can the traditional martial arts live without the modern martial arts. The bottom line is, when some one is going to kick you your life is not at risk, only your ego. However, when someone pulls a knife or points a gun at you, you need to know how, when and if you should act. If someone says, "Give me your money" the best defense is to give him your money. If the encounter becomes more life threatening then you must also defend yourself. The question is - do you have the tools to know what to do and how to do it? The Israeli martial art of KAPAP is the self-defense system that can provide you with these tools when your life, not your ego, is on the line.