



The World Of A.S.P.

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ON ASP COUNTER THROWS

by Evan S. Baltazzi

ASP throwing techniques are limited in number yet comprise all the fundamental elements of motion used in the vast majority of combative arts. This is in line with the ASP method which does not aim at bulk but at effectiveness, ease and breath of learning, good retention and safe practice, as anyone who has understood it knows.

In my book on the entire ASP program I am describing examples of throwing combinations but I do not describe any counters. This is not an omission, it is done deliberately and for good reasons. First of all a throw performed with proper use of the five principles is very hard to counter. At best one can evade it, usually with some loss of balance. The best counters are preemptive and by the time the ASP student has learned all the throws in

the main program he has presumably understood the ASP method and he already knows all the elements of motion he needs to know to counter any throw. Finally, I believe that bulk is not necessary and is not a substitute for quality. Those superficially interested, who come to ASP with an "angle," and those fascinated by a great number of techniques will not understand ASP and will not stay with it anyhow.

In the same book p.306, I am encouraging the reader to study any martial art and compare results in terms of progress (yield) per expanded effort (similar length of training), breath of learning and understanding, degree of retention, as well as safety, practicality, and accessibility, with those obtained in the study of ASP. A selected bibliography of some of the best books on the major martial arts is included,

In this issue I shall examine the three first throws that are the only ones used in the first degree Black Belt program. These are The Nape Throw, the Leg Drive, and the Knee-Groin Throw. They have been chosen because of the simplicity of the motions involved, because they are very hard to counter, and also because they are tolerant of mistakes. Therefore they are suitable for beginners. Examples of possible counters are given below. A seasoned ASP student may well devise others.

Against the Nape Throw.

This is the first of the throws in the basic program and it is initially applied against a handshake with pull. For safety reasons the performer of the throw pulls on the back collar of his partner, while in a fighting situation he would pull on his hair or his chin, depending on his choice and on their

relative physiques. This throw is very difficult to counter when properly performed.

For this and the following descriptions the attacker in the book **A** will become the defender **D** and vice versa.

D evades **A**'s lifting motion aimed at breaking his balance to the rear by pivoting in the direction of his pulled arm, dropping on one knee and counter attacking with a **Knee Groin Throw**. This dropping pivot is very versatile and works well against many throws. Obviously, timing is of the essence, particularly since this counter is essentially preemptive.

Against a Leg Drive.

D must prevent or counteract **A**'s attempt at lifting his chin because it is crucial for breaking his balance to the rear.

If **D** cannot disengage his leg, he should bend well his head forward, as if he were to dive through the mat, push **A** back hard and, twisting his body around and away from the direction of the throw counter with a **Leg Drive of his own**.

If **D** can disengage his leg by overstepping

and pulling back, he may apply a **Barrel Throw** on the same side, an **Outer Flywheel** on the same side, or a **Standing Flywheel** on the opposite side. It is essential that **D** maintains control of his chin.

The **Barrel Throw** may be applied by dropping on one knee and be followed with grappling. The same follow-up is recommended for the **Outer Flywheel**.

Another possibility is for **D** to disengage his leg, pivot dropping down on one knee to face the same direction as **A**. Securing a grip on his wrist **D** applies a **W-3** as he stands up again. This technique can be used either to throw **A** on his back, or to control him on the ground. A **W-4** is also possible.

Still another possibility is to punch **A** on the groin, after **D** disengages his leg, and then apply a **Standing Forearm and Collar Choke**, while twisting **A** to the ground to finish there.

Against the Knee-Groin Throw.

Disengage the attacked leg, press down on **A**'s head and apply a

Low Direct Kick to throw him on his back.

Or overstep for to apply one of the **Back or Side Chokes**.

It is also possible to evade this attack with a **Forward Roll** over the bent **A**.

WARM-UP WITH ROLLING FALLS.

An interesting suggestion by T. L. Schultz was to complement the wrist exercises of the **Second Degree Black Belt** program with forward and back rolls, so as to be used for warming-up. This was tried, found to be quite worthwhile and its use is recommended.

ASP students are encouraged to think for themselves and be creative within the guidelines of its methodology. All suggestions are considered and fairly tried. Open minded discussions are the norm during ASP classes.

RECENT BLACK BELT PROMOTIONS.

To Black Belt Seventh Degree:

Paul Mandzak
Dr. James H. Phillips
Troy L. Schultz

To Black Belt Fifth Degree:

CLASS SCHEDULE AT SAGAMORE HILLS.

Tuesdays and Thursdays 7-8:30 pm. Occasionally on Saturday mornings, as convenient.

ALL present and former ASP students are cordially invited to attend our free training classes on Saturdays. Call (330) 467-1759 for details.

HEALTH UPDATE.

The incredible edible egg has been vindicated. The medical establishment has decided that eggs are not so bad for you after all, a position that I have maintained all along for reasons explained in previous newsletters.

No other food can match eggs in terms of nutritional value vs. weight and cost.

Coffee drinkers rejoice! Now it has been decreed that coffee is good for your heart.

Fast foods taken once in a while are not that bad either. While steady low-fat diets lower the plasma cholesterol they are unpalatable and it is unlikely that people will follow them consistently. Fast foods can be part of

a well-counselled diet in compliance with the National Cholesterol Education program.

Two studies have shown that a low level of **High Density Lipoproteins (HDL)** in the plasma is an independent risk factor for both **stroke** and **coronary heart disease (CHD)** and should be measured even if the total cholesterol level is below 200mg/dl.

Another study has shown that the cholesterol in what we eat (dietary cholesterol) has a minimal effect on the level of plasma cholesterol and it seems that it is not very meaningful in terms of reducing the risk of **coronary heart disease (CHD)**,

Risk factors for **coronary heart disease (CHD)** relate to **body mass index (BMI; kg/m²)**. A recent study has shown BMI to be highly correlated to risk factors for CHD and that prevention of overweight is an important public health issue. Among the subjects studied, those with high BMI were at three times higher risk for developing CHD than those with low BMI

In another study it was found that a person (defined as a free-living person) can use a self-selected diet for managing CHD risk factors and meet the recommendations of the major US health organizations in terms of completeness.

OUR SYMPATHY to the family of Hugo Pelletiere one of the first ASP students in Chicago who earned their Black Belt. Hugo passed away on August 2. He is survived by his wife Marie, two sons, George (BBII ASP), Bob, and two daughters, Jeanine and Linette.

Hugo was among the students who were tested for rank during the first promotional meeting of A.S.P.A. back in December 1965.

Comments and letters to the Editor are welcome. We also welcome the submission of articles, with contents related to A.S.P., for publication

Let us know what you think.

Mail your correspondence to: 825 Greengate Oval, Sagamore Hills, OH 44067-2311 or fax it to (330) 467-1750 * 51. Let's hear from you.
