

The World of A.S.P.



Summer 1996 Volume 21 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, Inc.: Professor Dr. Evan S. Baltazzi

ON COORDINATION by Evan S. Baltazzi

A.S.P. stands on its own merits as a unique holistic system of self-protection that offers completeness, ease of learning, ease of retention along with efficacy. It has also been recognized by educators and physical educators here and abroad as a method for the development of a variety of motor skills. Until recently, my professional responsibilities, did not allow me enough time to apply its methodology to other sports and arts.

Lately I directed my attention to t'ai chi, which had interested me in earlier years, and I developed a novel approach to it under the name of T'ai Chi (A.S.P.). A letter relating to such a course I have offered recently is reproduced here. More about t'ai chi in another issue. Among those who took this course were some who had been exposed to one of the four main t'ai chi systems (pai). All found that the A.S.P. style was easier to understand and to practice. They claimed

to have derived great benefits from some strictly A.S.P. exercises, such as **concentration-relaxation** and relaxation in motion exercises which I have incorporated in T'ai Chi (A.S.P.).

It must be clearly understood that this and similar applications of the A.S.P. methodology to other arts and sports have as unique goal only to prove its general applicability and they are in no way additions to the A.S.P. program. Those wishing to practice martial arts according to the A.S.P. method will receive limited recognition. **Their ranks, however, are not A.S.P. ranks, there is no equivalence between martial arts and A.S.P. ranks. In order to be awarded the latter, the student must demonstrate mastery of the pertinent A.S.P. programs.**

Relaxation is one of the key components of bodily coordination. Its other components are balance and breathing. Everyone who has learned to drive, for example, remembers well that as a

beginner he was all tense, with shallow breathing, holding the steering wheel for dear life, Then, with experience he became relaxed, seating and breathing comfortably. He developed coordination which in turn allowed him to utilize more efficiently his reflexes.

The above is only one kind of coordination which I call bodily coordination. It aims at external power and mastery. It is competitive and often leads to strife and confrontation. This coordination is dominated by emotions.

Another kind of coordination in the mind-body coordination which aims at internal power, It is peaceful and self-reliant. Invariably it relies on some intellectual or spiritual parameters.

These two kinds of coordination are not mutually exclusive and can coexist in the same person provided that mind-body coordination predominates.

It is well-known that many an athlete who excels in his sport, one that demands at times extraordinary coordination, such as

gymnastics, happens to be a self-centered, conceited, and jealous individual focussed exclusively on his ego and on winning in his chosen sport.

People with real mind-body coordination are able to overcome dire physical conditions, and even achieve mind-healing. In short, they are people of character. Examples abound from monasteries to stalags. This coordination is the mettle of heroes and saints.

Life is short and fragile. Yet we are ruminating the past or planning for the future letting the "now", the only parcel of time truly ours, to slip like sand through our fingers. **Concentration-relaxation** helps us to hang onto some of this fleeting "now" and make it our own.

Besides its proven physiological benefits, there are psychological ones because it help us to clear our minds, even for a short while, from the cobwebs of negative feelings and thoughts and instill some peace in us. Trial yields proof.

The term "meditation" often used for similar procedures is inaccurate and all one has to do is to consult an encyclopedia for its true meaning. Repeating a mantra in a language most do not understand is **not** meditating.

More about this in future issues.

SUMMER PICNIC-SEMINAR

Our annual picnic-seminar will be held at the

Ledges of the Cuyahoga Valley National Recreation Area. We will meet at the shelter then walk to the Overlook. To get to the Ledges take Olde Eight going North from Cuyahoga Falls or South from Northfield till you reach Truxell Road, take it going west; you will see a sign for the Ledges to your left across from the access road.

Day: Saturday July 13

Time: 10 am---

RECENT PROMOTIONS

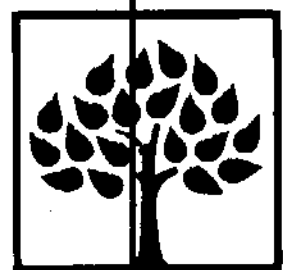
Dr. James H. Phillips and Troy Schultz to Black Belt VI, A.S.P.

CONGRATULATIONS

Our sincere congratulations to Charles son of George. Yannopoulos, Esq. on his J.D.

CORRECTION

In our previous issue a letter was reproduced in which the name and address should have been omitted.



May 22, 1996

Dr. Evan Baltazzi
825 Greengate Oval
Sagamore Hills, O 44067

Dear Dr. Baltazzi,

At the Regular meeting of the Greenwood Village Community Association, Inc. Board of Trustees, on Tuesday, May 21, 1996, the members asked me to convey their appreciation and thanks on behalf of all the residents for your time and efforts conducting the Tai Chi classes.

All of our responses to your classes were filled with praise and enthusiasm.

Because of your efforts and valuable time, you have truly made our community a great place to live!

Thank you.

Very truly yours,
GREENWOOD VILLAGE COMMUNITY ASSOC., INC.

Warren Bruns

GVCA President

Greenwood Village Community Association, Inc.

830 Village Club Dr. Sagamore Hills, Ohio 44067-0121 Phone: (216) 467-7036