

The World of A.S.P.



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SURVIVAL

by Evan S. Baltazzi

As mentioned in earlier newsletters, A.S.P. (or ASP) stands on its own merits as a unique holistic system of self-protection that offers completeness, ease of learning, ease of retention along with efficacy. Its novelty and value have been recognized by educators and physical educators here and abroad. ASP is a method for the development of a variety of motor skills applicable to the combative arts.

ASP addresses also other areas of self-protection and, without expecting its students to become experts in all of them, they benefit by learning the basics in these areas. One of them is survival, a subject too extensive to even summarize within the confines of this newsletter.

I shall briefly describe

here the most important steps to take when one finds himself lost and has to survive until help arrives. For example during a hunt.

The military has developed a method of thinking and planning known as the PLAN FOR STAYING ALIVE (PFSA). It is essentially a method of setting priorities in emergencies, for using the skills one has acquired in a methodical and efficient manner.

Actually, it is probable that one is in such predicament because he did not plan ahead. At times, of course, one finds himself in a predicament unexpectedly and through no fault of his own.

In establishing priorities, the PFSA method lists problems in the following order: pain, thirst, fatigue, hunger, fear, temperature extremes, boredom and loneliness.

Military personnel are

more likely to find themselves in situations which are somewhat different from those encountered by civilians on a hunting or fishing trip in our latitudes.

The thing to remember is that a healthy person can go several days without food, but only about three or four without water. Temperature extremes are most dangerous, thus finding shelter and building a fire are often top priorities. The list given above should be gone over mentally and items that are not pressing should be set aside. For instance, if you are not wounded or sick, you do not need to address pain. Just try to stay well. If you are in an area with lakes and streams, thirst is no problem. Similarly, if your backpack is full of food, hunger should not be a concern.

IT IS NORMAL TO FEEL FEAR, BUT GETTING

PANICKY, RATHER THAN COLLECTING YOUR THOUGHTS AND THINKING OF A PLAN TO GET YOU OUT OF THERE CAN BE FATAL

Leaving word with someone you trust as to where you are going and when you expect to be back is essential because after some time someone will be looking for you.

You may try to signal for help with three shots followed a couple of minutes after by another three, keeping in mind not to waste ammo if your supply is low. Unfortunately, even a sharp blast with a whistle does not carry far enough in the great outdoors. During daytime you may signal with thick smoke from green wood, but you should also be looking for shelter, particularly if there is little daylight time left and the temperature is dropping.

Much of the above is plain common sense, but common sense is nowhere near as common as its name implies.

Survival techniques are a fascinating topic and there is an impressive array of intriguing tricks that can supposedly be used in some cases.

For instance, a sewing needle rubbed against a silk material can be magnetized

and used to find the North by being suspended with a thread at its middle or floated on water on a piece of thin paper. Similarly, a razor blade strapped on leather and suspended from a thread can serve the same purpose.

The reflector of a flashlight without the bulb can be used to gather sun rays at its focal point and ignite tinder.

You can dry a wet match by rolling it in your hair if it is dry and not too greasy. And many, many other tricks.

Unless you put yourself thoughtlessly in harm's way, many problems can be avoided by planning. Here are some common sense pointers for hunters.

1. Tell someone where you are going and when you are planning to be back

2. Dress appropriately in several layers and wear comfortable waterproof shoes.

3. Carry a good orienteering compass and a map of the area you will be hunting in. (If you can afford it, get a position finder). A roll of orange surveyor's tape will help to mark your trail in line of sight and find it again, even under low light conditions.

4. A fire building kit is essential. A magnesium

block is a good investment. Carry matches in a waterproof container along with a small candle. When lighting a match, light the candle also, you can use it to start other fires or try again should your first attempt fail.

5. Carry a small first aid and water purification kit. Thirst can kill you much faster than hunger.

6. Have with you plenty of ammo, remembering that it can be also used to signal distress. You can also use the powder from a round to ignite tinder.

7. Carry compact high nutritive value food, a full canteen of water, a good multipurpose knife, and light rope of high tensile strength.

8. A small flashlight with extra batteries is invaluable. I remember a moose hunt in Northern Ontario when I became isolated across a lake due to foul weather, I was able to signal my position at nightfall with a small flashlight. I had also a whistle but those looking for me could not hear it.

9. A plastic metallized blanket is very light, compact and easily carried. It can serve as tent, rain gear and, most importantly, it can protect you from

temperature extremes by conserving your body heat.

All of the above can be easily carried in a small backpack. While not all items listed may be necessary when you are in familiar territory, they can save your life in an unfamiliar one.

At any rate, it is not very smart to venture into unfamiliar areas without careful planning and thoughtful precautions.

This small sample of survival planning will give you an idea of the importance of this fascinating topic for self-protection.

