


# TAKANON Macabi

## Tikvat Majar

-----Yehuda-----





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Ken Jewish Community.

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## Welcome janijim and janijot!

I am Daniel,  
a janij like you,



and I am Abi, his madrija.



We are delighted that you are opening this Takanon, which is made for you to get to know our Tnua better: Maccabi Tikvat Majar

Let's see together everything that shapes us: how we dress, what ideas we learn and what rituals we observe .

Being in Yehuda means you are already halfway on your janij or janija path! This means that you learned many things in Shijva Yonathan and that a few years from now you will become one of the older kids in the Tnua, going to Shijva Shimon.

You are at a very important stage: help us make of Ken's Saturdays the best possible, so together we can meet Maccabi's goals.

Are you ready?

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# 1

# Maccabiut

Maccabiut is everything that gives us a  
Maccabean identity, for example:  
The words we use,

The figures we admire,  
The rituals we perform,

The mottos we follow  
The Maccabee laws that we seek to obey,

Our promise  
Our uniform and patches.

Learning about our Maccabiut is very important  
so that every Saturday we bring it to life. In the  
following pages we will learn about each of the  
previous elements.



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## Concepts

### Tnua

Youth movement where children and young people get together to play and learn.

### Kvutza (Kvutzot)

It is the group of boys and girls who get together every week to carry out the Maccabi activities.

Every kvutza has its own madrijim and madrijot, as well as a name that represents them.

what is the name of your madrijim and your kvutza?



## **Shijva (Shjavot)**

It is the group of several Kvutzot of the Tnua. Our movement has 5 Shjavot:

Those from Mini Maccabi are called Eleazar and Yojanan.

Those from the 1st to 3rd grade are called Yonathan.

Those from the 4th to 6th grade are called Yehuda.

Those from the 7th to 9th grade are called Shimon.

## **Peula**

The games that madrijim and madrijot play with us to teach us a message. At the end we sit down in the Sikum and talk about what we learned.

## **Klal**

These are the activities that more than one kvutza do at the same time. They allow us to meet janijim and janijot from other groups.

## **Keff**

It is the time to play sports, dance or talk.

## **Miznon**

It is the time when we eat during the day and enjoy Mexican candy or the traditional nachos with corn kernels.



## Takanon

It is this book, where everything we need to know about the Tnua and Maccabi is written.



## Mifkad

It is when the Kvutzot of your Shijva gather together to receive important information and start the day. Also when the entire Tnua gather together to sing the anthems and say bid farewell to the incredible day of activities.



# 3

## Members of the Tnua

### Janij and Janija (Janijim and Janijot)

It is you and me: those who receive games and activities from a Madrij or Madrija. You are a Janij or Janija since you attend Mini Maccabi until you move to tenth grade.

### Madrij and Madrija (Madrijim and Madrijot)

It is the person who takes care and teaches us, who makes sure we play together in the Kvutza and learn a lot of things.



### Rosh and Roshit

It is a leader of the Tnua who organizes many things so that we can have a great day!. There are different types of Roshim and Rashot. All the Roshim together make up the Mazkirut.

### Sheliaj and Shlija

It is the person in charge of guiding the Mazkirut, as well as checking that the activities are successful and help those who need something.

# 4

## Meaning of the word “Maccabi”

The word Maccabi has three meanings:

### Makebet

It means hammer in Hebrew. It is also Yehuda's nickname because he was as strong as a hammer.



### Matitiah Cohen Ben Yohanan

That is how the father of the Maccabees was called, and if we take the first letter of each word, we form the word: MACCABI.



### Mi Camoja Baelim Adon.ai

This means “Who like you among all the Gods.” That is what the Maccabee's father screamed to encourage his children when they were fighting for their life. If we take the first letter of each word, we form the word MACCABI.



# 5

## The Maccabees

Do you remember when you play with the sevivon, eat sufganiot and light the Hanukiah at home? The Maccabees are the heroes of Hanukkah's story.

There was a major war and the five Maccabee brothers together with their father went out to defend themselves and the Jewish people.

Let's get to know them!

Matitahu Cohen Ben Yohanan

Shimón Ben Matitahu

Eleazar Ben Matitahu

Yehuda Ben Matitahu

Yohanan Ben Matitahu

Had you realized that the names of the shjavot are the names of the maccabee brothers?



