



THE WORLD OF ASP

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FIFTIETH ANNIVERSARY ISSUE

ABOUT ASP

PURPOSE:

1. TO ACCELERATE THE LEARNING PROCESS
2. TO GREATLY ENHANCE RETENTION
3. TO MAKE ASP PRACTICE ACCESSIBLE TO YOUNG AND OLD OF BOTH SEXES
4. TO COVER ALL ESSENTIAL AREAS OF SELF-PROTECTION, BEYOND SELF-DEFENSE AND COMPETITIVE ASPECTS OF FIGHTING SPORTS AND ARTS
5. ALL OF THE ABOVE WITH SAFE PRACTICE.

HOW IS THIS ACHIEVED:

1. WITH THE SYSTEMATIC USE OF THE FIVE PRINCIPLES (distance, direction, timing, momentum, leverage)
2. WITH THE USE OF ONLY A FEW SIMPLE MOTIONS APPLICABLE AGAINST MANY ATTACKS, SO THAT BY REPETITION THEY BECOME SECOND NATURE
3. A **FIRST DEGREE BLACK BELT** PROGRAM THAT IS WELL-ROUNDED AND GIVES A SIMPLE, ALL-AROUND METHOD OF DEFENSE STANDING AND ON THE GROUND, ACCESSIBLE TO YOUNG AND OLD OF BOTH SEXES, WHILE ADDRESSING MAN AS A WHOLE. THIS PROGRAM IS SUFFICIENT IN ITSELF FOR ESSENTIAL SELF-PROTECTION. INCLUDING SELF-DEFENSE, IT COMPRISES PSYCHOSOMATIC EXERCISES FOR MIND-BODY COORDINATION
4. **SECOND AND THIRD DEGREE BLACK BELT** PROGRAMS PREPARE MEN AND WOMEN FOR EXPANDED KNOWLEDGE INCLUDING MORE THROWS, COMBINATIONS, WRIST AND ARM LOCKS

TECHNIQUES FROM OUR PROGRAMS TAKEN OUT OF CONTEXT ARE NOT ASP AND DO NOT DEMONSTRATE THE ASP METHOD AND SYSTEM

5. PROMOTIONAL REQUIREMENTS FOR THE FIRST THREE DEGREES GIVEN ABOVE ARE ONLY THOSE INCLUDED IN THE ASP TEXTBOOK. THIS MAKES ASP AN EFFICIENT, TRIED, TRUE, AND ACCESSIBLE SYSTEM AND METHOD. THESE THREE PROGRAMS ARE THE BASIS OF ALL ASP AND SHOULD NOT BE ALTERED IN ANY WAY
6. HIGHER ASP RANKS ALLOW FOR CONSIDERABLE LATITUDE IN CREATIVITY AND INNOVATION WITHIN THE SPIRIT OF ASP
7. THE FOURTH DEGREE BLACK BELT (KICKBOXING) BUILDS UPON THE BASIC KNOWLEDGE OF KICKS ACQUIRED EARLIER AND REFERS TO WHAT HAPPENS INITIALLY IN A FIGHT.
8. THE FIFTH DEGREE (GRAPPLING) BUILDS UPON EARLIER KNOWLEDGE OF THROWS, ARM AND WRIST LOCKS AND REFERS TO WHAT USUALLY HAPPENS IF STANDING FIGHTING IS INCONCLUSIVE AND BOTH ADVERSARIES GO TO THE GROUND
9. THE SIXTH DEGREE (STICKFIGHTING) BUILDS UPON KNOWN BASIC ELEMENTS WITH ONLY SEVEN MOTIONS OF THE STICK. A STICK BEING THE MOST INCONSPICUOUS WEAPON ONE COULD CARRY
10. HIGHER RANKS REQUIRE COMBINED KNOWLEDGE OF THE ABOVE AND TEACHING ASP FOR THE TRAINING OF BLACK BELT INSTRUCTORS. THEY ALSO INCLUDE OTHER ESSENTIAL SELF-PROTECTIVE KNOWLEDGE.

EDITORIAL

Fifty years since its inception, ASP is alive and well. It was recently re-incorporated in Ohio as a non-profit corporation. After the disappointing performance of the leadership of the Illinois Chapter, our Association has been awarded a non-profit status by the IRS and has a web site. Several black belts have been trained and are qualified to teach. All this in spite of the massive media propaganda for the Oriental martial arts and without a single professional ASP school.

The majority of our students and instructors are college graduates and professionals. ASP appeals to their intelligence by its simplicity, its pragmatic approach, its democratic spirit, and lack of hype. Physical educators of note who had no axe to grind have recognized the value of ASP and its originator was invited to chair the Health and Physical Education Research Methods Conferences held in Chicago, IL in '69 and '70. The Administrators for the Council on Physical Fitness and Sports under Presidents Johnson and Bush Sr. expressed keen interest in the ASP method and system.

As we are moving into the Twenty-first Century, we expect ASP to receive the recognition it deserves through the dedication of our members.

We had our share of those who claimed to understand ASP but did not. Others gave in to the fascination of the Oriental mystique and reverted to the morass of individual techniques. Yet all those who understood ASP and practiced it gathered its benefits in their personal lives even at an advanced age. People in their sixties still

practice ASP, not only in form, but also in substance and active participation. There are not many of those in the Oriental martial arts.

