

World of ASPA

Summer 1995 Volume 20 Number 2

The American Self-Protection Association Newsletter

Editor: Gary A. Cook Associate Editor: Nellie Baltazzi President and Technical Director of the American Self-Protection Association: Professor Evan S. Baltazzi

IN THE NEWS

Best wishes to Doctor and Mrs Evan Baltazzi as they celebrate their Fiftieth Wedding Anniversary on July 17. The Baltazzi's were pleased and suprised to receive a note of congradulations from President Clinton. We all wish them another happy fifty.

TRAINING SEMINAR

August 12, 1995

A.S.P.A. is holding a training seminar at Virgina Kendall Park here in northeast Ohio. Training will begin at 8:00 A.M. and a picnic and fun will follow. There are some great hiking trails and scenery along with open areas for sports. We are looking forward to seeing members of A.S.P.A. from out of town. Dr. Baltazzi will be teaching and there is no cost. Maps and directions can be found later in this newsletter. If there are any questions, feel free to call Dr. Baltazzi or Gary Cook at 800-299-9644 or home 216-468-1454.

JUDO NEWS

Included in this news letter are copies of two letters. One is from Professor Phil Porter, the President of the United States Judo Association, to Dr. Baltazzi and the other Dr. Baltazzi's response. Please take some time to look them over.

HEALTH NEWS

On Good and Bad Foods
By Evan S. Baltazzi

Classifying foods as good and bad is far from simple. A good food is one that has an overall beneficial effect and a bad one is one that has an overall undesirable effect. It may appear that these definitions are superfluous, yet, as we will see, they are necessary.

The main parameters to be considered are: ingredients and combinations thereof, method of preparation, nutritional requirements of the person, quantities taken, combination of foods taken together, and psychological factors. Due to space limitations only a few examples are given.

INGREDIENTS. Partially hydrogenated oils in bakery products are examples of bad ingredients that should be avoided. Breads with the fewest possible ingredients beyond flour, water, and yeast, such as french, italian, and german breads are the best. A large number of ingredients have as their main purpose to maximize the return to the manufacturer, rather than benefit the consumer.

PREPARATION. It is well known that fried foods are undesirable. Methods of preparation that result in generating pyrolytic (breakdown by heat) products many of which are carcinogenic, are not recommended. Contrary to what is commonly believed, grilling is not a method of choice and only lightly toasted bread should be consumed. Stewing and baking are the best ways of preparing food.

NUTRITIONAL REQUIREMENTS

OF THE PERSON. To a person starving to death anything that could provide some nutrients without being poisonous is "good" food because it will keep him alive. A lumberjack and an office worker have different nutritional requirements and the type and amounts of food that would be good for the former may be bad for the latter.

COMBINATIONS. Because of different requirements concerning their digestion and assimilation, certain combinations may be good or bad. A prime example is pizza. Pizza is a good food with mozzarella (a low fat cheese) and vegetable toppings but a bad one once various meats are added to it.

QUANTITIES. Depending on the nutritional and energy requirements of a person apple juice may add too much sugar to his diet in one case and be quite adequate in another. Cottage cheese which is the choice food for those wishing to loose weight has too much fat, yet it is good when taken in small amounts with plenty of fruit. More nutrients are provided by the same *weights* of dried fruit compared to fresh fruit, but the same *units* of dried and fresh fruit provide the same nutrients.

PSYCHOLOGICAL FACTORS. It is well known that some foods when eaten by persons who do not know their nature, may be enjoyed and digested well, while the very same foods once their nature becomes known may cause revulsion and be thrown up. Some people cannot bear the thought of eating eel, snake, oysters, squid, etc., yet if they do not know what they are eating, they may

find it quite tasty and enjoyable.

In conclusion, good nutrition consists in eating a wide variety of foods in moderation, prepared simply, with as few additives as possible, and in limiting the intake of salt, sugar, and fats, particularly saturated fats. Read the nutrition facts labels. The ingredients are listed in the order of diminishing quantities. Try to avoid foods where over 30% of the calories come from fats and oils, and carefully avoid anything with partially hydrogenated oils. The absence of cholesterol in a food does not automatically make it a good one. Eating in a pleasant relaxed atmosphere, taking your time, is very important for good digestion.

THE TECHNICAL CORNER

By E. S. Baltazzi

The psychosomatic exercises for body-mind coordination in the ASP system are perhaps the ones with the most enduring value in terms of holistic self-protection, because our physical capabilities wane with the passing of time and yet we have to live with ourselves all the days of our lives.