# 6

## The 10 Maccabee Laws

The Maccabee Laws guide us to behave in the best possible way and be an example for others:

The Maccabee Javer:

1. Is sincere and takes their word for it.
2. Is faithful to their people, homeland and language.
3. Is useful to society and helps others.
4. Is the brother of every Maccabee and friend of every person.
5. Is kind and polite.
6. Appreciates all living things and all things that grow: cares for them and defends them.
7. Has order, discipline and punctuality.
8. Is thrifty but not miser.
9. Is joyful, brave and optimistic.
10. Wishes to renew and create, loves work and values the effort of others.

# 7

## Mottos

A motto is a phrase that is important to a group, in this case, Maccabi.  
The mottos of the Tnua are:

"HEALTHY MIND  
IN A HEALTHY BODY"

It means that you have to take care of both your body and your mind. Just like we take care of our body when we brush our teeth and exercise, we also exercise our mind when we learn new things.



"BE PREPARED, ALWAYS PERPARED"

This motto refers to always being ready to help or do what is needed.

# 8

## Salute

The salute is called Kavod Ten, and it is made as shown in the picture:

- Right index, middle, and ring fingers straightened up.
- The palm of the hand to the front.
- Thumb holding down the little finger.

We salute when we sing the anthem, say the promise and salute the flag of the Tnua. Only those who have Aniva salute.



### Meaning of Kavod Ten

The 3 straightened up fingers mean: Homeland, God and Home. The thumb holding down the little finger represents the bigger ones protecting the little ones, referring to how Javerim should protect each other.

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## Maccabee Promise

We say the promise when we are given the Aniva for the first time; when we say it, we salute.

"I faithfully promise, in receiving my Aniva, to fulfill the ideals of Maccabi Tikvat Majar, to be a good Jew, to love my family, my people and the state of Israel."



# Anthems

An anthem is a song that represents a country or a group of people.

In Maccabi we sing two anthems: the Maccabi anthem and the anthem of Israel.

The Maccabi anthem reminds us that we are all part of the same thing and that we are strong and united.

The anthem of Israel reminds us that our country Israel is always our second home no matter where we live.

Learn the anthems so you can sing them.

## Phonetics of the Maccabi anthem lyrics

Hamacabim Hen Po Kulanu,  
Ze Hagdud Sagui Mikbar.  
Po Niljamnu, Po Nitzajnu,  
Po Kojeinu Od Igbar!

Amud Haesh Yelej Lefaneinu,  
Ve'derej Joshej Yair, Yazir.  
Amud Anaan Meajoreinu,  
Panu Derej Macabim! (Hamacabim!)  
Amud Anaan Meajoreinu,  
Panu Derej Macabim! (¡Hamacabim!)







## What does the Maccabi anthem mean?

We are all Maccabees  
An always powerful battalion  
Here we fight, here we defeat  
Here our strength will still grow  
The column of fire precedes us  
Lighting up the dark path  
The column of cloud follows us  
We come in the path of the Maccabees



## Anthem of Israel

### Phonetics of the Israel Anthem lyrics in Hebrew

Kol od balevav p'nimah	כל עוד בלבב פְּנִימָה
Nefesh Yehudi homiyah	לכל דוֹעַ לְ
Ulfa'atey mizrach kadimah	הַיְמִינָה יְדוּהָ שֶׁפֶּנֶן
Ayin l'tzion tzofiyah	הַמִּיֶּדֶק חֲרֻמָּה יִתְאַפְּלוּ
Od lo avdah tikvatenu	הַיְפּוּצַ וְיִצֵּל וְיַעַ
Hatikvah bat shnot alpayim	וְנִתְקַת הַדְּבָאָ אֶל דוֹעַ
L'hiyot am chofshi b'artzenu	מִיִּפְלֵא תוֹנֵשׁ תַּב הַקְּתָה
Eretz Tzion v'Yerushalayim	וְנִצְרָאָב יִשְׁפַח מַע תוֹיְהָל
	מִיִּלְשׁוּרֵינוּ וְיִצֵּר צָרָא

### What does the anthem of Israel mean?

As long as in the heart within  
The Jewish soul yearns,  
And toward the Eastern edges, onward  
An eye gazes toward Zion.

Our hope is not yet lost,  
The hope that is two thousand years old,  
To be a free nation in our land:  
The land of Zion and Jerusalem.

# Flags

A flag is like a drawing representing a country or a group.

