

WORLD OF ASP



American Self Protection Association, Inc.

A not-for-profit Corporation of Illinois

825 Groengate Oval
Sagamore Hills, OH 44067-2311

Dr. Evan S. Baltazzi, DSc (Paris), DPhil. (Oxon.)
President and Technical Director

Volume 18 No. 3

November-December 1992

EDITOR: Gary Cook

ASSOCIATE EDITOR: Nellie Baltazzi

A.S.P. Seminar, October 30-November 2, 1992, By E.S. Baltazzi

Comseks I,II, III (kicking and punching) IV, V (grappling), and VI (stickfighting) were demonstrated and videotaped. The two optional Comseks, developed by R. Ritacco and G. Cook were also videotaped. The Brown Belt II stickfighting program was studied and extensive free sparring emphasizing dodging techniques and techniques on the mat followed.

A full day was devoted to mat work, with emphasis on take-downs, tip overs, defenses against pins, arm controls and, especially, chokes. Some participants commented that they had never been choked so much during their whole life. Elements of kickboxing were reviewed.

The congenial atmosphere and camaraderie typical of A.S.P. meetings and the fine hospitality of our hosts, Rick and Donna Ritacco, were appreciated by all. A shish-kebab barbecue competition between Mark Reffner, Tim Macdonnell, and Rick Ritacco ended in a draw and the consensus was for a rematch.

Among other participants were members of Ritacco's children class, the Ivkovic sisters,

Zrinka, Anna, and Maria and Dr. Dragan Ivkovic, their father, and director of the cardiology dept. at Gottlieb Hospital, Roger Byrnes, BB II, and his wife Karen, Ray Jelen, BB II, our former treasurer Jack Rubin BB III, and his wife Jackie.

Samantha Ritacco graced the activities. KG and Miko, the two labs belonging to the Ritacco family made a substantial contribution to the festivities. Everyone had a good time.

During the seminar, Dr. Baltazzi autographed his latest book "SELF-PROTECTION COMPLETE. THE A.S.P. SYSTEM."

RECENT PROMOTIONS

To Red Belt V: Tom Wayne

To Brown Belt II: Mike Truxal and Pete Metropulos

To Brown Belt III: Dr. James Phillips

To Black Belt I A.S.P.: Zrinka, Anna, and Maria Ivkovic; Dan Schaar and Steve Schaar. From Eindhoven, Holland: Kees Jan Pieper, Patrick Van Der Pasch, Sandra Van Osch, Mark Leuvering, Ton Van Bussel, John Timmermans, Rob Tempel, Jannie Uitterlinden, Marieke Sanders, Jolanda Van Grinsven, Chris Zegers, Ming-Hua Kao, Frans Huijskens.

To Black Belt IV A.S.P.: Gary Cook

Congratulations to all. Keep up the good work. Do not forget our motto "TENACITY WITHOUT ANXIETY".

REFLECTIONS AND COMMENTS by E.S. Baltazzi

It is interesting to note that highly qualified physical educators in the research field, have no difficulty in appreciating what A.S.P. has to offer and immediately understand the benefits of its method and system, while some "martial artists," who have no qualifications in physical education, see A.S.P. only as a competitor and look at individual techniques, rather than at its system and methodology, so as to dismiss it. They do not understand that by using its approach, they and their art stand to benefit much. Prompted by self-interest, they do not WANT to see that individual techniques are NOT A.S.P., ONLY THE SYSTEM AND METHOD ARE. For this reason, also, it is difficult to "demonstrate" A.S.P., via techniques out of context, because in themselves they do not define A.S.P. ONLY the METHODOLOGY of approaching this kind of knowledge does.

WHY WE FEEL GOOD AFTER EXERCISING?

Our brain contains a substance called B-endorphin, which has a determining effect on how we feel. When its amount increases, life becomes more pleasant. It is thought that it is the B-endorphin system which pain relieving, narcotic, drugs stimulate to create a feeling of well being.

Research at Stanford U. has shown that, when measuring B-endorphin levels in trained athletes before and after a race, its levels at rest were much higher than for non-

athletes and became even more so after running. There is also some evidence that mirth and laughter have a similar effect on health and healing by increasing the level of endorphines.

Even for mental activities, exercise is beneficial. For instance, it is known that world class chess players use vigorous physical training to prepare for a crucial match. The ancient Greek saw: "A healthy mind in healthy body" (this is the correct translation --"healthy" not sound,) has been amply vindicated.

The National Institute of Mental Health recommends good dietary and exercise habits for people suffering from depression. Rather than losing one's temper, blaming them, or trying to psychoanalyze them, it is best to maintain as normal a relationship as possible, showing care by taking seriously their problem, and trying hard to involve them in activities and exercise, while being on the lookout for any talk of suicide.

PROTECTION FROM FRAUD

Fraud is quite prevalent nowadays. Here are some tips to avoid becoming its victim.

Do not give anyone your bank account and/or credit card number over the phone, unless you initiate the phone call and you know the person or company you are dealing with. Be particularly leery of "free gifts." Keep personal information to yourself and carefully research companies you know BEFORE doing business with them. The better Business Bureau is a good start, But also find out if the company is registered or regulated by any governmental agency.

Refuse ALL telemarketing offers and cut short any high pressure sales pitch, even if it means that you are going to miss an

opportunity. There will be another one. More likely than not, you will be taken in.