Enlightened people throughout the ages have realized some inescapable truths with which each and every one of us has to come to terms in order to achieve a degree of inner peace. These truths are the impermanence of our world which is part of our lives, the certainty of death, and the uncertainty of when, where, and how our death will occur.

Many systems were devised to bring about this reconciliation, none of them definitive or perfect. One of the better known, the *yoga* which has been popularized lately as *hatha yoga*, aims at controlling the body in order for the yogi to be able to reach and control his mind, so as to liberate himself from the illusory world of sense perception, while seeking union with the Universal Soul. The ultimate state sought is

one of perfect illumination and this is most difficult, actually impossible. Incidentally, there are many kinds of *yoga* the highest one being *the raja yoga, or royal yoga*. Many exercises were devised by various schools of *yoga* as well as by Buddhist and Tibetan monks. Yet, because absolute understanding and perfection are not of this relative, and by their own admission illusory world, even the most advanced masters of these disciplines and the most lofty mystics cannot attain it, no matter the claims made (mostly by their disciples!). All die and have no control over their own death. They only make claims concerning the after life.

When one directs his efforts toward the practice of any among those disciplines, he soon realizes that, as he progresses, they become more and more demanding in a way difficult to reconcile with modern life, particularly family life. A realistic goal is to strive for a degree of inner peace, the only one that can truly be attained. Body-mind coordination, which brings about a degree of control of the body silencing some of its demands, so that the practitioner can better plumb his mind, can be achieved through exercises which relate to *breathing, balance, and relaxation*. When this degree is reached, then some degree of coordination of the bodily motions and the motions of the mind is also accomplished. This result is at best what any of us could hope to attain. **With persistent effort.**

Because of our nature, difficult, complicated exercises are not for everyone and yet everyone can benefit by improving even to a modest degree his balance, breathing and relaxation and therefore his body-mind coordination. In ASP we have eleven such exercises which are part and parcel of the Black Belt First Degree ASP program. These are aimed at people who are not inclined to exert much, and most can be practiced in bed as one wakes up. They are described in detail in my book **SELF-PROTECTION**

COMPLETE. THE ASP SYSTEM. It must be added that there are no religious implications to the above. In fact, whatever your religion might be you will be able to reflect on it, meditate, and pray better when you attain a degree of body-mind coordination. The two pillars of any religion are sincerity, because one cannot fool his Creator by whatever name, and spirituality. The latter cannot be achieved when the body clamors for attention.

AND FINALLY...

Please send any correspondence, articles or suggestions to:

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



UNITED STATES JUDO ASSOCIATION

19 North Union Boulevard, Colorado Springs, CO 80909
Telephone: (719) 633-7750 Facsimile: (719) 633-4041

May 10, 1995

Dr. Evan S. Baltazzi
825 Greengate Oval
Northfield, OH 44067

Dear Evan:

After a long silence, at last I have time to write to you. Our Association is growing and changing very rapidly, and I've been incredibly busy.

The event which inspired this letter was a message from George Ham of Oxnard, CA, who worked in your ASP system for sometime, and highly recommends it. This letter from George came at a time when our new USJA Jujitsu system is really booming. We also have programs in Karate, Tae Kwon Do, and Sombu. We have passed 22,000 members and are growing fast.

I want to fulfill my promise to you to have you teach ASP at one or more of our summer camps. We have nine summer camps this year, and plan 20 for 1996. I'd like to ask you to come to Toledo for the Glass City Judo Camp, August 13-19. You'll get complete information in the magazine, which will be out soon. Please tell me if you can do this, and how many hours you'd like to teach.

We have now started a very important program whereby we sign Articles of Alliance with other Martial Arts organizations. The interest is very high because we provide so many services. A set of proposed Articles of Alliance between American Self Protection and the USJA is enclosed. I hope you'll let me know what you think of this idea, we want to affiliate with ASP.

Also enclosed is your form for the long overdue Hokudan. Forgive me for not taking care of this sooner.

I'm looking forward to hearing from you soon.

You are always in my heart.

Your devoted,

Handwritten signature: O-Sensei - Phil
Philip S. Porter
President, USJA and NJI

PSP:n
cc: Kilo

Serving American Judo Since 1954

AMERICAN SELF-PROTECTION ASSOCIATION, Inc.

A not-for-profit corporation of Illinois
Office of the President

825 Greengate Oval, Sagamore Hills, OH 44067-2311
Tel/Fax (216) 467-1750 (call before faxing)

June 06, 1995

Mr. Phil Porter
19 North Union Blvd
Colorado Springs, CO 80909

Dear Phil:

Thank you for your letter of May 30. In your previous letter dated May 10, you asked me how many hours I would like to teach and I understood that it was up to me to decide what and how long I would like to teach. Participating in a seminar under the title of judo and jujitsu with A.S.P. not even mentioned and presented then and there as an option, is not my idea of alliance or cooperation.

