



The American Self Protection
Association, Inc.

The World of A.S.P.

Vol. 25, #1

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Dr. Evan S. Baltazzi, Editor -- Troy Schultz, Publisher
Winter, 1999/2000

MEMORIES 2000 by Dr. Evan S. Baltazzi Originator of A.S.P.

When I was living in Paris, France, I became interested in the oriental arts. These were then novelties for us. My research did not allow me the time to go across the city to row and to fence, so I joined a newly formed club, the club Daumesnil, right around the corner and became the first of the students to achieve the shodan (first degree black belt) in judo. My interests extended also to the then arcane arts of yoga and taichi. The method of judo I was trained with was developed by Mikonosuke Kawaishi. It was well structured in terms of technique organization and included comprehensive self-defensive knowledge. So when one achieved the shodan in judo, he was supposed to have attained the same rank in jujitsu. Later, during the stay in Paris of Minoru Mochizuki at the College of Black Belts, I was introduced to Yoseikan aikido. At the time our information about these arts came from single sources, obviously biased and very mercenary. After my return from England where I was the captain of the Oxford University Judo team for the two years of my stay, I began to realize that there was much more about oriental arts than what we were told. I abandoned yoga because I found it too time consuming as one progressed and I also let go of taichi because I could not see its slow graceful movements as being very useful for practical self-defense. Being young and full of vim and vigor I preferred judo and aikido, particularly since the latter claimed to be using also the power of ki (chi). In my books and articles I have explained at length the method and A.S.P. system and it is not necessary to repeat it here. Perplexed by the stunning variety of "new" and old "systems and methods" in the combative arts and sports, I became convinced that a unified approach to all could be devised, concise and to the point.

Over a period of almost twelve years alone at first, then with the assistance of my students and friends Duane Marquardt and Ken Kirkbride, I developed a basic system that I called American Self-Protection for several good reasons. It was first made public at the West Suburban YMCA of Metropolitan Chicago in 1965. Imagine my gratification when A.S.P. was awarded the plaque for the best YMCA program in 1967 and professional physical educators who had no vested interest in the martial arts, endorsed the validity of my approach. Among these was W. P. Wilbern administrator of the President's Council on Physical Fitness under Johnson. When my first book was published I received many favorable comments and endorsements from here and abroad.

I was selected for the U.S. Olympic and AAU Committees for Judo, where I served for eight years. I also chaired for two consecutive years the Health and Physical Education Research Methods Conferences held outside Chicago and attended by several Olympic coaches, and I also served as a judo official at the Winnipeg Panamerican Games of 1967. Not bad for a scientist who had no formal physical education training.

Encouraged by such recognition, I proceeded to test the validity of my theory by applying it to throws, locks, kickboxing, and stickfighting. It became clear that the A.S.P. concept was indeed of general applicability. Here I must digress to mention how ill-informed I and many others were about the oriental arts.

For judo we were led to believe that the shodan was a final accomplishment in itself. We were even looking down upon the ranks awarded by the Kodokan as being second rate! Ranks beyond the shodan were all but stratospheric. Yet the shodan is awarded in Japan to successful beginners and high school kids achieve the second third and even fourth dans. We had no idea of the many jujitsu schools and that there is absolutely no mutual equivalence in ranks nor in rank promotion requirements.

For aikido, Mochizuki hardly made mention of the Hombu and awarded ranks on his own authority. It was only later during Koichi Tohei's stay in Chicago, where I was the highest ranking aikidoka, that he recognized my rank after seeing me perform. At the time aikido was so little known in the U.S. that I was asked by the organizers of the Chicago Ginza festival to demonstrate it. Later I found out that there was also a Yoshinkan and a Tomiki aikido. There might also be others.

Like myself at the time, many people today are not aware that there are many kinds of yoga and many schools within them. What is mostly practiced is the Hatha (physical) yoga, yet there is the Pranayama (breathing), Bakhti (love), Karma (work) and Raja (Intellectual/spiritual) yoga. Similarly, for taichi we were not told about its many styles nor about the four main ones (pai) Yang, Ho, Wu, and Sun. Also, in passing, with all the publicity given to kungfu, not many realize that this is just a generic name that can be applied to anyone who achieves mastery in any field.

Because of my aikido background, I felt that mind-body coordination was essential and I had included psychosomatic exercises in the basic A.S.P. program. Since taichi is considered a martial art and I had come to the conclusion that the chi is nothing more than mind-body coordination shrouded in mystery, I decided to apply the A.S.P. concept to taichi. I felt that it should include simple motions in very short forms performed in concentration and address breathing, the major joints, balance, relaxation and coordination. I included also some practical attack avoidance techniques related to the A.S.P. "before" ones. This program was tested in a series of free short courses, eight lessons each. At the outset I would state that this was not classical taichi and invited my audience to compare the tangible benefits they would derive from it (I called it taichi for the western man) with any other system they cared to choose, for the same amount of time and effort spent in its study. I asked them to compare accessibility and ease of performance, degree of retention and overall benefits. Probably, were they able to devote a lifetime to the study of chi that they could achieve impressive results, even though some scientists question the very existence of chi.

