

## Questions

prison survey said they did what they did because women did not resist. Remember that the pen in your pocket can be a deadly stabbing instrument. So can a key. Long nails can make a mess of a man's eyes. And then there is the most powerful muscle in a woman's body - her jaw. Rapists hate having their noses bitten off.

### Should we ever attack a mugger?

Always try to avoid a fight. In dodgy areas of the world carry *two* wallets. You should have a nice wad of low-denomination bills. It is this one you meekly hand to the mugger.

### But what if a fight is unavoidable?

It's best not to punch with a clenched fist, because you might break a knuckle. Strike with the heel of your hand.

### Should we kick assailants in the goolies?

Difficult to do. You could easily miss your target. It's easier to kick hard at your attacker's shin or knee.

### And then?

*Run for it!*

**A**lbert Timen, 37, and Avi Nardia, 45, are former members of Israel's special forces. Albert is one of the few people in the world to have arrested a suicide bomber - in Tel Aviv, when the bomber's explosives failed to detonate.

Avi and Albert travel the world teaching *Kapap*, the self-defence technique they mastered during their military service. They were recently in Sheffield, coaching adults and children with local instructor Craig Welsh and his wife Debbie (see their advertisement below).

### Can children learn effective self-defence?

Yes. For example, we teach youngsters that if someone tries to abduct them from a shopping centre, they must wrap their arms around the nearest adult's leg - and scream.

If someone tries to grab a child who is on a bicycle, the kid should cling to the bike. It's very difficult to quickly lift a child *and* a bicycle into a car.

### What self-defence advice do you give women?

Think ahead - don't walk down that dark alley if you can take another route. If you are attacked do not behave passively. *Scream! Scream!* Most rapists interviewed in a



Fighting men: Albert (left) and Avi

## LEARN 'KAPAP'



Craig and Debbie demonstrate Kapap

### UNARMED COMBAT - SELF DEFENCE FOR MEN, WOMAN AND CHILDREN WITH INSTRUCTOR CRAIG WELSH & HIS WIFE DEBBIE

Kapap is the ultimate in self defence. Its techniques were developed by the Israeli army, and are used by security forces around the world. Kapap is easy to learn - fast and effective in dangerous situations on the mean streets of Sheffield. Classes are for men, women and children - any shape or size...

**Greens Health & Fitness - Napier Street, Sheffield**  
Fridays: 6.30pm-8pm Saturdays: 6pm-7.30pm

**Sam Jones Health Club**  
Drakehouse Retail & Leisure Park,  
Drakehouse Way, Sheffield  
Tuesdays: 6.30pm-8pm

Bring a tracksuit.

Contact Craig Welsh on 07732 744 188

Craig and Debbie were trained by Major Avi Nardia, Albert Timen and David Azama of the Israeli military, and the International Kapap Federation.

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