



# The World Of A.S.P.

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**NOTE: Due to extensive absence abroad of the Editors, the Fall and Winter issues were combined.**

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## **COMSEK VII OVERVIEW**

by Evan S. Baltazzi

The term COMSEK is a composite from Combination and Sequences. There are several COMSEKS in A.S.P. Here we are giving an overview of the COMSEK VII that is part of the requirements for the ranks of Black Belt VII and above, ASP. It has evolved in its present form after one year group study and evaluation by the author and advanced ASP(BBVII) students.

The author wishes to express his appreciation to Troy L. Schultz for taking and organizing the corresponding notes and for valuable suggestions. Dr. James Phillips and Mr. Paul Mandzak have also been part of this effort. ASP has evolved and continues to evolve from research in the combative arts with

contributions from all participants. These are always welcome, as long as they follow the fundamental A.S.P. guidelines and philosophy. The author has consistently stayed clear of the "grand master" complex.

First a definition of terms. While ASP practitioners are familiar with several of them, it is necessary to be more specific in this case..

**Before:** The initial stage of an attack.

**Closed Side:** The area outside or behind one's partner nearest limb.

**Combination:** Successive techniques applied against an opponent who is trying to foil them.

**Control:** Joint manipulation aimed at bringing an opponent to submission.

**Counter:** Technique used by a defender in response to an attack.

**Open Side:** The area inside or behind one's partner's nearest limb.

**Reversal:** Using the same or a similar technique as a counter, e.g., a wrist control;

countered by another one is a reversal.

**Secured:** The final stage of a technique.

**COMSEK VII** has two sections, the **Wrist Control Combination Section** and the **Common Attacks Section**.

**Wrist Control Combinations Section.**

It is designed to give the advanced ASP student the ability to combine several controlling techniques in succession and in numerous combinations. For example, depending on the initial attack, one may apply W-1 to W-10 in following order or in any other order. Each of the ten wrist controls must be demonstrated at least once. Throughout the demonstration the defender must keep the attacker either off balance or controlled in some manner. At no time the attacker should be able to regain the ability to counter or reverse the technique

**Common Attacks Section.**

It is designed to train the advanced

student in countering and reversing techniques both as attacker A, and as defender D. To this effect twenty key attacks from the entire ASP program were selected that represent a multitude of attacks with similar elements. In order to make the practice meaningful, specific guide lines must be followed.

1). The person demonstrating the COMSEK VII, the Defender D, receives the first of the selected attacks and uses a defense of his choice. He may react to the attack either as "before", preemptively, or as "secured," while the attacker allows the defense to be completed without undue resistance unless the defense is poorly executed. The defense is not considered complete unless it is finished with a controlling pin or a strike to a vital area (indicated only without impact for safety reasons). The only exception relates to an attack by several opponents, in which case D responds according to a formulated plan. This is necessary to avoid the COMSEK from degenerating into a free for all.

2). The same

attack and defense is completed again on the same side, but this time the attacker offers only once some resistance, a counter, combination, or reversal. This may include a release and clean counter but that is all. The person being examined should be given an opportunity to finish the round without resistance at this point. Keep in mind that this is not free sparring.

3). Depending on the type of resistance, D should either counter, reverse, or combine techniques to thwart A's resistance and regain control of the situation if possible. The attacker should remember that the practice is mainly for the defender's benefit. If the attacker is more experienced than the defender, he should practice in the spirit of helping the later complete the COMSEK and learn from the situation. During this study the attacker and defender should switch roles so that both get to practice.

4). The same sequence is completed for the opposite side. There is no requirement to use the same defense for the opposite side, since many do not have the same capabilities on both sides. Therefore

the defender may chose a completely different defense while going through the steps 1-3 on the opposite side for all the twenty (20) attacks.

The entire COMSEK VII will be published under separate cover.

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## HOLIDAYS WELLNESS

by

Evan and Nellie Baltazzi.

Year's end holidays are a centuries old tradition, dating back to pre-Christian times. These were a means to break the monotony of the winter and to lift people's spirits. The tradition is still very much alive today. Reasons justifying the various celebrations have changed but their purpose remains the same.

One of the major complaints during this time of the year is gaining weight. Women are particularly sensitive to this because the added weight seems to go to all the real or imagined wrong places. Female esthetics have changed back and forth during the ages. At one time a "well rounded" woman was considered ideal (Venus de Milo), while in certain civilizations a clearly fat woman was the epitome of female beauty (Hawaii).

