

WORLD OF ASP



American Self Protection Association, Inc.

A not-for-profit Corporation of Illinois

825 Greengate Oval
Sagamore Hills, OH 44067-2311

American Self-Protection Association, Inc. Newsletter

Dr. Evan S. Baltazzi, DSc (Paris), DPhil. (Oxon.)
President and Technical Director

March 1992 Vol 18, No 1

Gary A. Cook, Editor
Nellie D. Baltazzi, Assitant Editor

SPECIAL ANNOUNCEMENT

The book on the A.S.P. system, which comprises all the programs up to and including the tenth degree black belt A.S.P. is available now. It is a hardbound Deluxe Edition of 334 pages abundantly illustrated. Price: US \$29.95, plus \$3.55 for UPS shipping and handling (in the US). Total cost by mail is \$33.50. Volume discounts available.

Send orders with payment by check or M.O. made out to: Dr. Evan S. Baltazzi, 825 Greengate Oval Sagamore Hills, OH 44067-2311. Ohio residents add \$1.72 tax. Please do not send cash in the mail.

SPECIAL SEMINARS

Evan Baltazzi led a workshop on A.S.P. for the blind during the WINTER SPORTS RETREAT at Punderson Park, OH, which was sponsored by the SKI FOR LIGHT organization. Participants were impressed by the A.S.P. techniques they learned and will explore the possibility of a permanent group for continuing training. Evan, Nellie, and James Baltazzi are volunteers with the Cuyahoga Valley National Recreation Area, one of the sponsors of the retreat.

CHICAGO, USA

The Chicago group met for advanced training at Sagamore Hills, OH during the February 28 week-end. A special approach to training in throwing combinations was demonstrated by E. Baltazzi and improved introductory courses for children and adults developed for the classes taught at Hudson, OH, were outlined and explained.

AROUND THE WORLD

Kees Tempel, BB VI, A.S.P.A., Inc., director-at-large and our European representative, reports a successful A.S.P. class of forty people, and the initiation of a class for seniors at his sports school, the largest in Eindhoven, The Netherlands. An eulogious article on A.S.P. appeared in a major Dutch newspaper. Kees is in the process of translating it. More about this in our next issue.

Michiel Menting, who is a martial arts and police tactics instructor at the police headquarters in Haarlem, The Netherlands, has initiated an A.S.P. class attended by 30 police officers.

American Self-Protection Association, Inc. Newsletter

AROUND THE WORLD, Continued

Four students of our S-E Asia representative, Harvinder Kumar, trained in A.S.P. kickboxing, took part in the All-India karate tournament and won one gold and two bronze medals. Unfortunately, Harvinder is still experiencing difficulties in obtaining a visitor's visa for the U.S. and further training in A.S.P.

NEW NEWS

Congratulations to Karen and Roger P. Byrnes of our Illinois Chapter, who are expecting their first child. Roger is a BB II A.S.P.

Dr. Baltazzi was interviewed on A.S.P. by Brian Donnelly of KTUC, Tucson, AZ. His interview on the same subject by Norma Downs of TV-9 will be aired locally in the fall.

RECENT PROMOTIONS to Brown and Black Belt ranks (alphabetical order)

To Brown Belt I: Ana, Maria and Zrinka Ivkovic
TO BB II: James Baltazzi, Gary Cook and Nick Mandato
TO BB III: Tim Macdonnell
To BB VI: Michiel Menting, (Haarlem, The Netherlands) Mark Reffner, (Chicago) and Kees Tempel (Eindhoven, The Netherlands).

REMINDER

A.S.P. annual membership dues are now due. They are still \$10.00 for undergraduates, \$20.00 for Black Belts, and \$100.00 for life membership. Please pay promptly. Make checks and money orders payable to: American Self-Protection Association, Inc. and mail these to our Treasurer, Mr. Mark Reffner, 3201 S. Wenonah Ave., Berwyn, IL 60402. Please DO NOT send cash in the mail. Thank you.

PHILOSOPHY, RELIGION, AND A.S.P. PHILOSOPHY. by E. S. Baltazzi

Over the years, many A.S.P. students impressed by the various teachings of the "martial arts" linking attitudes and behavior with their practice, have asked me about the philosophy of A.S.P. Not of course from the technical and didactic standpoints, but from the standpoint of mental attitudes and life outlook. The term philosophy derives from the greek and actually means love of wisdom, although it is not always used in that sense.

Some of the better known "martial arts", as well as disciplines such as the hatha-yoga, preach attitudes and lifestyle elements that relate to oriental religions such as Hinduism, Buddhism, Confucianism, and Taoism. There is nothing wrong with that and, in fact, some such elements may be of great value when properly applied in the right context. Unfortunately, many among their proponents in this country are often guided by monetary gain and little else and are not above misrepresentation.

