

World of ASP



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Editor: Gary A. Cook Associate Editor: Nellie Baltazzi

The American Self-Protection Association Newsletter
President and Technical Director of the American Self-Protection Association: Professor Evan S. Baltazzi

IN THE NEWS

A well attended association meeting was held on Thursday, March 16 at 825 Greengate Oval, Sagamore Hills, OH. New dues structure was established, contents and distribution of the newsletter were discussed and decisions on new classes were arrived at.

A.S.P.A. initiation dues are now \$45.00. The fee includes the novice red belt test fee, a patch, the first annual dues, and Dr. Baltazzi's book Self Protection Complete The A.S.P. System. No change in the annual dues for Red and Brown Belts which remain at \$10.00 and for Black Belts at \$20.00. Please renew your membership to keep your rank valid. If you choose to not maintain membership but would like to receive our newsletter, the cost is \$5.00 annually. Make all checks or money orders payable to A.S.P.A., Inc.

The next A.S.P.A. board meeting will be held June 15, 1995, 8:30 P.M., at 825 Greengate Oval, Sagamore Hills, OH. 44067. Please attend so we can hear your ideas and suggestions. Among ideas on the table are free

seminars to be held at the Cuyahoga Valley National Recreation Area and gun safety classes. We are looking forward to another well attended meeting.

RECENT PROMOTIONS

Red Belt I Amanda Borovicka
Red Belt III Brandt Ward
Red Belt V Robert Sedlock
Brown Belt I Stephanie Wright and George Erasmus
Black Belt III Paul Mandzak and Pete Metropulos
Black Belt IV Dr. James Phillips
Congratulations to all.

HEALTH NEWS

Eggs and Cholesterol

The subjection of eggs to the prolonged high temperatures necessary for hardening the yolks either in fried, boiled, or poached eggs induces the cholesterol to react with the lipids (fats) of the yolk and the resulting lipoprotein is trapped in a crosslinked structure of infinite molecular weight. Liquid yolks can be dispersed in water, hard yolks can't. Furthermore, eggs contain one of the most powerful natural emulsifiers, lecithin, and for this reason I believe that eggs with hard yolks are safe to eat

as far as cholesterol is concerned, within reason of course. Well cooked eggs are also to be recommended due to greatly reduced possibility of infection. Incidentally, eggs have the highest nutritional/cost value among the common foods.

Baltazzi, E.S.

Major Lipoproteins not found to be predictive of coronary heart disease or death in the elderly. If one is over seventy and in good health and his total cholesterol and/or HDL (high density lipoproteins) are not where they should be, he should not worry about it.
Krumholz, H.M., J.A.M.A. November 2, 1994:272(17) 1335-1374.

Protein requirements higher in the elderly. Nutrient-dense lean sources of animal protein foods, such as eggs and egg whites, should not be restricted for the elderly.

Campbell, W.W., Am. J. Clin. Nutr., 1994, 60-501-9.

THE TECHNICAL CORNER

By E. S. Baltazzi

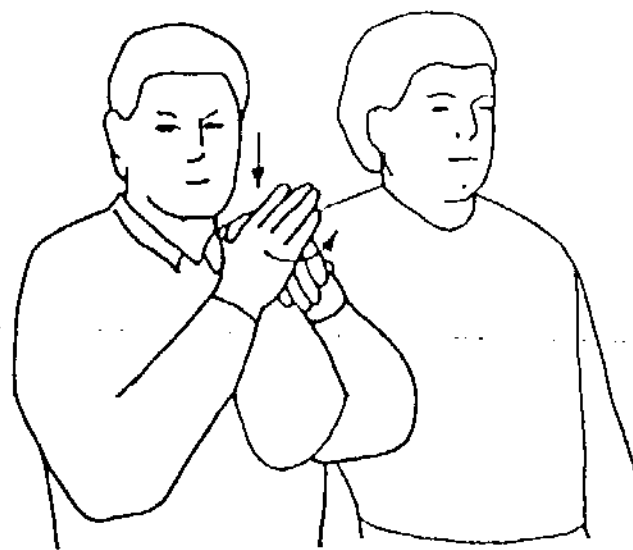
Leading in Wrist and Elbow Controls (Locks)

Leading in this context must

be understood as the action of taking the attacking motion of the opponent, deflecting and amplifying it in an accelerated manner, yet lightly, until full control is achieved. No hard push, pull, or shove to which the attacker would react sharply is recommended.

In some techniques such as the W-1, W-2 and W-3, the lead is fairly evident and easy to grasp, while in others such as W-8 or Standing Wrist Crush it may not be so obvious. Nevertheless it is essential. I shall describe below the W-8 against a reaching attack.