In Maccabi you will see them when you are in the Mifkad with everyone else: there will be the flag of Israel, the Maccabi flag and the flag of every Shijva.

Let's take a look at each of them:

## Macabi Tikvat Majar

In the center of the flag: the symbol of Maccabi World Union

Red flames: represent the Menorah

The blue and white: the State of Israel

The red of the flames: represents the strength



## Israel

Blue and white stripes: Talit

Star: Maguen David



## Yonathan

The sun rising behind the mountains: a new beginning, that is, the small Yonathan janij/a begins the journey within the Tnua.



## Yehuda

The sun halfway behind the mountains: symbolizes the moment when the Janijim/ot of Yehuda are right halfway of their journey as Janijim/ot.



## Shimon

The full sun above the mountains: symbolizes the last stage as Janijim/ot, when they are already fully formed.



Have you noticed that the flags of the shjavot are exactly like  
the patches of shijva on your tilboshet? Also the one from  
Maccabi Tikvat Majar!



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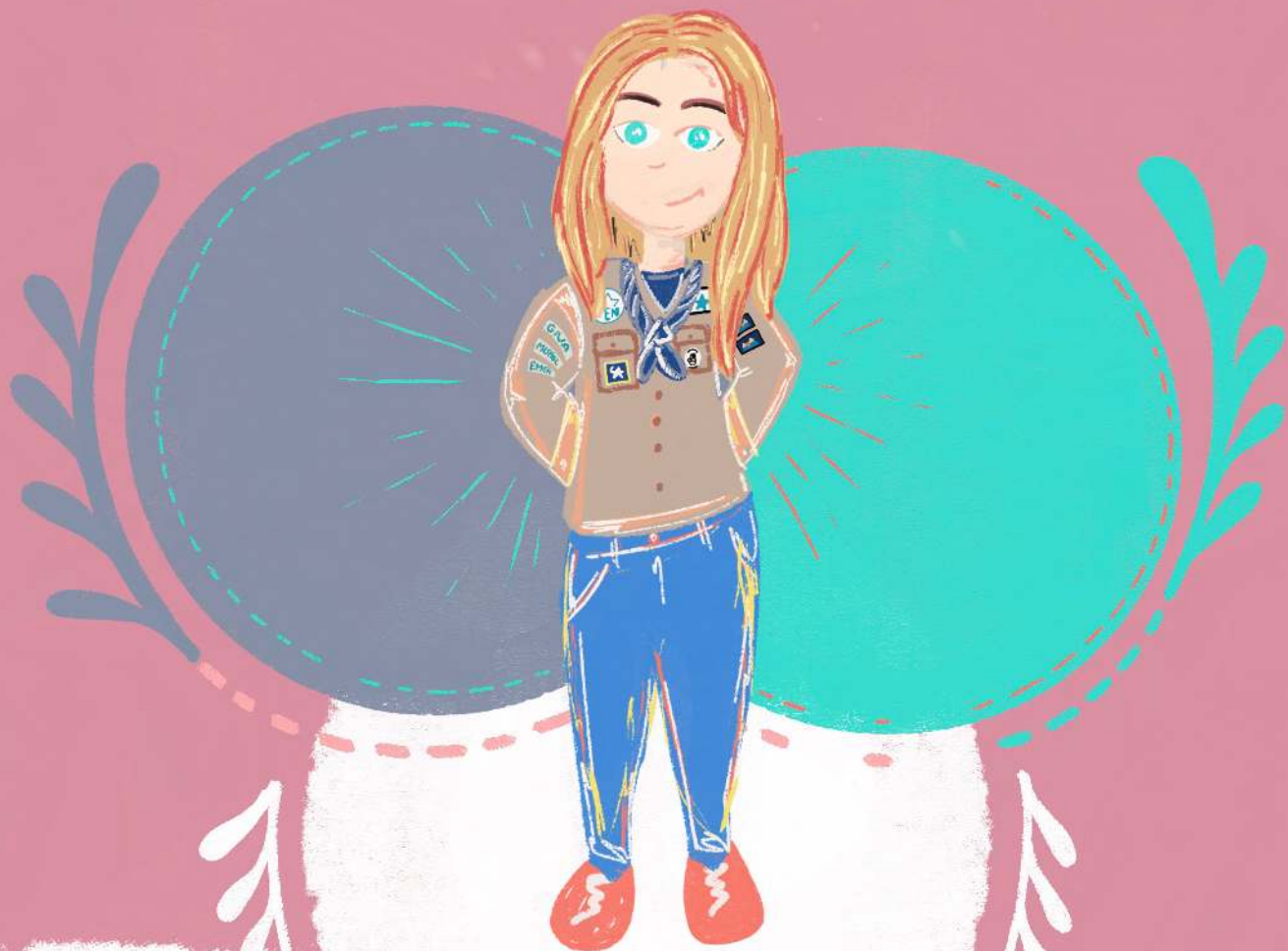
# Uniform

