

# American Self-Protection

(Self-defence takes a new turn, becomes a new sport, produces a new book.)

American Self-Protection (A.S.P.) is a new YMCA sport and fighting art developed at the West Suburban YMCA Department of Metropolitan Chicago, La Grange, Illinois, by Dr. Evan S. Baltazzi.

Dr. Baltazzi, who has contributed several articles to this Journal, developed A.S.P. along a radically new approach according to the following guidelines:

1) Use of a minimum versatile elements of motion, which by repetition become conditioned reflexes.

2) Use of techniques which condition the student to act and react according to general principles—rather than to individual situations. In this respect the learning and retention yields are considerably higher. The A.S.P. approach to combative sports and arts, as contrasted with the traditional approach, can be compared to the new mathematics versus the old. The difference is not so much in content, but more in systematic organization and treatment of the subject matter.

3) A.S.P. is geared to offer to a broad cross-section of the population something for their tastes and needs.

Grappling and kickboxing purposely have been left outside the promotional program. The housewife as well as the fighter can progress and find something worthwhile for their taste and needs and receive recognition in doing so. Those who are interested in grappling and kickboxing practice these skills in special classes.

Exemplifying this, A.S.P. offers five types of competition:

- Basic technical (up to 1° Black Belt)—contact/non-resistance
- Advanced technical (2° Black Belt and up)—advanced contact/non-resistance
- Comsek (all ranks)—non-contact; for developing balance and coordination
- Kickboxing (all ranks)—contact at a distance
- Grappling (all ranks)—contact at close quarters

4) A.S.P. aims at an integral approach. We do not believe that all situations can be handled indiscriminately with PUNCHES and KICKS alone, with JOINT TWISTING alone, or with THROWS alone to the exclusion of other techniques. Each situation must be handled with the simplest and

most appropriate motions. In the basic system we achieve this integral approach in a simple, yet effective way, accessible to everyone in good health who is willing to exert himself moderately.

5) A.S.P. offers a practical way to keep the BODY-MIND relationship in good order.

THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS  
WASHINGTON, D.C. 20540  
May 27, 1968

Dear Dr. Baltazzi:

I have just finished reading your article in the March/April issue of "Journal of Physical Education." I am personally interested in A.S.P. and would appreciate more information on it. If pamphlets and descriptive materials are available, it would be of great help to me.

Sincerely yours,

*W. W. Williams*  
W. W. Williams



YOUNG MEN'S CHRISTIAN ASSOCIATION  
215 NORTH OTTAWA STREET • JOLIET, ILLINOIS 60431 • PHONE 728-6381  
NOVEMBER 6, 1972

Dear Dr. Baltazzi:

OUR ASP PROGRAM IS GOING STRONG. WE FIND IT TO BE A MOST HELPFUL FOR TODAY'S SOCIETY ON THE NEED TO PROTECT ONESELF. CONGRATULATIONS ON THE PUBLICATION OF A TEXT BOOK ON ASP. WE ARE LOOKING FORWARD TO USING IT WITH OUR PROGRAM.



West Suburban YMCA  
of the YMCA of Metropolitan Chicago  
31 East Ogden Avenue, LaGrange, Illinois 60525  
(312) 642-7800  
November 30, 1972

American Self Protection has been going strong at West Suburban YMCA since its inception many years ago. We have worked closely with Dr. Baltazzi and have seen our program and Dr. Baltazzi's book grow. We wish to express our appreciation for the future with his book and program. Our students will all be the book to our students.

Sincerely,

*Robert W. Freeman*

ROBERT W. FREEMAN  
ASSISTANT

YOUNG MEN'S CHRISTIAN ASSOCIATION  
TRI-COMMUNITY  
SOUTHBRIDGE, MASSACHUSETTS 01550  
November 29, 1972

I am writing on behalf of Dr. Evan Baltazzi to give my full support of his A.S.P. Program and book.

While I was Metropolitan Physical Education Co-ordinator in Chicago, Dr. Baltazzi conducted many of his programs in our Chicago Y.M.C.A.'s with a great deal of success.

His is a unique contribution in that he combines self-defense tactics and the sport approach of the martial arts which is attractive to our Y.M.C.A. members.

I urge you to give this program all the support possible through the Journal of Physical Education.

Sincerely yours,

*Robert W. Freeman*  
Robert W. Freeman, Program Director



West Suburban YMCA  
of the YMCA of Metropolitan Chicago  
211 West First Street, Elmhurst, Illinois 60120  
(312) 764-9208

November 11, 1972

Thank you for your letter of November 11 informing that ASP has made recently.

Having seen ASP grow from an idea to reality has been gratifying for all of us that have known you through the years.

Your concern for the YMCA during the years you have been ASP in the Chicago area made for a more concerned leadership.

It was a privilege for me to be associated with you and your staff. I know that you were always on the highest level of performance.

Wishing you continued progress and success in the future.

Sincerely,

*Don Dea*

Don Dea  
Executive Director

WILLIAM J. JACOBSON  
of Metropolitan Madison  
1100 WASHINGTON AVENUE, MADISON, WISCONSIN 53703

December 21, 1972

Dear Dr. Baltazzi:  
We have been using your system of teaching self-defense in the Central Branch of the Madison YMCA for over a year. This period many of our members and others using YMCA have taken your course of self-defense instruction and all are satisfied with the results.

The Central Branch of the Madison YMCA is pleased to offer such a program and hopes to continue providing service in the future.

Sincerely,

*Frank Stucc*

FRANK STUCC  
Physical Director

YOUNG MEN'S CHRISTIAN ASSOCIATION  
INCORPORATED  
1000 SHERWOOD LANE • JACKSONVILLE, ILLINOIS 62230  
TELEPHONE 217-243-2141

DONALD F. HARDESTY  
Executive Director

November 7, 1972

extremely beneficial. Especially for those who are not always recruited as "exercisers" but who are most pleased to hear that he has finally found a program. This program is tremendous and a fine aid to many YMCA's throughout the country.

I have personally ordered several books for use by our Jacksonville branch with hopes that this might help our Judo seems to prosper.

Sincerely,

*Don F. Hardesty*  
Don F. Hardesty  
Executive Director