To get their attention and eliminate the shroud of mystery surrounding the chi, I paired one stronger person with a weaker one and asked the strong person to use both hands to bend the semi-extended arm of the weaker one. This he could easily do. Then I would ask the weaker person to forget what his partner was trying to do and to see in his mind's eye that a person most dear to him was about to fall into a precipice and that he was desperately trying to reach him and prevent his fall. To the surprise of both partners, the strong person could not bend the arm of the weaker one, because his mind and body were coordinated and single mindedly focused on a goal.

A session would start with some simple breathing exercises, followed by exercises for all the major joints. Then there would be exercises for balance and attack avoidance. The class would end with the most important exercise of them all, the A.S.P. relaxation/concentration. This short course was extremely well received, particularly by seniors.

I feel content and satisfied that I was able to devise a general method for developing motion skills for combative arts and sports, method endorsed by physical educators here and abroad. My reward comes also from the people who practiced and benefitted from A.S.P. and who recognize the major difference it made in their lives.

A HAPPY, HEALTHY, PEACEFUL, AND PROSPEROUS YEAR TO ALL!

Evan S. Baltazzi

GRAND OPENING - AIKIDO OF AKRON CUYAHOGA FALLS YMCA By Troy L. Schultz, 7th D.B.B. - A.S.P.

On September 7, 1999, I started teaching three days a week at the newly renovated Cuyahoga Falls, Ohio YMCA. Classes are held on Tuesday and Thursday from 7:00 - 8:30pm and Saturday mornings from 9:00 - 10:30am. Registration for the class is handled through the YMCA and costs \$50.00 / seven week session. There is a one week break between each seven week session. Winter Session II starts February 28.

We work out in the kids gym on the second floor which is highly visible from Broad Blvd. Mr. Dan Akely, the Branch Director, has promised me that they will accommodate us as we continue to grow (i.e., a bigger space and new mats). However, we must first grow out of our current space which is adequate for up to approximately ten people. Come out and try our new Century WaveMaster® and Bob® kickboxing bags.

For more information please call me at (330) 815-7731, or simply come out to the YMCA and visit us. The address is 544 Broad Blvd., Cuyahoga Falls, Ohio, 44221.

QUALITIES AND ELEMENTS OF TECHNIQUES By Troy L. Schultz, 7th D.B.B. - A.S.P.

In my class, I often stress the importance of centering, posture, and extension. I may also frequently comment on being balanced, fluid motion, and proper breathing. How do these qualities or attributes of a technique relate to the five core elements of all self defense techniques explained in the main A.S.P. text (i.e., Distance, Direction, Timing, Momentum, and Leverage). The answer lays in how well we execute any particular technique versus the theoretical foundation of all

techniques. There are an unlimited number of these qualities or attributes where as the five basic elements are absolute. Nevertheless, certain qualities seem to be more relevant than others depending on the technique. Similarly, though every technique has all the five core elements, some are more prominent than others. For example, there are timing throws such as fly wheels and leverage throws such as a barrel throw.

How then do we perfect our techniques? Within our regular practice we must focus on the details or "qualities" that makes each technique work well. This is, after all, one of the main reasons why we practice. And, the more we practice the better our techniques get. I frequently watch my students prior to the execution of a technique and can see that, at times, it is doomed even before it starts. How can I tell? Because I can see bad posture, poor focus, and no extension. They are often just trying to remember the technique. I may let them go ahead and execute the technique once, watch it fail, and then show them what to correct.

Other times, I try to point out key points immediately. It is difficult sometimes to know how each student will learn best. A failure due to, for example, incorrect posture might have a long lasting effect if not corrected immediately. It may also provide a better understanding of why certain key points are essential. I believe there are some things in A.S.P. you have to feel to understand them well.

Fortunately, the A.S.P. method of learning minimizes the number of different techniques and focuses on common elements of motion that apply to numerous self defense situations. Even a minimal effort in A.S.P. has significant yield in terms of actual self protection ability and also provides a high degree of long term retention. The round fluid motions in A.S.P. are such a joy to practice and are completely safe when practiced with care. Add to this techniques that work equally well for women and men and you may start to understand how very unique A.S.P. really is.