Tilboshet in Hebrew means uniform and the one we use in Maccabi Tikvat Majar is khaki (brownish) to remind us of Israel's Defense Army.

You must wear the uniform on the Mifkadim, as well as for every important activity of the Tnua.

The uniform makes us all look the same and stay together.

We will sew on the uniform all the patches we get until it is complete. Many of our patches are just like the flags you just saw: we wear the Maccabi Tikvat Majar and the Shijva one, which are the same as the flag.



# Patches

## Macabi Tikvat Majar

Represents union of the Tnua and it looks the same as our flag. Everyone who is a part of Maccabi Tikvat Majar has it.



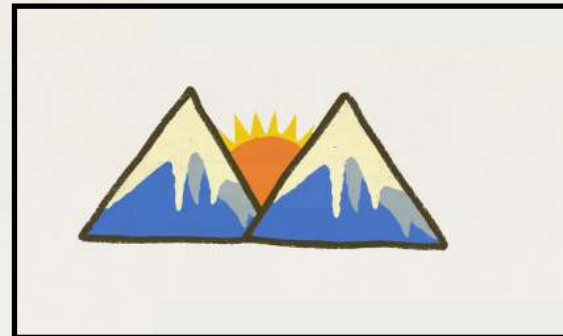
## Promise

It represents the promise of Maccabi Tikvat Majar and shows that we understand the ideals of the Tnua. Only those who have received Aniva have it.



## Shjavot: Yonathan, Yehuda and Shimon.

It represents the union among all members of the Shijva. Every time you go to a new Shijva you get a new patch.



## Emek, Mishol and Giva.

Each of these patches represents a stage of knowledge about the Tnua.

### Emek

Emek is the first stage, and in order to have it you have to know:

What is the name of the Tnua

How the Flag of Maccabi Tikvat Major looks like

Why we use Tilboshet and how it looks like

- + Who are the Maccabee brothers?
- + The anthem of the Tnua
- + What the Aniva symbolizes
- + How to salute
- + The promise by heart



### Mishol

Mishol is the second stage. You must know:

- + All the knowledge necessary for Emek
- + What are the meanings of Maccabi
- + The mottos
- + The 10 Maccabee Laws
- + The anthem of Israel
- + Meaning of the patches
- + History of Hanukkah



### Giva

Giva is the third and final stage of knowledge, where you need to know:

- + All the knowledge necessary for Emek
- + All the knowledge necessary for Mishol
- + Organizational chart of Maccabi Tikvat Major
- + Origins of Maccabi
- + History of Maccabi Tikvat Major
- + Have participated in at least 2 camps



