



Dundalk Community College

September 28, 1988

*study VCR/VHS
11/01/88
✓
mention of aerobics*

Dr. Evan S. Baltazzi
Technical Director
American Self-Protection Association
825 Greengate Oval
Northfield, OH 44067

Dear Dr. Baltazzi:

~~I have examined your ASP Program and find it outstanding.~~
~~I admire your pedagogical approach.~~ Many people have an understanding and even a technical mastery of certain martial arts, however, very few have integrated basic principles into a coherent system.

I have found only one other instructor/writer who has approached such a comprehensive understanding of a movement art. That person is Dr. Lester Ingber, a physicist by training, and a seventh degree black belt in Shotokan Karate. I waded through 250 books at least, until I found his approach!

I am currently settling into a new job description at a very fine small community here in Baltimore. I now train as a luxury, for catharsis, and of course somatic and intellectual insight! Hopefully, I will be able to teach myself your ASP Self-Defense Program and apply it, perhaps by next semester.

In view of this, I would like to order your videotape which I understand includes all techniques for first degree black belt ASP, in addition to grappling and stick fighting. I am enclosing a personal check for \$35.00 to cover the cost of the tape, plus shipping and handling.

Incidentally, I am also a practitioner of Tai Chi Chuan particularly, for the relaxation benefits, but also because it is an integrative martial arts approach. I have often thought that it would be an excellent therapeutic exercise for senior populations and for recovering cardiac patients of any age. I have often thought, as well, that stick or cane techniques as self defense might be a way of marrying needed self defense for the senior population with a not too strenuous martial workout. If you have any thoughts about this, I would welcome your suggestions. All the best to you.

Sincerely,

Dr. Richard Stull
Division Chairperson, Health and Life Fitness
Dundalk Community College

Enclosure