Let us start with hatha yoga, which affords a very good example. Few among the people practicing it are aware that it is only a preliminary conditioning yoga for controlling one's body and mind, so as to better search for God. In the hindu tradition there are four paths to God, four yokes, or yogas, adapted to the needs of four different types of people: JNANA (knowledge) YOGA, for mostly intellectual people, BAKHTI (love) YOGA, for mostly emotional people, KARMA (work) YOGA, for mostly active people, and RAJA (royal) YOGA, for people inclined toward psychological experimentation. It is quite clear that hatha yoga is part and parcel of the hindu religion.

Similarly, practices postures, and attitudes of the Chinese and Japanese arts relate to Zen Buddhism, Confucianism, and Taoism, all of which are philosophical systems turned into religions. Over many years of exposure to these arts, I have invariably noticed that their exponents talk a good game so long as they are on top. Yet, when they are facing real competition and are in jeopardy to be displaced, all their fine theories and philosophies go by the board and they behave no better, and often much worse, than their occidental counterparts who are not involved in similar philosophical speculations. "By their fruits ye shall know them."

In A.S.P. we believe that religion and religious practices are strictly individual concerns, and proselytizing is best left to professional religious exponents. Yet, self-protection must deal with mental attitudes and life outlook.

Our motto, "TENACITY WITHOUT ANXIETY", is much more than a simple behavioral recommendation. First of all, it is well-known that gifted people without tenacity or "staying power," achieve often considerably

American Self-Protection Association, Inc. Newsletter

less than less gifted people who are endowed with it. Yet, tenacity is not enough, because when fraught with anxiety, it becomes a source of inner turmoil, strain (misnamed stress) and strain is a proven killer. Also, happiness is best described as inner peace, peace with oneself and with the world. No one ever achieves such ideal state, yet we can all strive towards it.

Each one of us is endowed with his particular physique and nature and it is up to him to get the most he can out of these gifts. Slogans such as "nothing is impossible" and "each one of us is responsible for his fate" are inane and betray the intellectual shallowness of those who preach them. Impossibility and achievement always relate to the corresponding consequences. If you are five feet tall it is impossible to become seven feet and yet stay alive. There is no way to avoid physical aging and death. Qualities that are not apparently physical, such as a bright intellect, strong will, low or high emotional response to circumstances, are nonetheless gifts and as such they are even more important than physical ones. Let me mention in passing that many champions are not true athletes. Simply, they have been endowed with exceptional physical ability, a lot of ambition, and they are fortunate enough to find themselves in the right environment and circumstances. They hold onto physical activity so long as they are on top, but once they fall from their pedestal, as expected and natural, they abandon all physical exertion, or they monetize their experience, while reducing their physical activity to an absolutely necessary minimum. True athletes exert themselves for life, no matter what their competitive standings might be.

It follows from the above that in order for a person to go through life on an even keel and yet maximize the development of his particular gifts, he must first accept himself such as he is. Comparisons with other humans are useless and counterproductive. One's chief competitor and benchmark must be his own self. What every one of us needs is calm steadiness and continuity in his efforts to develop his gifts, not in competition with others, but with himself. When one reaches a point where he realizes his limitations, he should accept them with an open mind and with gratitude for the fact that there are others who have been less blessed than he, rather than with envy for those who are more gifted. With the passing of years, who can recapture the achievement of his youth and who in the millennia to come will remember them? Pride stems from comparisons, often erroneous, with others, while true self-esteem wells from the deep conviction of the intrinsic worth of each and every human being. Pride and humility are opposites, while humility and self-esteem complement and reinforce each other.

Life is too short. Health and inner peace are too precious to be sacrificed to the anxieties and fears of what is often mistaken for "success." Self-improvement to the limits of one's capabilities is compatible with inner peace and may be achieved with "TENACITY WITHOUT ANXIETY," which is a proven, practical, and realistic guideline.

RATIONALE FOR A.S.P. PROGRAMS AND RANKS, By E.S. Baltazzi

Because of the likelihood of A.S.P. being confused with the so-called martial arts and considered as another one of their "styles", rather than a unique method for developing motive skills relative to the combative arts, it is important that the rationale for its programs and ranks be well understood

The programs of the three first degrees of A.S.P. Black Belt ranks include all the essential motions pertaining to unarmed combative arts and sports, and are aimed at developing in the student what we call "motion management", that is control and mastery of his motions. The programs of these three ranks are the **BASIS ON WHICH ALL A.S.P. RESTS.**

A.S.P. then is concerned with more specific areas of combative skills in the order in which they usually occur. Most fights start with blows, and this area is addressed with kickboxing, A.S.P. in the Black Belt IV rank.

When punches and kicks are inconclusive, the fight often continues on the ground. We address this area with grappling A.S.P. and the Black Belt V rank program

Study of the use of the simplest of weapons, the stick, is then added for the program of the Black Belt VI, A.S.P.

The combinations of all the above constitute the program for the Black Belt VII, A.S.P. As the student progresses, techniques are being continuously refined, always using the same analytical methodology throughout the entire system. Other useful self-protective knowledge and active teaching and promotion of the system are required for the ranks of Black Belt VIII, IX, and X A.S.P.

The A.S.P. system is so conceived that a student may stop at any level and feel that he has acquired well-rounded, practically useful knowledge. Yet, one has considerable latitude for pursuing and refining area(s) of special interest to him, for which he has already a solid basis to build upon.