A (the attacker) reaches with his right hand for D's (the defender's) throat. With his extended right arm, D deflects from the outside, left to right, A's attack as he steps with his left foot to A's right side. D's arm guides A's arm lightly downward and, as A reacts to this deflection by lifting his arm, D places the palm of his right hand on the back of A's right hand and using his left hand, bends A's arm at the elbow and his hand at the wrist, as he pulls it toward his own chest. At the same time D pivots to his rear right and controls A's bent arm between his elbows and against this chest, while applying downward pressure with both hands on the back of A's wrist, as illustrated.



A's right forearm is almost perpendicular to the ground and his right fingers may be pointing toward or away from his. The direction of the pressure by D on the back of A's hand is such that A's right pinky is forced in the direction and toward his right elbow in a twisting motion. From that position a number of combinations are possible. At no time during the execution of this technique D loses contact with A's arm and wrist, his right hand glides on it.

The lead here is the circular downward deflection of A's right arm by D's extended right arm. Often this deflection is cut short because D is too eager to bend A's arm and the technique becomes less effective. A proper lead creates a reaction by A which D exploits to his advantage, hardly opposing A's attack and reaction.

T.V. Time

Following are excerpts from an interview of the originator of A.S.P. Dr. Baltazzi during a

demonstration for TV-9, to be aired on Wednesday May 17 at 7P.M.

Pete Metropulos Q.- What is A.S.P.?

Evan Baltazzi A - A.S.P. is a unique system and teaching method applicable to all combative skills in answer to the following concerns:

1 Understanding what one is doing, why is he doing it in a given manner, and why it works.

2 Facilitating the ease and speed of learning for persons of average and even below average abilities.

3 Increasing dramatically the degree of retention of what was learned.

4 Applying the acquired knowledge within the confines of the law.

5 Addressing the individual as a whole, not only as a fighting entity. Fighting ability wanes with age, yet one needs also to develop practically accessible skills which will help him/her to live in peace with one's self for the rest of his/her life.

For all these reasons A.S.P. has a particular appeal for intellectually inclined people.

Q - Why did you develop A.S.P.?

A - I have spent many years in the oriental martial arts and I came to the conclusion that their approach is not easily accessible to the average person, while requiring lengthy

and sustained effort, even by gifted people. My whole career was in research and I applied the research methods I was familiar with, to combative skills. There are hundreds of books on that subject and anyone with some common sense could glean techniques from them, organize them in some logical manner, and come up with a supposedly new system in short order. It took me twelve years of research to develop the basic philosophy and system of A.S.P. and the validity of this method has been recognized by many educators here and abroad.

Briefly, by using systematically the five universal principles common to all fighting skills, whether one fires an ICBM or uses his bare fists, that is, distance, direction, timing, momentum and leverage, together with a limited number of defensive elements of motion, which can be used against a great variety of armed and unarmed attacks, one creates conditioned reflexes, that is, this knowledge becomes second nature.

The net results of this method are technique accessibility, speed, ease of learning, and superior degree of retention of what was learned. All this compatible with safe practice.

Q - How much physical ability and stamina are required by this system?

A - Any person with average

ability can practice A.S.P. there is ample room for people with exceptional athletic ability, as well as for handicapped persons. the fighter and the housewife can both find something useful and rewarding in the practice of A.S.P.

Q - What are some other aspects of A.S.P.?

A - In A.S.P. we have besides self-defense, kickboxing, wrestling, stickfighting, and other areas of self-protection, such as psychosomatic exercises for mind-body coordination, self-defensive aerobics, that is aerobics which use motions directly applicable to self-defense, learning how to avoid dangerous situations, and some basic aspects of survival.

The main reason we went into all these areas is to prove the wide validity of our system and method.

Q - How widely known is the A.S.P. system?

A - From my books, I had requests for information about A.S.P. and A.S.P. instruction from the five continents, including countries from behind the now defunct Iron Curtain. A.S.P. is quite young and our main challenge is the lack of qualified and dedicated instructors. Trained martial artists are welcome, we have several who have opted for A.S.P., and their training is quite helpful to their fast advancement in A.S.P. rank. They must however adapt their way of thinking from

individual techniques to that of a truly systematic approach and a meaningful teaching method.

It is hard to explain A.S.P. by showing individual techniques because it is the system and method that are A.S.P. Individual techniques taken out of context are not.

Thank you for spending some time with us, I trust you have found what you have seen educational and entertaining. Thank you.

LAST MINUTE NEWS.

Phil Porter, Prsident of the U.S. Judo Association (US.J.A.), sent a letter to Dr. Baltazzi asking for the affiliation of his organization with A.S.P.A., Inc. Our Board of Directors will take this matter under advisement for further action.

AND FINALLY...

Please send any correspondence, articles or suggestions to:

Gary Cook, Editor
c/o Appraisers of N.E. Ohio
9425 Olde Eight Road
Northfield, OH. 44067
(216) 467-7110