

# WORLD OF ASP



## American Self Protection Association, Inc.

A not-for-profit Corporation of Illinois

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American Self-Protection Association, Inc. Newsletter

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### 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 burdensome 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 expended effort and high degree of retention of what he has learned, without sacrificing effectiveness of techniques. 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 Metropulos, 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; Rugar S.A. revolver; Calico assault rifle with 100 round magazine; Colt Ace 1911 model on .45 frame; .357 cal Rugar S.A. Army 4" barrel; Smith and Wesson .44 Magnum; Rugar Super Blackhawk 10" barrel;.223 cal AK-47 Chinese with folding stock.

Everyone had a great time. Participants are expected to supply their own ammo, targets

and ear protection.

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

See Photo :

Caption reads: Kees Tempel for the first time in his life becomes a victim. 54-year old student of A.S.P. Jan Heddema, 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 Evan 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 and aikido, 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 Heddema (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." Heddema 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.



#### 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. It is a hardbound deluxe edition of 334 pages abundantly illustrated. Price \$29.95, plus \$3.55 for UPS shipping and handling (in the U.S.). Total cost by mail is \$33.50. Volume discounts available.

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