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www.kravmaga-fekm.com

AUTHENTIC KRAV MAGA

- THE FEKM OPENS IN THE UK

Simon Pither predicts exciting times ahead for Krav Maga as Richard Douieb launches FEKM (Fédération Européenne de Krav Maga) here in the UK.



THE HISTORY OF FEKM KRAV MAGA IN EUROPE

Mandated by the founder Imi Lichtenfeld, Richard Douieb opened the first Krav Maga school in Europe in 1987. Douieb's reputation for his commitment and technical stringency attracted a quorum of like-minded instructors, some trained by him, others joining him even from beyond his base in France.

has always been to develop Krav Maga around a coherent training programme so as to allow people to discover what authentic Krav Maga actually is, and then to train in it and to bring it to others.

Douieb himself continued travelling to Israel to be graded by Haim Gedon's IKMA who

awarded him his fifth darga ('darga' is the Hebrew word for 'step' – the equivalent of a 'dan'). The rigorous and professional reputation of the FEKM has drawn large numbers of members in France. Over the years, as students trained under Douieb and then returned to their countries to teach and expand, new national federations have been

In 1997, in part prompted by the formation of schools and federations who had more care for expansion than for the integrity of Krav Maga, Douieb founded the FEKM (Fédération Européenne de Krav Maga). Douieb's intention

FEKM - UK LAUNCH - SEMINAR WITH MICHAEL OBADIA, 5TH DARGA
 JANUARY 31ST 2015 - THE BRIX, BRIXTON, LONDON 1-4PM



created – Spain, Portugal, Italy, Switzerland, Belgium, Poland, Finland and now, the United Kingdom. The FEKM is now the largest Krav Maga federation in the world (by numbers) and is arguably still in its infancy. Besides technical integrity, it is distinguished by mutual respect and support among its members. This comradeship is rapidly felt by new members and it extends all the way to the top.

Besides the modest yearly FEKM membership fee and the requirement to wear the FEKM t-shirt during classes, clubs are allowed to flourish without interference. Instructor training is free of charge to anyone who attends the regional training camps. However, true to Douieb's commitment and technical stringency, the instructors exam is exacting, as are the individual gradings.

AN INTERVIEW WITH RICHARD DOUIEB – Budo and Krav Maga (first published in *Black Belt Magazine* French Edition 'HORS SÉRIE N°1')

Black Belt Magazine: In the Japanese martial arts the ideal of Budo is best incarnated by the samurai who remains impassive in the face of death. What do you, of Krav Maga, think about this?

Richard Douieb: Martial arts may indeed bring a person to this level. But everything depends on the individual concerned: they may bring their training to the level of a martial art. Some people go training to practice a little sport, or to play some sort of game. Others want to learn tricks which are sure to work without having to make any effort. The person who gets really involved will transform his training into self-defence, or a combat sport, or if he really devotes a part of his life to it, a martial art.

If we train twice a week and outside lessons we don't even think about our training, whatever else we may be doing, it is not a martial art.

Does the fact of being faced with death have any impact on the martial practice? (Consider this in the context that Richard himself was a commando and spent a year in hospital as a result of injuries received.)

Yes, provided the person who is faced with death has accepted the idea and has decided to manage the risk. If, when faced with the risk he has behaved like a victim, he will regress. This is why preparation is important.

Is that to say that one must have accepted the idea of death in order to overcome whatever trial is at hand?



Richard Douieb

This is clear! But this is really about preparation. Sometimes there is no time to think about the right way to react. So having accepted death will give us a good foundation, a very positive reflex. But the real task is to accept that we may well die even though we love life: That is the point from which we will

emerge stronger than we were.

An ancient proverb says: "One must desire to fight without desiring to win, but also without desiring to lose." What do you think of this?

I agree with this: if we desire to win, our

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emotions act as parasites. Conversely, we must not have, for a single second, the idea that we might lose at the moment of confrontation. We can think about it beforehand but not while it is going on, in order to concentrate the best on what we are able to do, like a conscientious student.

Finally, could you tell us about the time when you won without fighting.

I was a security agent in a shopping centre and I had been attacked by a young man whom I had to rough up as a consequence. His brother came to find me with a baseball bat. He was at the other end of the shopping-centre, about two hundred metres from me. He ran at me to hit me. When he was a few metres away I said to myself, "What should I do?" Either I plough into him, but you are never sure to win, or I might run away and I lose my job, but that was not the answer, either. Then I had a stroke of genius. I cried out to him "Stop!". He was so surprised and disorientated by my reaction that he stopped dead.

I said to him, "Surely you're not going to hit me with a baseball bat. You can't imagine the mess it's going to make...!" He was shocked and stunned and I pressed my advantage by taking him by the arm and saying, "Come on, let's have a drink. We need to talk about this. You don't seem to have understood me..."



Jean-Louis Benjamin 3rd Darga

There is sometimes the right moment in which to attack someone, either before or after the height of their anger. To counter-attack at the very peak of their anger is not the smartest time. In my case this boy had just run a hundred metres brandishing a baseball bat and screaming and hurling abuse at me. He had spent a lot of energy. The height of his anger was already spent. So, I attacked him psychologically at the right moment and it all finished over a drink.

In the end he went home and roughed up his younger brother some more for behaving so badly!

So sometimes we say that violence is not the answer. That is absolutely correct. But martial

arts and particularly Krav Maga can give you the training to be clear headed at a time when people are normally going to pieces.

It is this clear thinking that can enable you to avoid violence.



Teaching Students - Norway



Jean-Louis Benjamin 3rd Darga



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THE GROWTH OF FEKM KRAV MAGA IN THE U.K.

Remi Lessore originally started teaching FEKM Krav Maga in a small club in South London (www.southlondonkravmaga.com) in 2007, while himself developing his skills at the regional courses in Paris. In 2012 Simon Pither started assisting him with teaching, allowing the club to expand to 5 sessions a week. Due to the combination of this expansion, the number of students training and earlier this year, the opening of a club in Birmingham

(www.birminghamkravmaga.com) by Portuguese Black Belt Goncalo Esteves, it was felt by Douieb that it was time to open the British Federation – the FEKM-UK.

Douieb has mandated Yann Veillerant and Eric Tagliana to form a British branch of the FEKM within our shores. Yann and Eric are the directors of KMC92 (<http://www.kmc92.fr/>) based just outside Paris and which, with over 500 members, is the largest single school in France.

In order to launch the FEKM-UK (www.fekm-uk.com), Michael Obadia, 5th Darga FEKM Black Belt, is coming to lead a seminar on Saturday 31st January 2015 1-4pm, which will be held at 'The Brix', Brixton, London, SW2 1JF. He will be assisted

by Yann and Eric and the small team already teaching in London and Birmingham.

All are welcome –

- Those who wish to experience Krav Maga for the first time,
- Those who have an idea of it from other federations, and
- Those from other schools who would like to build a community of practitioners dedicated to authentic Krav Maga and to its principles of Efficiency, Speed, Simplicity and Control.

For registration and further details, email masterclass@fekm-uk.com

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■ SIMON
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London Team
IWC-KM 2013

