



## **Introducing (ICPS)**

# **Israeli combat point shooting**

### **The armed self defense option**

*Article by Albert Timen*

The purpose of the **Israeli Combat Point Shooting** training, or ICPS is not to develop marksmanship; it is not to compete with other shooters; it is not to punch holes in paper targets; and certainly is not to hunt small game.

The purpose of the training is to enable one to quickly and effectively stop someone who is trying to make you a victim. In short, instinctive/Combat Point shooting trains people to win in a life threatening situations when you need to react in a fraction of a second in order to defend your life or protect other innocent people, often referred as a self defense discipline.

This self defense system was developed in Israel - a country that is constantly experiencing and facing the violence of terrorist nature. It became the most tested system when it comes to armed self defense, and it's been offered to people throughout the world by the Kapap Academy.

The problem is that the innocent citizen or cop must wait until a predator/Terrorist makes an overt act; one cannot shoot another on mere suspicion. This places the citizen in a situation where he or she must react to another's actions. In a gunfight the aggressor has the advantage and the defender is usually a second or two behind. Thus the citizen/defender/victim is already coming second in the contest; and there are no second place winners!

In order to win, given this terrible disadvantage, the citizen must be able to overcome this lag time with a combination of speed and accuracy. This is what we teach: speed and accuracy in an armed encounter. Instinctive/Point shooting trains you to win in a gunfight, even when the aggressor has the advantage.

There are no rules in a gunfight/knife fight and street fight that puts you in a fraction second survival chance.

There are only facts, which if understood, can give you a winning edge:

**Fact:** Almost all gunfights/Knife scenario fight/Assaults occur at distances of under three meters.

**Fact:** Most gunfights and assaults are over in two to three seconds.

**Fact:** A high percentage of gunfights/assaults occur in dim light or where sights are hardly visible.

**Fact:** In a spontaneous life-threatening situation the body undergoes changes which deteriorate fine motor skills, while vision is focused exclusively on the threat.

**Conclusion:** To win in a gunfight, or surviving a life threatening situation assault, requires great speed and accuracy in drawing and firing the gun at close range without the use of sights. This is sometimes called instinctive shooting or point shooting.

Violence, whether recreational or otherwise, is part of the culture in western societies and in the new era of terrorism it knows no boundaries. Therefore, whether we like it or not, violence is going to be a feature of our lives for a long time to come. Rather than to ignore it or hide away from it, we must learn to handle it. If we wish to stay in this beautiful but troubled country we have to learn to deal with these problems. The only objective way we can live with violence is to avoid it, deflect it or reduce its impact by being prepared for it because it will not go away! This is a terrible notion for folk who just want to live in peace but one we can no longer ignore.

As usual, it is nature that holds the key. The human animal's natural instincts, which include spontaneous reaction to sudden attack, are formidable powers which will usually ensure survival but only if harnessed correctly. In my experience there are two factors which constantly interfere with our ability to defend ourselves, inappropriate equipment and inadequate training, which have killed (and continue to kill) many "good guys".

After many long years of involvement in personal security matters I have reached the conclusion that in order to give full reign to the natural survival instincts of the human body, equipment and training must be kept as simple as possible.

Attacks are sudden and without warning. A huge bonus during such attack is a concealed handgun capable of immediate action, one that requires no time-wasting two-handed loading operation or a frantic search for a cunningly hidden safety catch. What is needed is a handgun that can be pulled, pointed and fired repeatedly without a fuss or bother, as well as capable of being carried safely whilst in this ready mode.

**About the author:** Albert Timen is a former Elite unit member of the IDF Special Forces. A Lotar/Kapap and CQB instructor in the Police S.W.A.T. School. A tactical shooting expert with 20 years of experience, trained Special operations units on tactics and cross trained with the best operational units in the world, sharing his accumulated know-how and experience with Law Enforcement, Military, Security personnel and private citizens. NRA Certified Handgun, Shotgun and Rifle Instructor, Safety Range Officer. Member of IALEFI, IACSP, IPA.

The training offered and the equipment recommended by ISI-TEAM Combat Point Shooting is calculated to keep people safe whilst at the same time impacting minimally on their daily lives.

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