So that you can understand my position, I should tell you first that while fewer than most at my age, I cannot discount my years and my exertions and efforts must be worth my while. I am doing this because I know I have something of value to share with those younger than I. Many well qualified people here and abroad with no vested interests to protect have recognized the value of A.S.P. and its method, and if we ever meet again I could show you letters from around the world to that effect. If then you are sincerely interested in finding out what A.S.P. has to offer, I would not only in gathering more members and contributions for U.S.J.A., the seminar announcement should clearly spell out that "an accelerated program of A.S.P. (American Self-Protection), a novel and unique approach to fighting knowledge, leading to the first degree of Black Belt in A.S.P. will be taught by its originator, Dr. Evan S. Baltazzi. A.S.P. offers ten Black Belt ranks and covers besides self-defense, the sports of kickboxing, grappling, stickfighting, and other aspects of holistic self-protection. Please register if interested" exactly as written here. It would not be worth my time and effort to get there just to find out that hardly anyone is interested in participating in the A.S.P. seminar just because no effort has been made to put the information properly across and because A.S.P. is not well known at this time. Also, I know quite well that most "martial artists", particularly the professional ones, are not noted for their open mind and understanding of anything else beyond their art. Oh, they'll use it for monetary gain if they can, but not because they understand, they want to understand, or have any sense of dedication or loyalty to whatever else they have been exposed to.

When I was training in France under Kawaishi for my shodan, in '47, his judo program comprised an extensive compulsory program of jujitsu and at that time we were told by him and other Japanese judoka that there were no rankings in jujitsu. Interestingly enough now, there are and there are even jujitsu competitions!

In earlier years I had sent you much information about A.S.P. which probably because you were too busy, or did not care, you have not read, for this reason and at the risk of boring you I will briefly mention the major difference between A.S.P. and the "martial arts". In A.S.P., techniques are not studied only as individual entities, but in terms of underlying principles and elements of motion of wide applicability, in a continuum. For this reason, it is impossible to properly demonstrate A.S.P. only in terms of individual techniques. TAKEN OUT OF CONTEXT, THESE ARE NOT A.S.P., ONLY THE SYSTEM AND METHOD ARE. Besides, all combative arts have, per force, many similarities due to the structure of the human body. For this reason A.S.P. encompasses ALL combative arts and its method could be put to advantage in the study of judo, resulting in faster learning and better retention of what was learned. For the above reasons, you understand, I would not be inclined to put much effort in the teaching of judo except on my terms.

Incidentally, I have not awarded myself any rank in judo, aikido, kickboxing, grappling, or stickfighting, although A.S.P. encompasses all of them, and the very reason I went into all these fields was to prove the general validity of the A.S.P. method and system. Which I have.

Thank you again for thinking of me. While I am convinced that judo would benefit much from A.S.P. and the cooperation of A.S.P.A. and U.S.J.A. would be beneficial to both, I am not young enough to put much effort under any different terms.