A.S.P. students are always encouraged to use their imagination in devising techniques and technique combinations. However, in order to avoid the pitfall of unwarranted complexity, due to the immense variety of possible motions, the promotional requirements must remain clear, straightforward and accessible to a broad cross-section of people. Additions and the use of one's creativity are very much encouraged, but **NOT REQUIRED** beyond the promotional subject matter for each rank, so as to avoid hardensome and unnecessary intricacies

It is easy to add complexity, while it is very difficult to make an inherently complicated subject simple and broadly accessible

The so-called martial arts address the trees of individual techniques, while A.S.P. addresses the forest of unifying principles and elements of motion. Thus, one achieves high yields in terms of expanded effort and high degree of retention of what he has learned, without sacrificing effectiveness of technique. On the contrary, he becomes more apt in their application.

RECENT PROMOTIONS

To Red Belt III: Tom Wayne
To Red Belt V: James Phillips, Peter Metropolitan, Mike Truxal, Dallas Wade
To Brown Belt I: Dan Schaar
To Brown Belt III: Steve Schaar
To Black Belt I: Ana, Maria, and Zrinka Ivkovic

A.S.P. GUN AND FIREARM SAFETY/CLUB

The above named club was formed under the chairmanship of James Phillips D.D.S. Membership is free for all members in good standing of A.S.P.A. Inc. Dr. Phillips has put at our disposal an ideally suitable firing range

Three meets have taken place so far, during which the following weapons were used:

.22 cal Remington rifle model 66; High Standard competition semiautomatic handgun; Ruger S.A. revolver; Calico assault rifle with 100 round magazine; Colt Ace 1911 model on 45 frame; 357 cal Ruger S.A. Army 4" barrel; Smith and Wesson 44 Magnum Ruger Super Blackhawk 10" barrel; 223 cal AK-47

Chinese with folding stock.

Every one had a great time. Participants are expected to supply their own ammo, targets and ear protection

EXCERPTS FROM AND EXTENSIVE ARTICLE WHICH APPEARED IN THE DUTCH NEWSPAPER "RINDHOVEN DAGBLAD" (300,000 circulation), by Paul Wouters, translated by Kees Tempel

PHOTO

Caption reads: Kees Tempel for the first time in his life becomes a victim. 54-year old student of A.S.P. Jan Heddeema, foils Tempel's attack and throws his adversary on the ground

Older people hardly dare to walk alone in the streets at night. With a few bucks in their pockets they are not willing to risk being stabbed in the back. Neither do they wish to be beaten up watched by bystanders who won't interfere. Ruled by a feeling of powerlessness older people stay home. The fear of becoming a victim is quite prevalent and by acting as a potential victim, you become one, says retired American professor Rvan Baltazzi

Professor Baltazzi, from Ohio, who holds a doctorate in physics from the Sorbonne, one in chemistry from Oxford, and a fifth dan in judo, has abandoned all oriental arts to develop A.S.P.

A.S.P. makes systematic use of the laws of physics and of extremely simple and versatile motions, therefore it is easy to learn, says sports school owner Kees Tempel from Eindhoven. He brought the A.S.P. system to the Netherlands recently and teaches it to the general public and especially to seniors. One of his students is 76 years old. A.S.P. imparts physical as well as mental benefits to its practitioners...

Because the patterns of motion are very simple, A.S.P. is most suitable for the general public... says Tempel. He visited Baltazzi together with Haarlem police sports-instructor Michiel Menting, who became so enthusiastic about the system, that he introduced its arrest techniques to the Haarlem police force. Because of the simple motor skills required A.S.P. lends itself well for arresting techniques (both Kees and Menting have degrees in physical education).

"I have never seen a system with so few basic movements that covers such a big field" says Menting, who is convinced that A.S.P. will become very fruitful in police work. In spite of reduced budgets, the A.S.P. training is looked upon as an important business investment by the policy makers of the Haarlem police force. Professor Baltazzi has searched for unifying principles and by using them with a selection of simple yet very versatile elements of motion (he) developed a wide variety of techniques for realistic situations

Initially Kees Tempel was sceptical... he was surprised to find out that one could develop conditioned reflexes very fast with A.S.P. while training without risk of injury... Furthermore A.S.P. pays attention to relaxation, staying calm, to breathing and physical conditioning with aerobics based on self-defense motions. A 54-year old physiotherapist and A.S.P. practitioner, Jan Heddeema (shown in photo), who specializes in human motion and exercise, says "A.S.P. seems to be aggressive, but it is not. I joined especially because of the sportive element and because learning to fall and roll with the A.S.P. method is important for older people, taking into consideration the numbers of hip fractures in this group." Heddeema also thinks that A.S.P. is very suitable as an activity in social health care, for instance, as a help for victims of street and home violence

A.S.P. is not meant primarily to injure people, that is why evasive exercises and techniques occupy a central place and are meant to place the defender outside the reach of the attack and to position him for possible retaliation... the purpose of A.S.P. is not to look for trouble, Tempel says