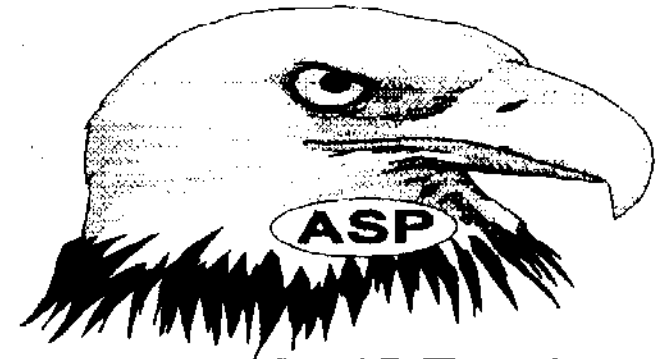


World of ASP



American Self Protection Association, Inc.

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The American Self-Protection Association Newsletter

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Happy Holidays to all! We wish you and yours peace throughout this holiday season.

IN THE NEWS

During the Baltazzis' last trip to Paris, France, Athens and Thessaloniki, Greece, they made some promising contacts concerning ASP. One of the better Sports Centers in Thessaloniki (the second largest city in Greece with over one million people) where Ye Saw Kung Fu, Body Building and Aerobics are taught, has enthusiastically agreed to teach ASP under the leadership of Gregory Kyziridis, known to several ASPers here. Gregory is now BBII ASP. This Center is owned and operated by Eugene Demetriades an expert in Kung Fu.

Recent Promotions

Stephanie Wright 2nd Brown
Richard Santucci Red
Dan Stimmel Red

ASP FUTURE DIRECTIONS

by E.S. Baltazzi

How ASP was first conceived, developed, and evaluated by distinguished educators here and abroad, are well known to its practitioners. Initially its goal was to discover ways to make Judo easier and faster to learn, to improve the retention of its techniques, and last to investigate the applicability of any such approach to other

arts or sports, whether of a combative nature or not.

The fundamental structure of ASP was the result of twelve years of research and testing. Its system and method were successfully applied not only to the basic elements of Aikido, Judo, Jujitsu, Kickboxing, Wrestling and Stickfighting, but also to holistic self-protection in a more general way*

Among the many letters and unsolicited comments received from various experts from here and abroad, including the Administrators of the President's Council on Physical Fitness under Presidents Johnson and Bush, there are two of particular significance. These were written by Dr. A. Stuhl, a kinesiologist and tae-kwon-do Black Belt, who immediately recognized the general applicability of the ASP method and system to all motion skills. His letters are partially reproduced below without any further comments.

Concerning the so-called "martial" arts (a term inappropriately applied exclusively to the oriental arts), the ASP method and system can be successfully applied to all. None needs to lose its identity, while benefitting greatly from the adaptation.

For these reasons, the main body of ASP is not to be considered as cast in concrete. It is a flexible and adaptable approach to combative knowledge and to other motion skills as well. The ASP philosophy concerning its adaptation to any martial art is summed up below:

One. There should be no duplications of existing techniques, just for adding useless bulk. The best and simplest techniques using the most versatile elements of motion applicable to many situations are selected.

Two. "Systematic" organization of techniques picked here and there with some kind of rationale won't do.

Three. Techniques selected as described above should be rational in their scope and lend themselves to safe practice. They should also lend themselves to use with controlled severity as called upon by the situation.

Understandably all this requires careful research.

Without altering any of the fundamental aspects and parts of ASP, except as discussed above, one may expand its scope further by applying its method and system to Aikido, Judo, Jujitsu, all kinds of Kickboxing, Wrestling, and so on.

Therefore there is ample room for Aikido (ASP), Jujitsu (ASP), Judo (ASP), etc. All sanctioned by the ASP Association, Inc. These are taught as such, or in parallel with the main body of ASP. The latter has some similarities to Aikido in its technical approach, but not in its method.

Interested martial artists are encouraged to develop an ASP system for their particular art or sport and submit it to ASPA, Inc. for sanction. Ranks and accreditations as instructors or professors for themselves and their students will be also awarded by ASPA, Inc.

However, everything will be first introduced and explained in English.

Eugene Demetriades has expressed keen interest for adapting Ye Saw Kung Fu to the ASP system and method.

*Self-Protection Complete.. The ASP System, by E. S. Baltazzi. \$34.00 ppd. Ohio residents add \$1.88 tax.

Aikido (ASP)

by Troy L. Schultz

Aikido (ASP) is now a reality. After several discussions with Dr. Baltazzi and board members, we have agreed that the time is ripe for Aikido (ASP) as a means to introduce the ASP method to new students interested in Aikido.

The Aikido (ASP) program consists at this time of six (6) undergraduate classes (i.e., Traditional Japanese Kyu System) and three (3) Black Belt degrees. This program derives directly from the Black Belt ASP programs. One big advantage to using the ASP programs requirements is that if students choose to advance their self protection knowledge beyond the third degree Black Belt Aikido (ASP) level, they may make up whatever was missed to advance to the fourth degree Black Belt ASP and continue in traditional ASP.

Dr. Baltazzi and I are working on a manual which puts the Aikido (ASP) into perspective. It will include a brief history of Aikido and discuss how the ASP method improves the traditional Aikido training methods. Also included for reference purposes will be the Japanese names for each technique.

The manual will include many items from **SELF-PROTECTION COMPLETE. THE ASP SYSTEM**, since it will likely be the first source of such information to new Aikido (ASP) students. I am excited about the potential this new approach offers. If anyone has any questions or comments please call Troy L. Schultz, 5384 Fishcreek Rd., Stow, OH 44224,

SPECIAL ASP SEMINARS FOR ALL MARTIAL ARTS BLACK BELTS, by Dr. Baltazzi: On Saturdays to be announced 8:30-10.00 a. at the same address. Call Dr. Baltazzi for information and registration.

ASP Class Directory

Sagamore Hills, Ohio
Dr. Evan Baltazzi (216 467-1750)

Stow, Ohio
Troy Schultz (216 688-5636)

Macedonia, Ohio
Gary Cook (216 467-7110)