

A.S.P. PRESENTATION NOTES

**by Evan S. Baltazzi
Summer 2003**

My introduction will be brief. At the end of the demo I'll be available to answer questions.

A.S.P. or American Self-Protection is a system and method applicable to all combative skills. I have demonstrated this in my books on standing fighting, grappling, kickboxing, stickfighting and more recently taichi.

A.S.P. IS NOT ANOTHER STYLE

A.S.P. aims at 1) greatly accelerated learning, 2) enhancing retention of what was learned, 3) imparting holistic well-rounded knowledge, including psychosomatic exercises; hence we call it self protection and not self-defense, and 4) safe practice.

The above is achieved 1) With the systematic use of the five principles common to ALL combative skills whether one fires a naval gun, an atom bomb or uses his bare fists. 2) Appropriate selection of elements of motion (kinesiological elements) that are simple and can be used in the greatest variety of situations so that they become conditioned reflexes, or second nature. 3) Free sparring. 4) Competition.

It took me 12 years to develop the basic concept and program for the first degree Black Belt A.S.P. Individual techniques taken out of context are not A.S.P. and do not demonstrate its method and system. Only their progression does within the proper context. We have several Black Belts in other martial arts in A.S.P. They realize that their knowledge fits in at the appropriate slot. Physical educators here and abroad have recognized the value of the A.S.P. method and system, including the Administrators of the President's Council on Physical Fitness under President's Johnson and Bush Sr.

I have competed in France and England. During my study at Oxford I was the captain of the Oxford U. Judo team 'S2-'S4. I lead it to successive victories against Cambridge and as a result Judo was recognized for the first time as a major Varsity sport and we were awarded the colors. When Judo became an Olympic sport after the Tokyo Olympics (1964) I have served on U.S. Olympic Judo Committee for two Olympiads, Mexico City (1968) and Munich (1972) as well as on several other governing bodies.

I'll answer any questions at the end of the demo.

We will start with leading rolls, an exercise aimed at teaching the A.S.P. student to blend his motions with those of his attacker.