## Location of patches in the tilboshet

### Right sleeve (bottom to top):

Emek, Mishol, Giva

### Left sleeve (bottom to top):

Yonathan, Yehuda, Shimón, Madrij/a, Rosh/Roshit

### Right pocket:

Macabi Tikvat Majar

### Left pocket:

Promise





# Anivá

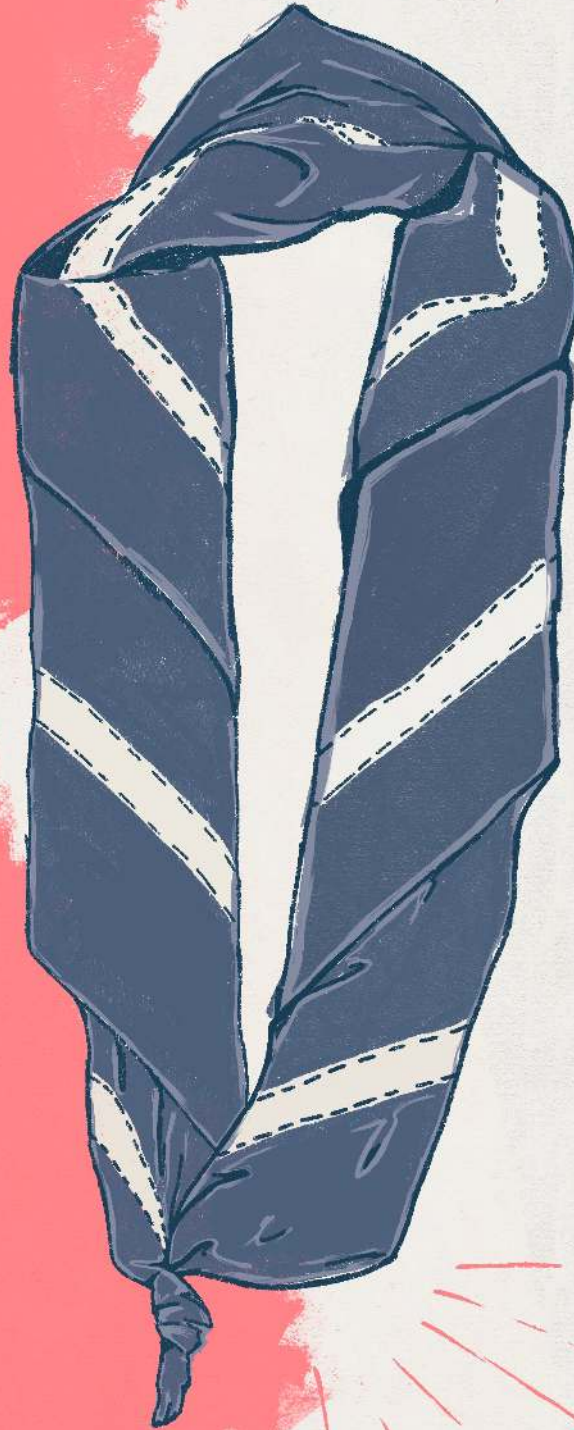
The Aniva is a blue, triangle-shaped piece of cloth with a white line.

We wear it around our necks, folded five times and with a knot at the tip.

The five folds represent the five Maccabean brothers and the knot symbolizes the union of all the Maccabim of the world.

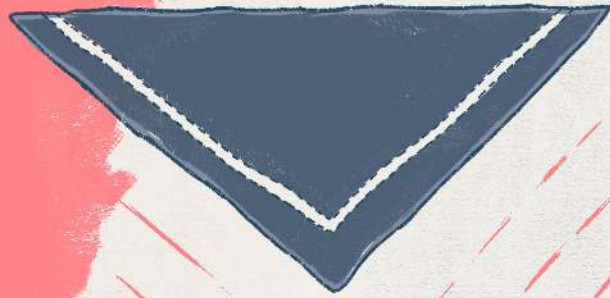
The colors of the Aniva (white and blue) also represent the flag of Israel.

Finally, the tip in the back represents Matitahu Cohen Ben Yohanan, the father of the Maccabees.



# How to fold your Aniva?

1. Lay it out



2. Fold it five times



3. Tie a knot in the bottom



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# History of the Maccabees and Hanukkah

The story of the Maccabees is very important for us because it reminds us to keep our traditions alive and fight for who we are.



Imagine that hundreds of years ago a new king arrived where the Jews lived and began to forbid them to celebrate the Shabbat and hold Jewish customs. Those who were found practicing a Jewish ceremony like the Bar Mitzvah or lighting Shabbat candles were killed.

The enemies of the Jewish people had destroyed the Great Temple, the Beith Hamidkash, and had stolen all the gold and holy objects that were inside.

The Jews began to hide to continue with their religion and keep their traditions and customs alive.

Then Matitiahu, together with his five sons, Yehuda, Yonathan, Eleazar, Shimon and Yojanan, started fighting against the enemies to defend themselves. Thus, they became the Maccabees.

