



# The World Of A.S.P.

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Editor: Nellie Baltazzi

President and Technical Director of the American Self Protection Association:

Professor Dr. Evan S. Baltazzi.

825 Greengate Oval, Sagamore Hills, OH 44067-2311

Tel + Fax (330) 467-1750

## ON A NEW DIMENSION OF A.S.P. by Dr. Evan S. Baltazzi

As all practitioners of A.S.P (or ASP) know, it is NOT another style, but a general approach to the development of motion skills that has been recognized as uniquely efficient by physical educators and martial artists here and abroad.

In the main program of ASP are included basic adaptations to its philosophy for Judo standing (tachi waza) and mat (ne waza) workouts and also kick boxing and stick fighting. Special books for the two last areas have been published by Tuttle (Rutland, Vermont, and Tokyo, Japan). Both are out of print at this time.

The next two areas of interest to us that we felt needed developing are Aikido and Tai Chi Chuan. The Aikido adaptation has been accomplished and I am happy to recognize the contributions of my

students: Pete Metropulos (BB V, ASP), Paul Mandzak (BB VII, ASP), Dr. James H. Phillips (BB VII, ASP) and particularly Troy Schultz who made useful suggestions and actively participated in the development of Leading and Entering, Counters, Combinations and Reversals, and Combination Sequences (Comsek VII).

Furthermore, Mr. Schultz kept copious notes and videographed several sessions where I was demonstrating techniques. For his contributions Troy can now use the title of Master Instructor in ASP.

Aikido(ASP) takes a pragmatic approach, compatible with the concepts of irimi and tenkan, yet follows the basic ASP philosophy of :

1. Dealing with attacks that are likely to occur in our modern society.

2. Selecting elements of motion that are as versatile as

possible so that they can be used in the maximum possible situations and thus develop conditioned reflexes.

3. Use the technique most appropriate to each situation and to the practitioner's natural reactions, without excluding kicks, throws and mat work.

4. Develop exercises preparatory to the above for conditioning the student to linear and circular motions.

5. Develop counters and combination techniques compatible with the above.

At this time the development of Aikido (ASP) is essentially complete and Mr. Schultz will be teaching it at the Cuyahoga Falls YMCA in their new facilities.

Aikido (ASP) offers to practitioners and spectators alike a succession of smooth connected motions pleasant to see, as well as to practice for all those who understand its tenor and philosophy.