

# American Self Protection Attracting Area Interest

by LARRY EVERHART

American Self Protection (A.S.P.) is still a new sport and unknown by many. But it is catching on very quickly in the northwest suburbs.

To the novice, A.S.P. is similar to karate or judo. It is a contest between two contestants which combines physical techniques of these ancient activities, plus boxing and wrestling. There are many variations and categories which

can be confusing to the unknowing.

Several youths in the area, especially in Hoffman Estates and Addison, are becoming proficient in A.S.P. They provided an interesting and enlightening exhibition for hundreds of spectators recently at the state YMCA championships at the state YMCA held at the Northwest Suburban Y.

There was a big turnout for the meet, which lasted all day. At any one time,

the gym at the Northwest Y was filled with a capacity of about 300, with onlookers coming and going. There were over 70 contestants in a 11, with three events being held at one time throughout the meet.

This was the first official A.S.P. state tourney ever held, since A.S.P. is now an official YMCA activity as a result of a

recent vote. Chicago-area youngsters dominated the meet, with Hoffman Estates and Addison being well-represented.

A branch of A.S.P. in Hoffman Estates is run by Ray and Carol Blotzeaux, 158 Des Plaines Lane, Hoffman, and instruction is also offered at the Northwest Suburban Y, by Wally Barber of 1230 Somerset, Schaumburg.

Five area contestants placed in two different events each.

Jim Rizza of Addison was champion of the Brown Belt division of Comsek I for over 15 as well as third in the Brown Belt division in technical sparring.

Steve Thomas of Hoffman Estates was second in the event Rizza won and was champion in the Brown Belt division of technical sparring.

Carol Blotzeaux of Hoffman Estates was second in the Black Belt division in

Comsek I for over 15 and third in Comsek II. Carol also won a special trophy for the best style among all women.

Tony Recchia of Hoffman Estates placed in three different events — third in Brown Belt for 15 and under in technical sparring, second in kick boxing for over 15 and second in lightweight grappling.

Other area winners were: Linda Patisino of Hoffman Estates (Comsek I, Red Belt Division, 15 and under, first place), Garry Eddy of Hoffman Estates (Comsek I, Red Belt, 15 and under, second), John Barr Jr. of Addison (Comsek I, Brown Belt, 15 and under, second), Harry Skoglund of Roselle (Men's technical sparring, Red Belt, second), Toni Skoglund of Roselle (Women's technical sparring, second), and Tony Taxi of Hoffman Estates (Kick boxing, over 15, first place).

Comsek is a combination of techniques in kicking and striking. This is divided into Comsek I and II, with II being more

advanced.

Kick boxing is like karate, except boxing gloves are used with a moving instead of stationary target. To avoid injuries, 16-pound gloves and pads are used. A participant is not allowed to hit higher than the chest with his foot but can hit his opponent anywhere on the body with hand.

Grappling is a combination of wrestling and judo. As in wrestling, certain mat techniques are used, but a pin does not end the match. Each match lasts two minutes with certain point totals awarded for certain positions.

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