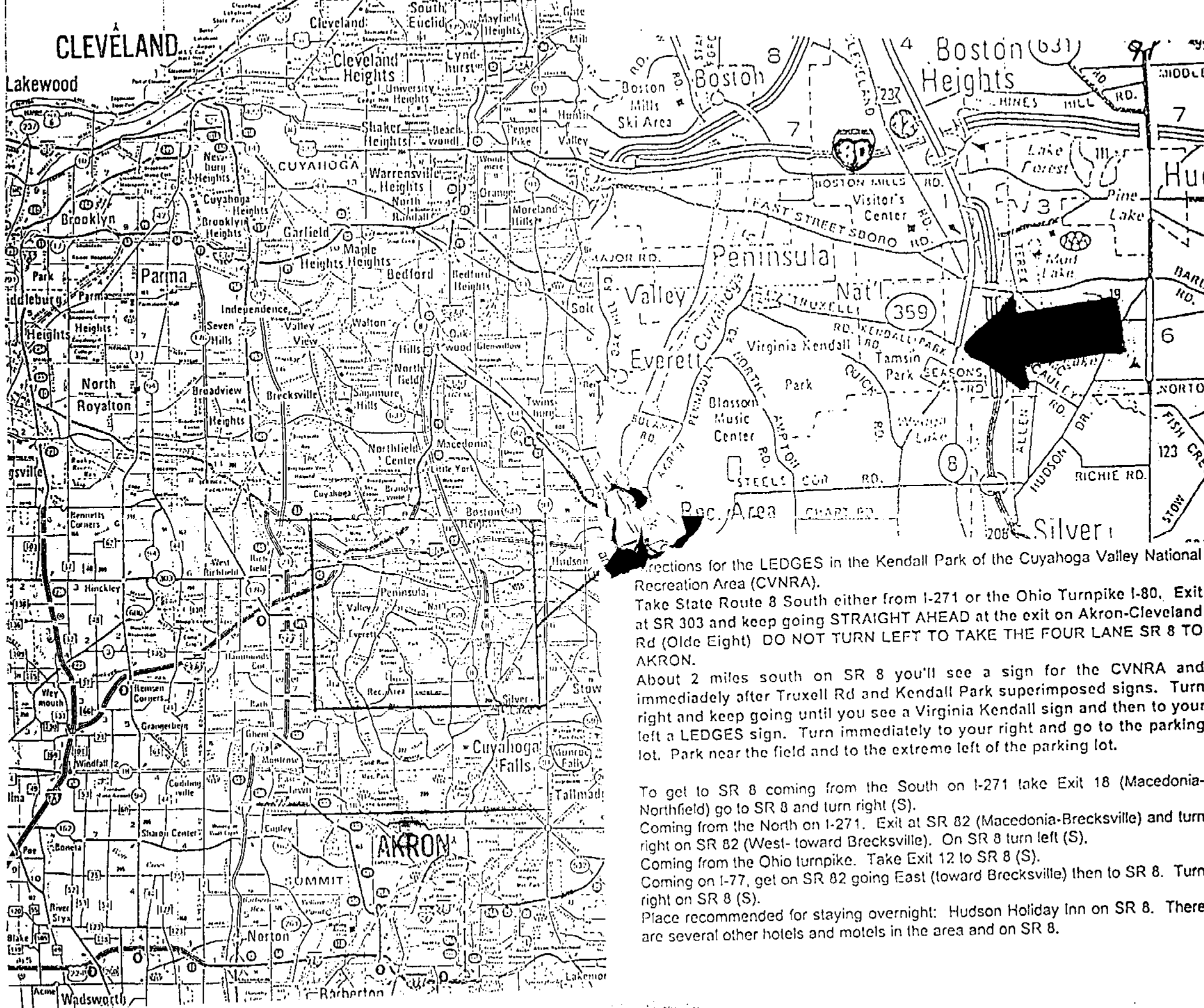
Sincerely,

Handwritten signature: Evan S. Baltazzi

Evan S. Baltazzi
Originator of A.S.P.

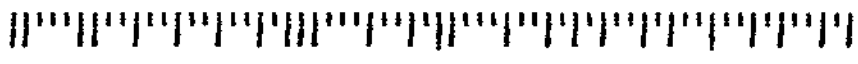
ESB/nd

xc: files



Directions for the LEDGES in the Kendall Park of the Cuyahoga Valley National Recreation Area (CVNRA).
 Take State Route 8 South either from I-271 or the Ohio Turnpike I-80. Exit at SR 303 and keep going STRAIGHT AHEAD at the exit on Akron-Cleveland Rd (Olde Eight) DO NOT TURN LEFT TO TAKE THE FOUR LANE SR 8 TO AKRON.
 About 2 miles south on SR 8 you'll see a sign for the CVNRA and immediately after Truxell Rd and Kendall Park superimposed signs. Turn right and keep going until you see a Virginia Kendall sign and then to your left a LEDGES sign. Turn immediately to your right and go to the parking lot. Park near the field and to the extreme left of the parking lot.

To get to SR 8 coming from the South on I-271 take Exit 18 (Macedonia-Northfield) go to SR 8 and turn right (S).
 Coming from the North on I-271. Exit at SR 82 (Macedonia-Brecksville) and turn right on SR 82 (West-toward Brecksville). On SR 8 turn left (S).
 Coming from the Ohio turnpike. Take Exit 12 to SR 8 (S).
 Coming on I-77, get on SR 82 going East (toward Brecksville) then to SR 8. Turn right on SR 8 (S).
 Place recommended for staying overnight: Hudson Holiday Inn on SR 8. There are several other hotels and motels in the area and on SR 8.



Troy & Family Schultz
 5384 Fishcreek
 Stow, OH 44224

A.S.P.
 NEWSLETTER
 Curator: Self-Protection Association, Inc.
 9425 Olde Eagle Rd. Northfield, OH
 44067