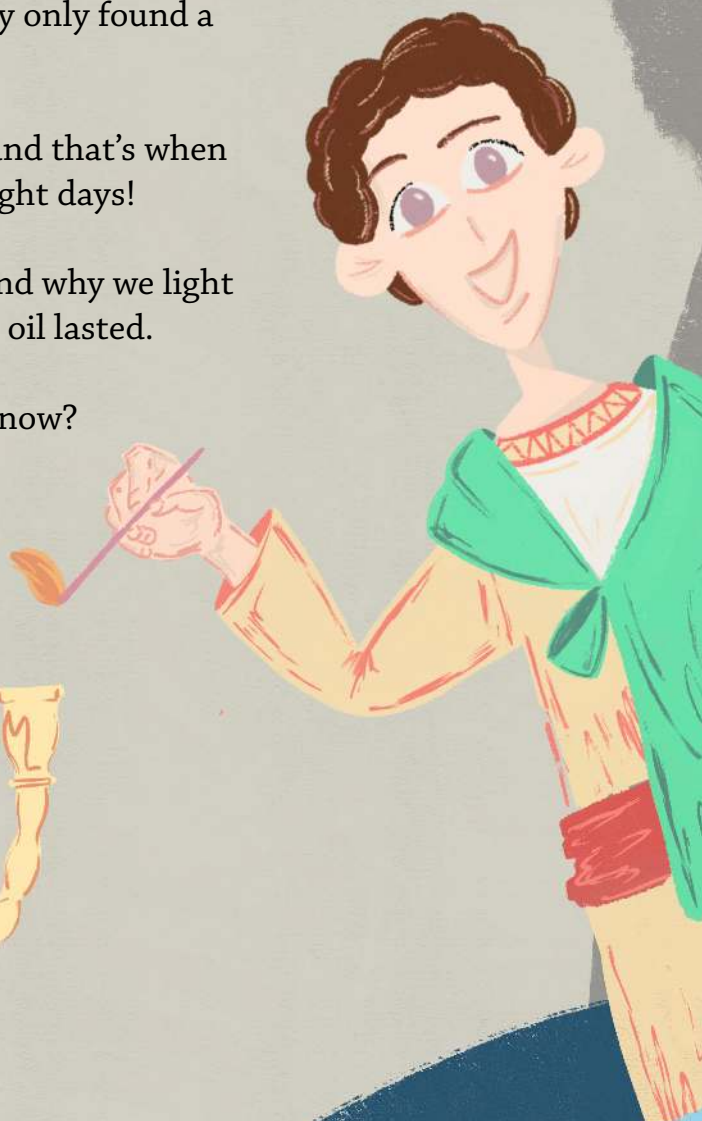
After defeating the enemies, the Jewish people returned to clean the Great Temple, the Beit Hamikdash, which had been destroyed by the enemies.

The Jewish people needed to light the menorah, which was the only valuable object left, so they searched for oil, but they only found a very small jug with a little oil.

They thought the oil was only going to last one day, and that's when Hanukkah's miracle happened: the oil lasted eight days!

That is why the Hanukkah menorah has eight arms and why we light a candle every night, to remember how long the oil lasted.

What other Hanukkah traditions do you know?



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# Origins of the Maccabean Movement

Do you know when Maccabi came into existence as a movement?

Many years ago, Jews in Europe had many problems because there were people who discriminated against them. Due to this discrimination, the Jews were not allowed to attend sport centers or to exercise. Imagine how you would feel if you weren't allowed to play soccer or volleyball just because of your religion; that would surely make you very sad and angry.

Then a great man, Max S. Nordau, created the first Maccabi sport center in Istanbul, Turkey in 1895, so that Jews could feel as everyone else and have their own space.

After the Maccabi sports centers were created, movements for young people, that is, the Tnua, began. And Maccabi grew around the world to be what it is today.

Maccabi's goal is for Jews to be proud of themselves and to get together thanks to sports, as well as to keep their culture and religion alive.

The name Maccabi was chosen by Max S. Nordau thinking of the Maccabees who, with their strength and teamwork, fought to be who they really were.

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# Muscular Judaism

Muscular Judaism is a concept created by Max S. Nordau and means having a healthy mind in a healthy body, as our motto states!

By practicing sports we can express and achieve some of our Maccabi ideals - it is also a way to stay together.



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## Maccabi in the Shoa

The Second World War was a very difficult and sad time for the Jewish people.

At that time, Maccabi was already present in Europe and in some countries in Africa and the Middle East; many young Macabim helped save the lives of European Jews.

Here we'll tell you three stories of how Maccabi members worked as a team to escape the Holocaust and found Eretz Israel.

## The Flag of Ahrensdorf

This story happened in Germany on a farm called “Ahrensdorf” where Maccabi activities were carried out.

