

# ASP NEWSLETTER

*American Self-Protection Association Inc.*

*A Not-For-Profit Corporation of Illinois*

## WORLD OF ASP

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### ASP TRAINING METHODS

The main differences between ASP and the so-called martial arts are:

1. Systematic training using the five universal principles on which all combative arts rest
2. A selection of very few, versatile elements of motion which, because of this versatility, are repeated again and again and thus create conditioned reflexes, that is, become second nature
3. Rather than focussing on kinesiologicaly unrelated individual techniques, ASP is concerned with unifying principles and a systematic progression approach.

For this reason, techniques viewed out of the context of the entire ASP system, much as they are effective, lose their meaning in so far that system is concerned. Individual techniques are not ASP, the system is. All combative arts offer similarities in technique, it is the systems which mainly differ.

**IN ASP WE TRAIN NOT ONLY FOR WHATEVER AN INDIVIDUAL TECHNIQUE HAS TO OFFER, BUT MOST IMPORTANTLY, FOR WHAT ELSE IT CAN TEACH US, PREPARE US FOR, OR LEAD US TO.**

People who do not understand it, or do not want to, because of their special vested interest, will take an individual ASP

technique OUT OF CONTEXT AND CLAIM THEY KNOW OF ANOTHER ONE. Anyone taking this position simply misses the point, or does not wish to get it. In ASP each and every technique is leading to another in a systematic progression. Its didactic approach has been praised by several highly competent educators.

Articles on ASP have appeared recently in the Beacon Magazine of the Akron Beacon Journal and the Eindhoven Dagblad under the titles of : "Fighting back the American Way" and "I feel much more confident".

### ASP ABROAD

Nine more received their Black Belt I, ASP diplomas in the Netherlands: Marcel Walraven, Chris van Straaten, Jaap Hartelvelt, Henny Hemink, Piet van der Horst, Henk Schenkel, Vicky Streefland, Mari Raaijmakers and John Ijpelaar. The oldest among them is 69, thus illustrating the accessibility of ASP to everyone.

Police departments in the Netherlands are using the ASP method.

ASP is taught in Reyekjavik, Iceland, by Cees van de Ven.

Kees Temple was asked to teach ASP in Antwerp, Belgium.

Greg Kyziridis is planning to come to the US this year to train in ASP so as to teach it in Greece.

### **ASP FOR PEOPLE WITH DISABILITIES**

ASP methods for training people with disabilities were filmed by James Baltazzi and shown on TV-9 of Macedonia, Ohio. The first installment relates to people using two crutches, the second installment relates to people in wheelchairs. A third installment is projected for the blind.

Participants were: Gene Ruznak, Dr. James Phillips, Rick Ritacco, Mark Reffner, Tim Macdonnell, James Baltazzi and Dr. Evan S. Baltazzi. The use of the facilities of the Ohio College of Osteopathic Medicine in Sagamore Hills, Oh is gratefully acknowledged.

Our thanks to Messrs. Jeff Cole and Justin Lucas of TV-9, Macedonia, OH.

Inquiries concerning ASP were received from The University of Akron and Kenmore and Walsh high schools. A demonstration for the Boy Scouts of America was given at Camp Manatoc in Peninsula, Ohio. Participants were Dr. James Phillips, Steve Schaar, James Baltazzi, and Dr. Evan S. Baltazzi.

A talk on ASP with slides and demonstration was presented by Evan Baltazzi, Gary Cook, and Steve Schaar at the Breckesville Library. Another demonstration is planned for July 8, at the Twinsburg, Ohio, Fest.

### **ASP BLACK BELT COLLEGE**

An ASP Black Belt college , meeting monthly and open free of charge to all ASP Black Belts and Black Belts in the martial arts who are working toward their Black belt in ASP, has been instituted. The monthly

sessions will be at least four hours long and will be targeted to specific programs. For information on the next meeting please call: (216)650-0218

### **ASP GUN AND FIREARM SAFETY CLUB**

As in the past, we will hold our seasonal shooting and gun safety meeting this summer. It is available free of charge to all ASP members and to non-members who will fill out the ASPA application/code of ethics/release form. Bring your own ammo and targets. If you have no weapon ASPA will provide you with one. For information call: (216)650-0218

### **RECENT PROMOTIONS:**

To Novice Red Belt: Stephanie Wright, Gary Cook Jr, Nicole Cook, Michelle Cook and George Erasmus.