ASP differs in many respects from the popular martial arts. Concern about holistic self-protection is one major difference. Others are:

(1) Lack of what I call the "sensei complex" or "it is so because the master says so." This attitude precludes critical and constructive evaluation of the techniques studied by the student. In ASP students are encouraged to ask questions and offer suggestions.

(2) In ASP we are lacking the bias common to the popular martial arts. We do believe that each situation should be handled with the simplest, most direct, and most appropriate

techniques. Not necessarily with throws and grappling alone (judo), with punches and kicks alone (karate, taekwon-do), with arm and wrist locks alone (aikido), and so on.

(3) We believe that approaching the study of fighting techniques individually is not only inefficient in terms of learning and retention, but also leads to a morass of numerous techniques used only to add more volume to the subject matter without increasing its usefulness.

For these reasons we approach technical knowledge from the standpoint of universal principles and common elements of motion. Thus, learning is faster, yield for expended effort, and degree of retention are superior. Practice is also safer, since one achieves faster a mastery of motions.

(4) ASP students are encouraged to be creative and to build on the fundamental knowledge thus acquired.

For these reasons, ASP is NOT another style, but a unique systematic approach to self-protection in general and to combative knowledge in particular. Its method can be successfully applied to any combative system, Occidental or

Oriental.

RECENT PROMOTIONS
Paul Mandzak: Black Belt VI, ASP.

George Erasmus: Brown Belt III, ASP.

Caroline Morgan: Red Belt I, ASP.

Congratulations to all.

TECHNICAL CORNER
AGAINST THE W-1*
WRIST CONTROL.

This technique is used by jujitsu and aikido styles, with some variations, under the name of ko-te gaeshi or small hand reversal.

The attacker, A, applies W-1 on your right hand.

STAGE I. Before A's grip is fully secured:

(1) Pull sharply back your right arm, jump behind A and apply the Figure 4 choke, taking him to the ground (CAUTION!!!). Or
(2) Use the Double Shoulder Pull throw. Or
(3) Use the Nape throw. Or
(4) Use the Double Feet Pull throw.

STAGE II. The attack is secured by A's right hand only.

(1) Grab his wrist from above with your left. drop on your left knee and pull A's hand against your chest to unbalance him. Apply the W-5 Wrist Control on his

left arm. Or

(2) If A has secured a double grip on your hand, apply the W-1 on his left hand. Or

(3) Move in for a W-3 on his left side. Or

(4) Move in for an Outer Direct or Reverse Tripping on his left side. Or

(5) Roll your right wrist around his left and follow with a W-2.

Other possibilities do exist, but we are interested only in the simplest and most direct ones depending on the relative physiques and the reaction of the opponent. We do not aim at volume but at simplicity along with efficiency.

*Note. For technique nomenclature, please refer to **SELF-PROTECTION COMPLETE. THE ASP SYSTEM**, by Evan S. Baltazzi

MISCELLANY

We received request for information about ASPA by Mr. Chris Jolly of Billiricay, Essex, England, who also sent us a video for review.

The stated purpose of this video is to enhance American women's awareness for the necessity of training in self-defense. It is to be sold to Martial Arts schools for promoting

their business. Various situations are shown where a woman defends herself with karate style techniques, although no teaching of specific techniques is attempted. The technical quality of the video is good, but it is strongly biased toward karate, Mr. Jolly's specialty.

As a courtesy to Mr. Jolly, Dr. Baltazzi send him his book **SELF-PROTECTION COMPLETE. THE ASP SYSTEM**.

Mr. Douglas Bell of Iowa City, IA a reviewer for the magazines US Militia, Shoestring Entrepreneur, Cybertek, and LFI Directions requested a copy of Dr. Baltazzi's book **SELF-PROTECTION COMPLETE. THE ASP SYSTEM** for to be reviewed for said magazines. A complimentary copy was shipped to Mr. Bell.

Mr. Amarjit Bawa, of Hosiapur, Punjab, Black Belt V and Chief Instructor of the Indian Martial Arts Association (Regd.), India, in a letter addressed to Dr. Baltazzi, dated 01/11/96, expressed his dissatisfaction with the International Martial Arts Association (USA) with which his Association is affiliated, and requested information about ASPA with the purpose of possible cooperation.

P r e l i m i n a r y

information was sent to Mr. Bawa.

Over the years we received hundreds of letters requesting information about ASP. Invariably the writers were dissatisfied with the organizations they belonged to and wanted something different from the straightjacket of the oriental arts.

We have spent much time and money sending information to all those requesting it. Unfortunately, in the majority of cases, we did not receive even the courtesy of an acknowledgement. The writers wanted to use ASP for self-promotion or for gathering new techniques to add to their own repertoire and not because they had understood its value and import.

We were fortunate, however, to find some who became dedicated ASP exponents.

The ASP method and system is applicable to ALL martial arts and those who sincerely make the effort to understand it and apply it to their specific area of interest will reap many benefits and the personal satisfaction of creativity.