Beware of deals too good to be true. Con artists usually appeal to people's greed and self-interest and are not above using intimidation. Avoid carefully hasty decisions

and try to wait a couple of days before deciding on a deal. Get ALL promises and estimates in writing first.

Do not sign anything without first carefully reading the fine print. If you do not understand it, go to a professional who does. Avoiding his help is not a sound way to save money.



Mark Reffner parries the direct kick of Rick Rittaco at the recent Chicago meeting.

Holiday Greetings
From Dr. and Mrs. Evan Ballazzi

SPECIAL ANNOUNCEMENTS

1. Drs. Evan S. Baltazzi of Sagamore Hills, OH and Jack Rubin of Westchester, IL were appointed on the board of Regents of the American Board of Forensic Handwriting Analysts (ABFHA), Inc. This board, which has academic ties, is composed exclusively of people with doctorates in science, medicine, and philosophy, who are experts in forensic handwriting analysis. Its purpose is to assist police in criminal cases involving document identification and to conduct scientific research in this field.

2. The book on the A.S.P. system, which

comprises all the programs up to and including the tenth degree Black Belt A.S.P. is available now. It is a hardbound Deluxe Edition of 334 pages abundantly illustrated. Price: U.S. \$ 29.95, plus \$3.55 for UPS shipping and handling (in the US) Total cost by mail is \$33.50. Volume discounts are available.

Send orders with payment by check or M.O. made out to: Dr. Evan S. Baltazzi, 825 Greengate Oval, Sagamore Hills, OH 44067. Ohio residents add \$1.72 tax. Please do not send cash in the mail.

October 30, 1992. A.S.P.A., Inc. meeting held in Berwyn, IL., prior to a three days technical A.S.P. seminar held by Dr. Baltazzi.

Present were: E.S. Baltazzi, R. Ritacco, D. Ritacco (hosts), M. Reffner, E. O'Neill, G. A. Cook, and T. Macdonnell. Quorum was established.

MINUTES

1. WORLD NEWS

GREECE: Dr. Baltazzi reported on his trip to Greece. Prof. Drs. John Mouratidis and Vassilis Klissouras, Deans of the Physical Education Schools of Thessaloniki U. and Athens U., respectively, were contacted and both expressed interest in including A.S.P. in their curriculum. American trained Julie Kiriakaki, physical director of the Thessaloniki YMCA, a large YMCA, also expressed interest; she offered to translate the book on the complete A.S.P. program into Greek and to contact local publishers. Greg Kyziridis expressed interest in coming to the U.S. to train as an A.S.P. instructor. We shall wait for concrete developments.

THE NETHERLANDS: Kees Tempel, BB VI A.S.P. and Ju-jitsu, advised us that the first A.S.P. Black Belts will be soon graduating from his school. He and Michiel Menting will translate the complete A.S.P. book into Dutch and contact local publishers. Kees plans to come to the U.S. in 1993, to further his training in advanced A.S.P..

INDIA: Bharat Bushan, a Karate Black Belt and operator of several schools in India requested permission to represent A.S.P.A., Inc.. Same request by Amarjit Bawa to represent A.S.P.A. Inc., in Saudia Arabia. Both were advised that they should first join A.S.P.A. and then qualify as A.S.P. instructors.

2. LOCAL NEWS

Our Treasurer, Mark Reffner, has informed our Chicago representative, R. Ritacco that the new induction fees are \$35.00 (A.S.P. Complete book, patch, one year membership fee and newsletter).

T-shirts and sweatshirts available to all members, and pins with gold background available to BBs IV A.S.P. and higher, will be ordered. Samples will be submitted to the executive committee for approval. Mark Reffner is in charge of this.

Dr. Baltazzi was invited to be inducted to the International Martial Arts Hall of Fame. He declined the invitation because A.S.P., while a combative science and more, is not oriental and as long as the term "martial art" indicates oriental arts only, A.S.P. will not identify itself with them. No invitation shall be accepted, unless there is an opportunity to present A.S.P. to the audience. A.S.P. is **NOT** in competition with any "martial art" but, if its methodology is used with an open mind, it can benefit any and all.

Summer camp potential in Sagamore Hills, Ohio, at one of the local ski resorts and means to meet the need for A.S.P. instructors were discussed. If possible, a camcorder compatible with European TV will be secured with the help of Kees Tempel in order to facilitate the exchange of technical information with other countries.

The addition of basic stickfighting techniques to BrB II program was announced and these were to be demonstrated by Dr. Baltazzi on Oct 31. They comprise the guards, simple slashes and thrusts, the spring-slash, defenses against hand grips, and an opponent grabbing the stick.

The status of the new A.S.P. diplomas was discussed. Ritacco and Cook to coordinate this effort.

Two new OPTIONAL COMSEKS were announced and demonstrated on video on Oct. 31. Breakfalls Comsek by Rick Ritacco and High Kickš Comsek by Gary Cook, their respective developers.

Dr. Baltazzi mentioned receiving an order for his book SELF-PROTECTION COMPLETE. THE A.S.P. SYSTEM from the NATIONAL JUDO INSTITUTE, Colorado Springs CO.

The meeting was adjourned at 8:35 p.m.

Evan S. Baltazzi
Secretary pro-tem