

WORLD OF A.S.P.

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American Self Protection Association, Inc.
Dr. Evan S. Baltazzi, President and Technical Director

Gary A. Cook, Editor Nellie Baltazzi, Associate Editor



HAPPY SPRING

Spring has sprung in northern Ohio, USA.
We hope nature has treated you well in your part
of the world!

SPECIALIZED A.S.P.

As you may, or may not know, any student of
A.S.P. may specialize in one particular phase of
A.S.P. training. To qualify, students must have
obtained the rank of Black Belt I. They then may
train in either Kickboxing, Grappling or
Stickfighting. A colored stripe, placed at the other
end of the black belt, will signify this specialty.

The colors are as follows:

- Blue for Kickboxing
- White for Grappling
- Green for Stickfighting

PROMOTIONS

Here is a list of recent A.S.P. promotions:

- | | |
|---------------|---|
| Red Belt IV | George Erasmus
Stephanie Wright |
| Brown Belt I | Thomas Wayne |
| Black Belt I | Mike Evans
Paul Mandzak |
| Black Belt II | Steve Schaar
Pete Metropulos
Dr. James Phillips
Troy Schultz |

Black Belt V Gary Cook.

Congratulations to all!

Please teach A.S.P. Our mission is to spread
A.S.P. throughout the world. If you are in A.S.P.,
promote A.S.P.

DOG GONE WEST

DOG GONE WEST. A WESTERN FOR DOG
LOVERS, by Evan Baltazzi has been published.
DOG GONE WEST is the story of a Pennsylvania
farmer and his family migrating to California in the
mid-1800's narrated by their dog, Buck, who calls
the shots as he sees them and lays down his life to
save his master's. Here are some typical excerpts.

"My master had asked me politely, yet very firmly,
to stay clear of the social life of the ducks and
geese which shared the use of the pond. I am
afraid that I could not resist the temptation to
mingle with them, and Matt had to make his point
of view very clear to me by applying a solid kick
with his big foot on my rear end. No further
clarification being necessary, I reluctantly followed
his directives."

"My knowledge is so encyclopedic and at times I
get so impressed with it, that I don't know what I
am talking about. When I reach that point, I take
heart in the fact that humans don't know what they
are talking about much more often than dogs,
without any observable ill effects on their general
welfare."

"I have heard that some people call each other "dog" as an insult. It seems to me that this should be a compliment."

"Not to be outdone, I also left my business card, which, now I realize, did not have the permanence of an engraving and I cannot affirm that it remains to be seen."

"So what?" I said to myself, I have no fight to pick with the Indians and I was told that they like dogs and are kind to them. Besides, no dog ever disputed their territory, killed their people, or decimated their buffalo herds. I decided I had nothing to fear from Indians."

Please order from:

Evanel Associates
P.O. Box 28
Macedonia, OH 44056

Price: US \$3.95 Ohio sales tax for Ohio residents is \$0.25, for a total of \$4.20

Shipping and handling is \$1.55 for the US.

GOOD MORNING

A.S.P. aerobics and psychosomatics have been combined in a unique morning workout program. Gary Cook is teaching a 6:15 A.M. Aero-A.S.P. class at Eagle Valley Health Club, in Broadview Heights, Ohio.

This program begins each morning with a select few psychosomatic (mind-body) techniques. The "Stretch and Twist" is first, then the "Locomotive", followed by the "Bellows". These warm the body gently but effectively. Aero-A.S.P. is next. A fifteen minute period of A.S.P. aerobics is performed with music which may be varied to fit the tastes of the teacher and the students. Movement and Comsek practice follows

Aero-A.S.P. A few minutes are spent practicing with a partner a technique used in the exercise portion of the class. This enables the students to relate their exercises to a realistic self protection situation. The class winds down with stretching, then the psychosomatic exercise "Figure 4". The last few minutes are spent doing "Relaxation - Concentration".

This program was found to be a very relaxing, low impact aerobic workout, but it also serves as a very effective warm-up to a more vigorous training session.

IDEAS

If you have developed any specialized A.S.P. training programs please let us know about them. A.S.P. is in a constant evolution and we must all grow with it. Send any news items or happenings, as we all have inquiring minds.

SPIRITUAL SELF-PROTECTION

*Excerpts from "Self Protection Complete
The A.S.P. System"*

"How to achieve spiritual self protection? On this plane of existence we are living in a relative world, while truly spiritual self-protection deals with absolutes, which none can truly grasp. This is a controversial subject, because each one of us develops his own understanding and allegiance to spiritual values. These can range from agnosticism, atheism, to religious fanaticism. Each one, if so inclined, has to find his own answer to spiritual questions, even within the framework of a given religion. In the last analysis, and this is particularly true of abstract concepts, the only person in the world who can truly convince us of anything is our own self. "

"Whatever the case might be, spiritual self-protection also involves self-improvement, even if this takes the form of some kind of

self-discipline at the most elemental level. It is clear that all kinds of self-protection involve some type of self-improvement, with the sense of achievement and satisfaction that go with it. The reader will find A.S.P. psychosomatic exercises most helpful in this connection."

"Our thoughts have a great impact on our lives and we should watch them carefully, harboring only healthy, useful, and beneficial ones. We must remember that the outpouring of good thoughts and feelings toward others is reflected back to us to our benefit and gratification. Also, that is dangerous to put our happiness in other peoples' minds. We should always endeavor to be true to ourselves in thought and deed."

WOMEN'S SELF-DEFENSE

This new magazine has published two articles by Dr. Baltazzi. One in its premier issue of February-March '94 under the title "Low Impact Self-Defense Aerobic Exercises", and the other in the June issue under the title "Simple But Effective Self-Defense Techniques."

A VOICE FROM THE PAST

Below is the reproduction of a letter dated May 1 which was received at A.S.P.A., headquarters.

Gentlemen:

This past Christmas, my wife presented me with a Christmas gift, the book Self Protection Complete; the A.S.P. System. She had remembered the influence Evan Baltazzi had on my 20 year martial arts career when she chanced across the book. I was one of his brown belt judoka at Richport YMCA when he was developing A.S.P. and refining his aikido.

At the time, I was young, macho, and wanted an art which had hard fighting and developed physical strength. Unfortunately, I did not pay as much attention as I should have given the opportunity to

study under on who was truly adept. The little I retained from his attempts to teach me ki extension and some of the techniques of A.S.P. served me well in my future activities: twelve years in the Japan Karate Association and an additional five in various styles of karate, jujitsu, and finally, a relatively brief encounter with tai chi chuan.

Now much older and wiser, I have redeveloped an interest in A.S.P. Please send me information on your association, the availability of Dr. Baltazzi's books, and any instructors / clubs / classes in the Chicago area, especially the western suburbs.

If you are in contact with Dr. Baltazzi, please convey my warm regards and my thanks for his patient instruction. I have had many instructors over the years, some world famous, but I believe I learned more of lasting value from him...

ANY NEWS?

This newsletter serves the members of A.S.P. and will publish news about its members. Please contact Gary Cook at (216) 467-7110 or send information to:

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