As society tends to make us more introverted via computers, the Internet, and an ever increasing pace of life, our short A.S.P. practice offers something very unique. It offers a chance to catch your breath, find your focus, and have some friendly person to person contact. The body is also exercised and the spirit recharged. This has tremendous benefits which can be realized both in your personal life and in your work. The next time you are about to enter a difficult or stressful situation at home or work, simply find your center of physical and mental balance, take a couple deep breaths, and extend a positive and constructive attitude. This focusing can make all the difference in the world. It is the logical extension of your practice into your daily life.

I'd like to wish everyone a healthful and happy new year.

See you on the mat!

Troy L. Schultz

RECENT PROMOTIONS

- | | | |
|----------------|-----------------|-----------------|
| 1) Tony Romito | Novice Red Belt | January 8, 2000 |
| 2) Craig Dunn | Novice Red Belt | January 8, 2000 |

LIST OF PERSONS WHO HAVE ACHIEVED THE STATUS OF BLACK BELT

Evan S. Baltazzi	Sagamore Hills	OH	BB12	Richard Stull	Arcata	CA	BB1
Originator of A.S.P.				Dan Schaar	Cuyahoga Falls	OH	BB1
Paul Mandzak	Seven Hills	OH	BB7	Steve Villareal	Chicago	IL	BB1
James Phillips	Sagamore Hills	OH	BB7	Ron Winkers	Staten Island	NY	BB1
Troy Schultz	Stow	OH	BB7	Bill Yesensky	Charleroi	PA	BB1
Rick Ritacco	Berwyn	IL	BB7	Hugo Pellettiere	Chicago	IL	BB1
Mark Reffner	Berwyn	IL	BB6	Dan Testa	Coal City	IL	BB1
James Rue	Donora	PA	BB6	John Aiello	Berwyn	IL	BB1
Kees Tempel	Eindhoven	HOLLAND	BB6	Mike Bem	Oak Park	IL	BB1
Art Schuett	LaGrange Pk	IL	BB5	Anthony Leazzo	Cicero	IL	BB1
Michiel Menting	Haarlem	HOLLAND	BB6	Ted Dastych	Lemont	IL	BB1
Gary Cook	Sagamore Hills	OH	BB5	Matthew Wasiak	Broadview	IL	BB1
Pete Metropulos	Twinsburg	OH	BB5	George Hamm	Oxnard	CA	BB1
Duane Marquardt	Boulder Jct.	WI	BB4	William Goring	New York City	NY	BB1
Ken Kirkbride	Los Angel	CA	BB4	Mitch Seydoe	Mckeesport	PA	BB1
James Smith	Fayette City	PA	BB4	Linda Seydor	Mckeesport	PA	BB1
Donna Ritacco	Berwyn	IL	BB4	Mark Orsatti	Bentleyville	PA	BB1
Erin O'Neil	Oak Park	IL	BB4	Judy Modelski	Fredericksburg	VA	BB1
James Baltazzi	Sagamore Hills	OH	BB4	Elliott Rothschild	Lincolnwood	IL	BB1
Howard Schultz	Chicago	IL	BB3	Bob Ritacco	Berwyn	IL	BB1
Dean Rohner	Brookfield	IL	BB3	Fred Klott	Cape May Courthouse	NJ	BB1
Fred Grena	Brownsville	PA	BB3	Nancy Drauden	Joliet	IL	BB1
Wayne Davis	Fountain Inn	SC	BB3	Ralph Herbert	Greendale	WI	BB1
Jack Rubin	Westchester	IL	BB3	Judith Herbert	Greendale	WI	BB1
Don Garrick	Joanna	SC	BB3	Denis Chiedor	Webster	PA	BB1
Ken Hulme	Salt Lake City	UT	BB3	Thomas Ambrose	Monessen	PA	BB1
Phil Capehart	St. Albans	WV	BB3	Gene House	Prattville	AL	BB1
James Holman	Humbolt	NE	BB3	Philip Plummer	Martinvil	IN	BB1
Walter Barber	Oak Park	IL	BB3	Jim Truncale	Glenview	IL	BB1
Tim Macdonnell	Darien	IL	BB3	K. Steve Brown	Traveler's Rest	SC	BB1