Today a woman must be very slim to be considered attractive, yet this is not a specifically modern trend. Centuries ago Byzantine women felt the same. The purpose of this article is not to show how one can reach the ideal weights listed in tables concocted by insurance companies, but to give guidelines for maintaining wellness during this season. Weight control is not always synonymous with wellness. One may "look" fit and trim and be in poor physical condition. The important thing is to feel well, to be well, and one can certainly achieve this while being ten and even fifteen percent heavier than what is shown in the tables.

What happens when one becomes seriously ill? One loses weight, does he not? What if there is no weight to lose? Let us then worry less about our weight and more about how to feel good and healthy. Life is a daily and a very complex gift.

**Keep active.** Yes, the weather is often lousy, but lounging indoors after eating rich foods will make your metabolism sluggish. If you do not belong to a health club or cannot practice your preferred outdoor activity indoors. Besides, the weather has

to be really awful to prevent you from taking a brisk walk.

**Drink lots of fluids.** Preferably water. Holiday foods are usually rich in fat, sugar, and salt (sodium). Help your organism to flush the added toxins thus generated. There is evidence that excess sodium can actually cause the brain to swell and thus contribute to lethargy and, in severe cases, to confusion and even depression. Joints may also swell especially when physical activity is decreased.

**Fight "stress."** As one of the authors has often pointed out in his writings, "stress" is the wrong term, the right one being strain. But the misuse of the term stress is an established fact and it is useless to fight it, so the author uses it like everybody else. Two items are useful here in connection with stress developing during the holidays due to the flurry of activity and the numerous concerns associated with them.

First establish firmly in your mind a scale of values and priorities. Do not sweat out the small things, do not make problems for yourself. Avoid too many "have to," "must," and "should." Look realistically at your real

needs. The vast majority of problems will still be around after we are dead and gone and the most dangerous place for our happiness is to put it in somebody else's mind. Your real friends will understand you, and no matter what you do will not please those who are not your friends. They will always find something to criticize in whatever you do or say.

Then, practice relaxation. The ASP Relaxation-Concentration exercise is invaluable in this respect. No matter how heavy your schedule might be, never skip it even for one day. You can always find time for it. Lying down for 20-30 minutes relaxation is not hard and the health benefits one derives from it are superlative.

Do not relax with excitants like coffee, tea, or alcohol. They all have their place (in moderation) but not for true relaxation.

**Watch what you eat, eat slowly and chew well.** This often repeated advice seems superfluous and just plain common sense. Yet some reminders will help.

**Munchies and deserts** are great temptations and even in relatively limited quantities add a lot of calories to your diet, substantial amounts of

which come from fats. Celery, scallions, carrots, cauliflower and broccoli are good substitutes for cold cuts, pickles, cheese; potato and elbow macaroni "salads," chips, pretzels, and the like. Provided you stay clear of the various dips served along with them.

**Alcoholic and sugar rich beverages add calories fast.** Often it is not easy to completely avoid them and moderation is the key. Water or sparkling water mixed with fruit juice is a preferred alternative.

**Green vegetables and whole cereal grain products,** should be eaten first and in ample quantities to cut down your appetite for richer foods. Avoid bread, particularly white bread. Brown rice and even regular rice are preferable to pasta.

**Avoid adding salt and pepper to your food,** since it is quite likely that they are there in excessive amounts already. If you really feel your food needs it, add some in great moderation. The same goes for mustard, horseradish, and mayonnaise.

**Pass the butter and keep passing it.** This needs no elaboration. But if you

have to choose between margarine or butter, by all means choose butter. Stay clear of anything with partially hydrogenated oils. In Mediterranean countries, bread is often eaten with olive oil on it.

**Skip smoked and pickled meats and vegetables.** This includes fish because these types of processing generate carcinogens.

**Broiled fish or turkey breast without gravy** is to be preferred to red meats. The "other" white meat, pork, is not bad either, because fat is on the surface and can be easily removed. Pork has less interstitial fat than red meats but it must be very well cooked because it sometimes contains dangerous parasites.