Children went to this place to have a good time and be educated by madrijim and madrijot like yours. In a short time, the war began and the farms were forced to move to other places, but that never stopped the Macabees from continuing their activities.

The farm continued to work normally for a couple of years until they couldn't go on.

The Maccabi leaders (Roshim and Rashot), before being deported to a concentration camp, made a Mifkad where they cut the flag of their Tnua into 12 pieces and promised to keep the pieces so that they could meet again in Israel once the war was over.

We know that one of them did come to Israel with his piece of flag.

The young people who cut the flag and made the promise are an example of courage, of people that defended their lives and identity in order to take them to Israel.





# The Training Farms

During the Shoah, European Jews tried to escape to other countries.

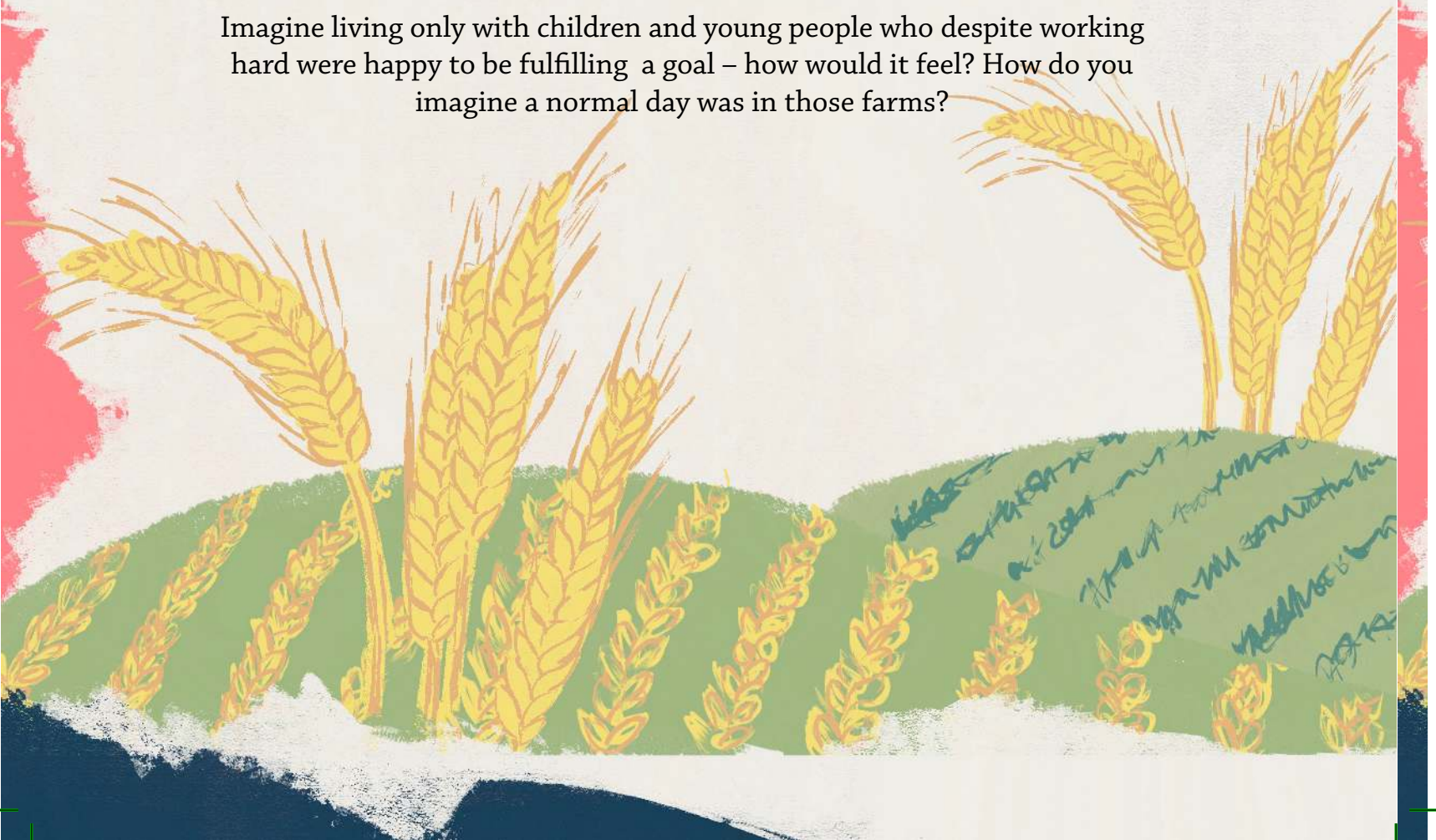
Many of them went to Eretz Israel to build and inhabit kibbutzim: these are small farms where people work as a team to harvest food and build houses.