Marge Palaisa	Uniontown	PA	BB3	Lee Bruce Holbrook	Nitro	WV	BB1
Anita Orsatti	Bentleyville	PA	BB3	Jim Schriber	Winton	CA	BB1
Dave Donars	Brookfield	IL	BB3	Mary Wilson	Chicago	IL	BB1
Don Cowling	Madison	WI	BB3	Sharon Loess	Belle Vernon	PA	BB1
Josef Frank	Welzheim	GERMANY	BB3	Jon Hanes	Chicago	IL	BB1
George Pellettiere	Chicago	IL	BB2	Haary Dailey	Madison	WI	BB1
Raymond Kubista	Middleton	WI	BB2	Monica Miller	Berwyn	IL	BB1
Charles Cavrich	Camphill	PA	BB2	Mike Janich	Chicago	IL	BB1
Edward Stroh	Chicago	IL	BB2	Lewis Kukura	Youngstown	OH	BB1
Roger Eisen	Northbrook	IL	BB2	Sharon Brown	Belle Vernon	PA	BB1
Nicholas Mandato	Brunswick	OH	BB2	Ronald Choquette	N. Attleboro	MA	BB1
Douglas Johnston	Skokie	IL	BB2	John Strickland	Columbi	SC	BB1
Laurie Fronczek	New Iberia	LA	BB2	Daniel Mowery	Lombard	IL	BB1
Randy Applegate	Donora	PA	BB2	Rdward Ferraro	Mckeesport	PA	BB1
John Feery	LaGrange Pk	IL	BB2	Eugene Dimitriadis	Thessaloniki	GREECE	BB1
Roger Byrnes	Berwyn	IL	BB2	Harvinder Kumar	Lhudiana	INDIA	BB1
Ken Kollodge	Fairbanks	AK	BB2	Rinaldo Rinaldi	Milano	ITALY	BB1
Ray Jelen	Berwyn	IL	BB2	Graham Angel	Deniliqui	AUSTRALIA	BB1
Charles Baley	Berwyn	IL	BB2	Ronald Carlson	Chicago	IL	BB1
Gregory Kyziridis	Thessaloniki	GREECE	BB2	Patrick Volling	Elmhurs	IL	BB1
Dave Offerdahl	LaGrange	IL	BB2	Carol Blotteaux	Mount Prospect	IL	BB1
Thomas Lane	Salem	OR	BB2	Gerald Mucha	Chicago	IL	BB1
David Kiester	Joliet	IL	BB2	John Barr	Elmhurst	IL	BB1
Welton Skip Smith	Mauldin	SC	BB2	Charles Joem	LaGrange	IL	BB1
Thomas Covi	Niles	IL	BB2	Richard Proft	Brookfield	IL	BB1
John Hutchko	New Eagle	PA	BB2	Charles Wheat	Oak Park	IL	BB1
Mariia Baltazzi	Los Angeles	CA	BB1	Robert Gaimari	Lyons	IL	BB1
Vittoria Kartisek	San Francisco	CA	BB1	Bud Buescher	Lille	IL	BB1
Bill Biewenga	LaGrange	IK	BB1	Dianne Cernohouz	Brookfield	IL	BB1
Nicholas Couse	Falls City	NE	BB1	Mary Alice Feery	LaGrange	IL	BB1
Jeff Fridricks	Falls City	NE	BB1	John Cherry	Ashville	NC	BB1
Nellie Baltazzi	Sagamore Hills	OH	BB1	Robert Fichtner	Brookfie	IL	BB1
Larry Davis	Greenville	SC	BB1	Chris Baugh	Stickney	IL	BB1
Joseph Fullmer	Maudlin	SC	BB1	James Rizza	Joliet	IL	BB1
P. Kemp Fain, Jr.	Knoxville	TN	BB1	Larry Dastych	Joliet	IL	BB1
Roger Foissy	Montreal	PQ	BB1	Toni Skoglund	Hinsdale	IL	BB1
Art Zoglauer	Bartlett	IL	BB1	Harry Skoglund	Hinsdale	IL	BB1
Robert Cole	Humboldt	NE	BB1	Trudy Hueneke	LaGrange	IL	BB1
Robert Jones	Taylors	SC	BB1	Clifford Ingersoll	Lille	IL	BB1
Steve Schaar	Cuyahoga Falls	OH	BB1	F. John Smith	Stickney	IL	BB1
Ilna Garrett	Westchester	IL	BB1	Betty Engess	LaGrange	IL	BB1
Ivana Ivkovic	Oakbrook	IL	BB1	Gerry Brijia	Brookfield	IL	BB1
Ana Ivkovic	Oakbrook	IL	BB1	Rodney F. Cox	Baluzyn Victoria	AUSTRALIA	BB1
Zrinka Ivkovic	Oakbrook	IL	BB1	Craig Kronenburg	Hinsdale	IL	BB1
Lorena Kowacic	Fayetteville	PA	BB1	Mike Bem	Westchester	IL	BB1
Joyce Marquardt	Boulder Jct.	WI	BB1	Mike Senift	Joliet	IL	BB1
Tim Phillips	Valley View	OH	BB1				
Jon Olafsson	Alta Loma	IL	BB1				
Graham Ross	Downers Grove	IL	BB1				
Bill Ross	Westmont	IL	BB1				
Paul Scheuffler	Lemont	IL	BB1				