



# Avi Nardia



**Kapap**  
**イスラエルの武道**







### ***Thought For Survive***

**KAPAP we do not teach you how to kill we teach how to do not get killed**

Effects in Reality -Wrong time - Wrong place - Wrong enemy or Who is the enemy?

At the end of the day, it's your mentality that dictates the terms of your reality.

One day a 97 year old man stepped into my class and asked to study self-defense. I smiled and said "Self-defense? You'd know better than I, but I can teach you Martial Art. Anyone that manages to live to this age and stay healthy and mobile it would seem to me that he knows better than I!"

**“You need to remember that walking around with an unloaded gun is like getting into a car accident and then putting on your seat belt! It's a totally wrong mindset”**







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When we claim to teach Self-Defense, we need to remember that first we teach Martial Arts mobility and skills and lifestyle, but it's not a life insurance guarantee. Many of martial artists have died young, either because of health issues or because they challenged life and maybe without MA knowledge they would not have tried.

Bruce Lee died young, as did his son, and many other great and well-known champions have died as well while people with no martial skills have managed to live longer.

In one documentary, a guy decided he was going to trek cross the Amazon. When he started he took on a partner that in an interview before they started the journey claimed

he was a survival expert. I smiled and said "he will never make it." Later on he took on another partner that claimed to be a martial art expert. Again I smiled as these two never made it a week in the Amazon. For this I said,

**"Noah's Ark was built by an amateur, and the Titanic by an expert"**

**It's better to be a student of reality than a master of illusion."**

These days it seems that everyone is selling their 'services' and experts in self-defense or expert in Active Shooting training, and I always wonder, based on what experience? How many been in active shooter situation ?



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WORLDWIDE

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how many research this subject before run teach as expert on subject their knowledge is zero. Once I had set a seminar for Survival and the instructor sent me a list of things he needed and I asked "is that really a survival seminar?" If I get a list of clothing and gear and equipment it's going to be more a camping seminar! That's how I built the idea of having a seminar that I call, 'Only Knife' Students would then come with nothing more than that, and would need to make their own knife and start from zero. For sure it's good to be able to also add other basic gear as a starting point, but later to you'd share more Survival skills in case of an emergency, and experience what you can really do when you have nothing to start with.

This also leads more into military games and to teach teamwork, friendship and much more and to spirit build rather than teaching purely skills only. We need to add survival skills and fighting skills as sometimes determination and aggression and spirit are lead by the brain and logical thinking.

We must also add other martial arts skills just as we see how important it is to add cross training. Many times I've said to my students "I'm a black belt in judo and understand that Judo black belts get hit and then they go to the brown belts and hit them and then they go to the white belts..." it's the same thing when a striker gets thrown to the ground and finds his working tools are gone and that's why we cross train in many arts. The price is that you will never be the best in BJJ, Judo or Karate, but you will be good enough. For self-defense a panorama of martial arts gives us better tools to stand our ground, while the price of being your best in Judo as example or BJJ will be that many times you've spent all your time on this art and lose all your other MA skills.







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**“Don’t run from a sniper, you only die tired...”**



One more skill is the art of the blade. I view a gun as a blade the same as a I see a blowgun where you’d shoot the arrow and gain much more distance, but there is no way to slash and change direction as with knives. I share the sword as I would any knife in the arts as I teach the blade and I keep it all random and teach forms only as the basics for beginners. All knives and blades move in random ways and not only in angles where you teach students how to create good reflexes and reaction actions.

As I’ve mentioned before about guns, you need to remember that walking around with an unloaded gun is like getting into a car accident and then putting on your seat belt! It’s a totally wrong mindset. Once I make the decision to walk around with a gun it means that I’m facing/risking death and I’ll only carry a loaded gun. If I want to store the gun, yes I’ll empty the gun. It’s also good to remember that shooting fast is a great shield, but keep in mind it’s also a part of mindset better than run. Remember that the bullet is always faster than your ability to run — “don’t run from a sniper, you only die tired...” In gunfights, shooting fast and accurate is most important skills, and I’d spend more time gain good handgun skills and good marksmanship. It’s the same in knife, swords and other blades. They are made to kill, so your mind needs to grasp this point. It’s not two guys playing with knives, it’s using deadly force and you will need at some point to deal with it as deadly force. Good finger control can be if I don’t rely on the gun’s safety but trust my finger as my safety, but once I set my finger on the trigger nothing is needed to stop me. This is why I’m not in favor of complicated holsters or guns that under stress may







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**“It’s better to go slowly in the right direction than go speeding off in the wrong direction”**



**“It’s Better to Make a Wrong Decision Fast Than a Right Decision Slow”**

fail you. If your gun doesn’t come out of your holster and you didn’t pull the trigger with your finger, or didn’t release the gun’s safety. Guns and especially complicated guns are made for competition and not death-risk carry, and for sure in that zone are great, but for someone that needs a gun for death risk, the only gun you’d need would have no safety and a simple holster that would allow for fast draw because the one that shoots first builds the best shield and has a higher chance of surviving.

Now if you end up in the wrong place at the wrong time and your enemy has wish to kill, the game changes and that’s why in some part of your training we need to deal with this mindset - but most training needs to be skills mobility, fun and only sometimes deal with the killing zone.

TRAINING is different from real life and we can’t really train like reality without experiencing injury! This is why good training and safety is always better than crazy and irresponsible training loaded with ego and lots of injuries. That’s also why when I’ve been asked what My favorite technique is, and it’s called the ‘Double-Tap’ – it’s what that frees us from any hold... yes Tap Out in training is a MUST if we don’t want injuries and so it’s imperative that we teach the TAPOUT technique as a part of teaching martial arts that are not based in ego.

In Reality there is NOT much right or wrong people that done total wrong survive some time as others that done the Right didn't that's why always keep always place to the Lucky Factor in Reality

### **More STUDY**

**some time - It's Better to Make a Wrong Decision Fast Than a Right Decision Slow**

**If we get time - It's better to go slowly in the right direction than go speeding off in the wrong direction**

**Slow is smooth , Smooth is Fast**

The "**slow is smooth, smooth is fast**" concept likely has its origins in the Military. Within that context, moving fast (or rushing it) is reckless and can potentially be fatal. However, if you move slowly, carefully and deliberately, you're actually moving as fast as you can without needlessly increasing the risk on your life. Practicing at reduced speeds will make you faster when you go full speed.

We say "**Perfect slow move become fast Perfect move - But fast bad move be Perfect Bad move**"

**"Fast is fine, but accuracy is everything. In a gun fight... You need to take your time in a hurry."** Wyatt Earp - to describe how to win a gunfight

With firearms, precision and accuracy get you the desired result-put the bullet through something vital and you put the man down. Miss and you get nothing.







The expression comes from the rifle range. It's what Marine Corps instructors tell their trainees regarding loading, unloading, aiming, etc. It's an expression from the range that bleeds over into other areas of the Military and into the civilian world.

Because the same "principles of violence" apply no matter what the tool we use, the same truth applies when it comes to using a knife, a stick, your boot, or empty hands -precision and accuracy get you the desired results. Put your boot through something vital and you put the man down. Miss and you get nothing.

Slow practice is target practice-it gives you the time to get it done right, as well as the time to be aware of your mistakes so you can correct them and learn from them.

Train yourself to relax and perform the steps with efficient precision. Train to relax, train to focus, train to muscle memory. When you're relaxed and calm and need to move fast, you'll move like lightning.

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