Maccabi members created 7 kibbutzim in Israel: Kfar Ha'Maccabi, Ma'ayan Zvi, Matzuba, Kfar Rupin, Dovrat, Sdeh Nechemia, Kfar Ha 'choresh and Hasolelim.

In order to prepare themselves to live in the kibbutzim, children and young people gathered in camps where they learned to sow and harvest food. This is how young people lived from the age of 10, to the age of 25.

Life on these farms began very early to work the land. In the afternoon, they took classes about Israel and Judaism (for example, Jewish history, Torah and Hebrew) as well as peulot. In the evening, they performed theater plays and sang.

Imagine living only with children and young people who despite working hard were happy to be fulfilling a goal – how would it feel? How do you imagine a normal day was in those farms?



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# Maccabi in Concentration Camps

Eventually, most of the Jews were deported to concentration camps. Thus, many members of Maccabi were deported too.

Freddy Hirsch was one of the best remembered Maccabi members during the Holocaust, because he organized the Tnua in Birkenau.

Freddy Hirsch created a “family camp” where they played with children and young people and taught them many things to distract them from the war.



# Maccabi Tikvat Majar

## History of the Ken Jewish Community

During the 1980s, several Jewish families immigrated from Mexico to San Diego and Tijuana. They began to gather in their gardens and homes, and gradually decided that they needed to create their own space to give their children and families what they had experienced in the community they came from: a sense of belonging, activities that strengthened their bonds, and values.

They had a first home in Tijuana and then in Chula Vista with La Casita. The community created a board of directors and various activities that began to shape what would become the Ken. They continued recruiting more members and brought in a Sheliaj to help them with their goals and youth programs.

The Ken's activities continued to change constantly until in 2008, they established themselves in the facilities of the San Diego Jewish Academy, having offices and various spaces that allow them to do many activities. Since the beginning of the Ken Jewish Community, Tnuá has been one of its most important programs, but now they have several programs such as: Tinoken, Mini Macabi, Shorashim, Bat Mitzvah, Lehatjil, Chai+, Lejaim, family events, and much more.

Mission of our community: We are a non-profit organization for Latin Jews who share beliefs, values, and traditions. Through a wide variety of activities and programs (educational, social, artistic, sports, and leadership), we seek to strengthen the Jewish identity, human values, and connection with Israel of our members.

## History of the Ken Jewish Community

Many years ago, when the community was forming, children and young people gathered to have activities. At that time, there was still no Tnua as such, and there was no affiliation with Macabi.

Over the years, it began to become the youth movement it is today and was initially called Tikvat Majar, The Hope of the Future. Always with Madrijim in charge of the activities, many Janijim coming to play and have fun, and Jewish and Zionist identity as the main driver.

In 2003, along with the affiliation to Macabi Mundia, our Tnua changed its name to Macabi Tikvat Majar, maintaining our roots, but looking towards the future.



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# Chronology

1895

Max Nordau establishes the first Maccabee Club in Istanbul, Turkey.

1903

Different sports societies united to create the Gymnastic Jewish Organization.

1921

The Gymnastic Jewish Organization changed its name to Maccabi World Union.

1929

Maccabi decides to found a youth movement called Maccabi Hatzair during a congress in Czechoslovakia.

1933

Maccabi Tzair is established in Israel.

1939-1945

Beginning and end of the Second World War.

1948

Independence of Medinat Israel.

1983

Ken becomes an organization in San Diego.

# Obligations of the Janij



To be a great janij or janija you have to:

- Always listen to your Madrijim, carry out the activities and help the Madrijim when they need.
- Be friends with all the janijim and janijot who are part of the Tnua.
- Do not fight and always talk out the problems. If you need help, your Madrijim will help you talk about the problem.
- Wear your full uniform: jeans, tennis, shiva shirt, Tilvoshet with all your patches.
- Arrive every Saturday excited and happy to have a great day in Maccabi Tikvat Major!

**From now on it is your responsibility to keep the Macabiut alive!  
Good luck, and remember that you can always find me here.**



# Notes