To Red Belt I: Jim Huntington.

To Red Belt V: Paul Mandzak, Mike Evans.

To Brown Belt III: Mike Truxal.

To Black Belt I: Steve Schaar, Dan Schaar, James Phillips.

To Black Belt II: Nick Mandato.

To Black Belt III: Tim Macdonnell.

To Black Belt IV: Gary Cook.

### **MISCELLANY**

**UPDATE ON NUTRITION.** According to a recent study, The overall effect of trans fatty acids on increasing CHD (coronary heart disease) risk was entirely accounted for by partially hydrogenated fats. Margarine, cookies and white bread are specific foods related to CHD risk. The consumption of beef, pork, and lamb was not found to predict risk. Butter, which has not many trans fatty isomers, did not appear to be significantly associated with CHD. This does not mean that it is OK to start using butter again, but it simply raises questions about

foods considered as "good" or "bad".

In short, it is best to use unprocessed vegetable oils instead of hardened partially hydrogenated ones. It also means that there is still a lot to learn about cholesterol and fats in relation to heart disease. At this time it seems that it is best to use almost exclusively unprocessed oils such as canola, safflower, corn or olive and, even them, sparingly. Stay away from margarine, butter, and cream "substitutes", and foods using them.

Another study suggest that CHD death risk decreases with increased intake of antioxidants such as vitamin C, beta-carotene, and linolenic acid (a substitute for vitamin E). They also appear to have a beneficial effect on preventing lung cancer. Smokers and overly fat people seem to have lower antioxidant levels in their blood.

It has become clearer that losing weight by diet alone is much less desirable than diet and exercise. Previously obese runners had the highest HDL ("good") levels.

Another study suggests that increased mortality among people with low cholesterol levels, fact which was baffling, can be explained by previous medical conditions and bad habits such as heavy smoking and drinking.

### **BOOK ON THE COMPLETE ASP SYSTEM**

SELF-PROTECTION COMPLETE. THE ASP SYSTEM, BY E. S. BALTAZZI. This 335 pages, abundently illustrated hard bound deluxe edtion, comprising all the ASP programs up to Black Belt X inclusive, is available now. Price: US \$29.95 plus \$3.55 shipping and handling (in the U.S.). Volume and club discounts available. Ohio residents please add \$1.88 Ohio state tax. Send orders with payment by check or M.O. made out to

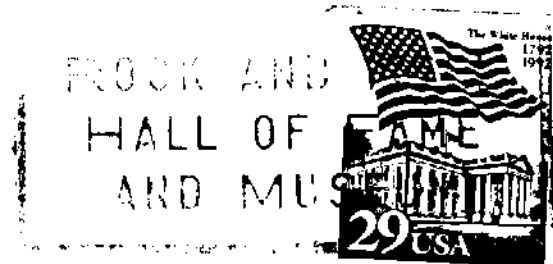
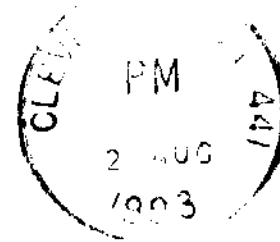
Evanel Associates, 825 Greengate Oval, Sagamore Hills, OH 44067-2311, USA. Please do not send cash in mail, we cannot be responsible for loss.

### **OTHER BOOKS ON ASP**

BASIC ASP. U.S. \$10.00 post-paid. Ohio residents add \$.44 tax; KICKBOXING. A SAFE SPORT. A DEADLY DEFENSE. U.S. \$16.00 post-paid, Ohio residents please add \$.82 tax.

STICKFIGHTING ASP. Out of print.

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# Fighting Back — The American Way

By Jill Sell  
 Photos By Paul Topie

**T**he attacker came up silently behind 7-year-old Jimmy Huntington and grabbed him by the waist.

Instantly, Jimmy stopped, ducked under the attacker's hand, pivoted, ducked under his arm and pushed the backing man away.

Not bad for a little blond-haired kid from Sagamore Hills whose eight body disappears under baggy clothing.

But Jimmy wasn't in any real danger. He was merely practicing what he had learned in his American Self-Protection class.

You've probably heard of karate and judo. But American Self-Protection —



• American Self Protection (ASP) valt op door zijn eenvoud.  
 Een goed middel

EINDHOVEN: THE NETHERLAND

Eerste diploma's American Self Protection uitgereikt

„Ik voel me een stuk zekerder”