

RESULTS OF FALL TOURNAMENT sponsored by the LaGrange and Proviso YMCAs:

Red Belt Winners: Comsek 1: 1. Jim Rizza, 2. Andree Tanzi, 3. Mike Nemec--- Sparring: 1. Tony Ricchia, 2. Jim Rizza, 3. Steve Thomas.

Brown Belt Winners: Comsek 1: 1. John Barr, Jr., 2. James Baltazzi, 3. Keith Brown--- Sparring: 1. James Baltazzi, 2. Bob Rossman, 3. Keith Brown.

Black Belt Winners: Comsek 1: 1. Ray Blotteaux, 2. Carol Blotteaux 3. Gavin McQuiston--- Comsek II: Chuck Joern, Jr., 2. Tom Sobczak, 3. John T. Barr--- Sparring: 1. Mike Godzosa, 2. Jon Olafsson, 3. Howard Schultz Sparring Combinations: 1. Chuck Joern, Jr., 2. Howard Schultz, 3. Tom Sobczak--- ASP Kick Boxing: 1. Jon Olafsson, 2. Ray Blotteaux, 3. John T. Barr.

GENERAL ELECTIONS:

Were held on Dec 17 at the LaGrange Y. The same slate of officers was reelected. Directors reelected are: Wally Barber, John T. Barr, Dave Donars. New Directors: Ed Stroh, General Counsel, Dianne (Mrs Ralph) Cernohouz, Howard Schultz, Tom Sobczak, and Phil Galligan. Carol (Mrs Ray) Blotteaux was appointed Secretary in charge of the mailing list and mailings.

DUES:

Deadline for 69-70 is Jan. 31, 70. Non payment entails loss of rank and membership privileges. Depending on the case, reexamination for rank validation may be required. Mail \$ 2.00 check or money order to ASP Association, 4228 DuBois Blvd, Brookfield, Ill. 60513.

IF YOU DO NOT VALUE YOUR RANK DON'T
SEND IN YOUR DUES. SO THAT WE KNOW.

PROMOTIONS:

To 1st Degree Black Belt: Mike Godzosa, Gavin Mc Quiston, Edward B. Stroh, Phillip Galligan--- To 2nd Degree Black Belt: Charles E. Joern, Jr.--- To 3rd Degree Black Belt: John T. Barr, Wally Barber.

SEMINARS:

Black Belt I: Open to all Red Belts V and Brown Belts. On Jan 18, Febr. 1, 15, March 8, 22 --- Black Belt II: On Jan 25, Febr 8, 22, March 15, 29.--- SPECIAL ASP KICK BOXING TRAINING: Open to all seminar participants every Sunday. Participants of one Seminar may attend the other free. Place: LaGrange Y. Time: Sundays from 5-7:30 p.m. Participants MUST have their own cups.

TECHNICAL NOTES:

Kick Boxing training is a must for all those who wish to compete. COMSEK IV REQUIRED FOR BBIV WILL BE STUDIED DURING THE SEMINARS.

Comseks were devised for balance, coordination, accuracy and speed. Not for power as such, which should come later.

Once the above qualities are developed, the competitor is on his/her own to use his/her limbs to the best advantage. Comseks do not dictate what to do. They only help develop the above qualities with maximum efficiency in minimum time, as all who will give them a chance will find out. Kick Boxing training is quite different and is mainly geared to footwork, punching and kicking combinations with footwork, and finally, development of power.