RECENT PROMOTIONS

Dr. James H. Phillips to Eighth Degree Black Belt ASP, Master Instructor
Troy L. Schultz to Eight Degree Black Belt ASP, Master Instructor
Gary Cook to Seventh Degree Black Belt ASP
Paul Mandzak to Seventh Degree Black Belt ASP
Pete Metropulos to Fifth Degree Black Belt ASP
James P. Baltazzi to Fourth Degree Black Belt ASP
Ed Pelz to First Degree Black Belt ASP
Greg Stanislawski to First Degree Black Belt ASP
Jon Stropoli to First Degree Black Belt ASP
Craig Dunn to Second Degree Brown Belt ASP
Rick Strong, Esq. To Second Degree Brown Belt ASP
John Colton to First Degree Brown Belt ASP
Steve Hutchinson to First Degree Brown Belt ASP
Keith Novak to First Degree Brown Belt ASP.

SPECIAL THANKS

To Rick Strong, Esq. and Terry Link, Esq., for their invaluable help in securing a non-profit status for A.S.P.A. Inc.
To Troy L. Schultz for his outstanding work on our web site and as an instructor
To Dr. James Phillips for spreading the word about ASP and giving demonstrations in various parts of the world during his missionary travels
To Gary Cook for pitching in when an instructor is away.

ANSWER TO INQUIRIES ABOUT ASP

THANK YOU FOR YOUR INQUIRY ABOUT ASP. PLEASE KEEP IN MIND THE FOLLOWING:

1. ASP IS A NOVEL APPROACH TO COMBATIVE AND SELF-PROTECTIVE KNOWLEDGE
2. ONE HAS TO QUALIFY FOR TEACHING ASP; NO MATTER HOW QUALIFIED HE/SHE IS IN ANY MARTIAL ART.
3. **THERE IS NO RANK EQUIVALENCE BETWEEN ASP AND THE MARTIAL ARTS. UNBEKNOWN TO MOST, THERE IS NO EQUIVALENCE OF RANKS BETWEEN THE VARIOUS MARTIAL ARTS THEMSELVES**
4. ASSUMING AN OPEN MIND, THE MORE ONE IS QUALIFIED THE FASTER HE/SHE WILL PROGRESS. ALL PREVIOUS MARTIAL ARTS KNOWLEDGE WILL FALL INTO PLACE
5. AN OPEN MIND MEANS GETTING AWAY FROM PIECEMEAL INDIVIDUAL TECHNIQUES TO A SYSTEMATIC APPROACH TO LEARNING USING PRINCIPLES AND ELEMENTS OF MOTION

6. TO GRASP FUNDAMENTAL ASP, ONE HAS TO QUALIFY FOR THE FIRST THREE BLACK BELT DEGREES, THE BASIS OF ALL ASP
7. FOR AREAS WITHOUT QUALIFIED INSTRUCTORS ONE MAY QUALIFY THROUGH SELF-STUDY AND EXAMS USING VHS VIDEOS. THESE SHALL BE RETURNED TO THE SENDER WITH COMMENTS AND DEMOS FOR CORRECTIONS
8. THERE ARE EXAMINATION FEES. SHIPPING CHARGES ARE AT COST.
FEES: \$30.00 FOR EACH RED BELT, \$50.00 FOR EACH BROWN BELT, \$150.00 FOR THE FIRST DEGREE BLACK BELT, AND \$200.00 FOR ALL OTHER BLACK BELT RANKS
9. BEFORE BEING CONSIDERED A STUDENT MUST JOIN A.S.P.A. INC. BY COMPLETING AND SIGNING AN APPLICATION IN THE PRESENCE OF TWO WITNESSES AND SENDING A CHECK OR M.O. FOR \$45.00 MADE OUT TO THE AMERICAN SELF-PROTECTION ASSOCIATION, INC. HE/SHE WILL RECEIVE THE ASP TEXTBOOK COMPRISING ALL ASP RANK PROGRAMS (I to X BLACK BELT), AN A.S.P.A. PATCH AND ONE YEAR MEMBERSHIP TO A.S.P.A., INC.
10. AFTER THIS, THE YEARLY MEMBERSHIP TO A.S.P.A, INC. IS \$10.00 FOR UNDERGRADUATES AND \$20.00 FOR BLACK BELTS. A NEWSLETTER IS SENT OUT AS NEEDED
11. FOR FURTHER INFORMATION PLEASE SEND A S.A.S.E FOR 3oz (\$0.83).

OUR ASSOCIATION IS PREPARED TO EXTEND EVERY HELP AND ENCOURAGEMENT TO ALL WHO ARE SERIOUS ABOUT QUALIFYING AS ASP ACCREDITED INSTRUCTORS. ACCREDITATION IS ACHIEVED AFTER TEACHING ASP FOR THREE YEARS AND HAVING TRAINED AT LEAST ONE BLACK BELT. IT IS AWARDED AT NO COST TO THE RECIPIENT. ALL DIPLOMAS ARE TO BE SIGNED BY
DR. BALTAZZI

TO ALL ASP PRACTITIONERS BEST WISHES FOR HEATH, PEACE, AND

PROSPERITY FOR THE FESTIVE SEASON AND THE NEW YEAR