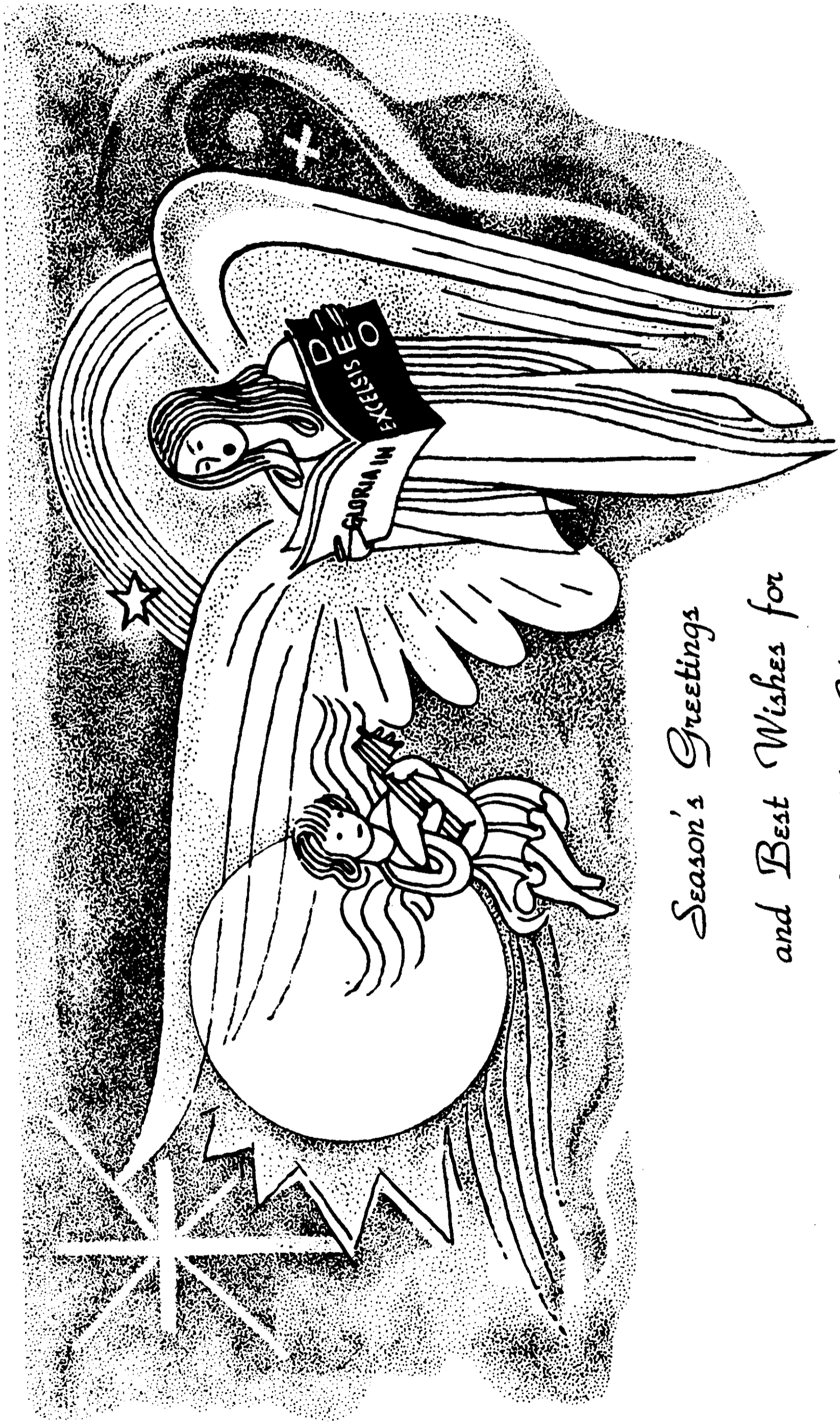
**Casseroles** are open to question in view of the many ingredients not carefully chosen. Assuming that care has been exercised in their choice and combinations, casseroles can be quite nutritious and healthy.

**Various nuts** are also nutritious and healthy, provided they are not roasted, salted or smoked.

**Eating slowly and chewing well your food** offers two great advantages. First, it helps the digestion and

also prevents the discomfort of bloating. Then, the stomach takes about twenty minutes before recognizing that one is full and sending a message to the brain to stop eating. So, by eating slowly you will feel satiated with less food and therefore with less caloric intake.

If the above seems daunting and aimed at spoiling your fun, don't worry too much. Constant privation of what one wants or craves for causes "stress" that has a worse effect on the organism than the intake of some "unhealthy" food. Food keeps us alive, so, unless poisoned, contaminated by toxins and microorganisms, or seriously spoiled, all food is health food; if we stop eating we die. But there are bad food combinations, food excesses, and food harmful in certain pathological conditions. Some foods are better than others. Good nutrition involves a great variety of food in moderation, as mentioned in the book on the entire ASP program. SO, ENJOY YOUR FESTIVE FOOD IN MODERATION.



*Season's Greetings  
and Best Wishes for  
The New Year*

*from Ivan and Nellie Baltazzi*