



# ***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.

Now in 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 but just used it for their purposes. 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.

### **PROMOTIONS to BLACK BELT ASP IN OHIO**

Dr. James H. Phillips to 8th Degree Black Belt ASP, Master Instructor

Troy L. Schultz to 8th Degree Black Belt ASP, Master Instructor

Gary Cook to 7<sup>th</sup> DBB ASP

Paul Mandzak to 7<sup>th</sup> DBB ASP

James Rue to 6<sup>TH</sup> DBB ASP

James Smith to 6<sup>th</sup> DBB ASP

Michiel Menting to 6<sup>th</sup> DBB ASP

Kees A.J. Tempel to 6<sup>th</sup> DBB ASP

Pete Metropulos to 5th DBB ASP

James P. Baltazzi to 4th DBB ASP

James Holman to 3<sup>rd</sup> DBB ASP

Don Garrick to 3<sup>rd</sup> DBB ASP

Wayne Davis to 3rd DBB ASP

Gregory Kyziridis to 2<sup>nd</sup> DBB ASP

Tim Phillips to 1<sup>st</sup> DBB ASP

Nicholas Mandato to 1sr DBB ASP

Steve Schaar to 1st DBB ASP

Gene House to 1<sup>st</sup> DBB ASP

Dan Schaar to 1sr DBB ASP

Mike Evans to 1<sup>st</sup> DBB ASP

Ed Pelz to 1st DBB ASP

Greg Stanislawski to 1st DBB ASP

Jon Stropoli to 1st DBB ASP

Dr. Keith Novak to 1st DBB ASP.

Scott Harold to 1<sup>st</sup> DBB ASP

And there are several Brown Belts III ASP students in line for their Black Belt.

### **SPECIAL THANKS**

To Rick Strong, Esq. Brown Belt III and Terry Link, Esq., for their invaluable help in securing a non-profit tax-exempt status for A.S.P.A. Inc. our sincere thanks

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.

### ***SOME ANSWERS TO INQUIRIES ABOUT ASP***

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 EITHER.**
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 THE PRECOCEIVED NOTIONS OF 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 UNDERGRADUATE STUDENTS, \$20.00 FOR ALL OTHERS AND \$30.00 FOR BLACK BELTS. A NEWSLETTER IS SENT OUT AS NEEDED.

. ALL DIPLOMAS ARE TO BE SIGNED BY  
DR. BALTAZZI

**ESSENTIAL CONSIDERATIONS AND REQUIREMENTS ITEMS FOR ASP AND  
ASPA.**

**Remarks by Dr. Baltazzi during the Annual ASPA, Inc. Meeting on 3/6/04**

ASP has to offer simplicity, efficacy, accessibility, good retention, and well-rounded connected knowledge. **IF ASP IS TO SURVIVE ITS BASIC PROGRAMS BBI-III MUST BE ACCESSIBLE TO TEENS AND SENIORS OF BOTH SEXES.** Else it will have nothing to offer different from the martial arts.

Therefore:

1. **Additions to programs** must be made VERY CAREFULLY and only because they fit the above criteria, without duplicating existing ASP techniques and without adding unnecessary bulk making the existing programs unwieldy. Else, such additions will spell the end of ASP. It will become another “martial art” and out of competition. Fifty years of personal experience have abundantly proven this.
2. **Particularly, the first degree Black Belt program** must remain widely accessible, just like the shodan in Japan; *it must not be an end in itself but the reward for a successful BEGINNER.* Because the BBI program is well rounded, if made too hard, complex, and inaccessible, students will think that they have nothing more to learn and will drop out. I know from experience.
3. The BBI program has technique reviews deliberately built in it and the instructor must show flexibility without handing out ranks to those who are unworthy of them. The key points are important, refinements come along the way.
4. **The requirements for BBI-III ASP** are laid down in the basic book and should not be changed. The few stickfighting techniques are for the BrBII are *optional and not required knowledge.* They give the student a taste of future programs, that is all. The instructor with the clear understanding that they are NOT promotional requirements for the BBI-III ASP may show other techniques such as wrist controls combinations and stickfighting. But he should be particularly careful in this area lest he will confuse the students with variations and alternatives, thus distracting them from the essential program. Instructors should show alien to a given program techniques very *sparingly* and only to illustrate the tenor of higher programs.
5. The three first degrees BB ASP are the basis on which ASP stands and should be treated as such. Instructors qualified in other M.A. may teach them if they wish, SEPARATELY FROM ASP and should NOT include any of their techniques in the ASP programs. If an instructor is not convinced that ASP has something special to offer, he should quit it.
6. From BBIV on, techniques may be added freely provided they fit the ASP criteria. Instructors who followed the above guidelines were successful in attracting many students. Those who, fascinated by the oriental arts techniques, deviated from them were not successful in keeping their students, particularly the Black Belts they had trained. In the end their ASP program folded up.

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Summary report of the ASPA annual meeting held on March 06, 2004 at 10:00AM.

1. Since this was the first meeting of ASPA after its incorporation in Ohio there was no minutes of any previous meeting to be read
2. According to our by-laws the present officers and directors have four more years to serve, therefore there were no elections.
3. The treasurer Dr. Phillips gave account of our financial status. We have no outstanding debts and \$609.51 in hand. The cost of the web site will be paid by incoming annual dues
4. Designs for new diplomas for undergraduates and black belts were discussed and approved
5. Lapel pins for undergraduates and black belts will be ordered
6. The new membership fees were unanimously approved. There will be no new life memberships
7. No officer or director will receive any compensation for his services as in the past
8. Competitions to be held as soon as convenient.
9. Access to the web site by Troy Schultz and Gary Cook in consultation with Dr. Baltazzi
10. Meeting adjourned at 11:50.

OUR ASSOCIATION IS PREPARED TO EXTEND EVERY HELP AND ENCOURAGEMENT TO ALL WHO ARE SERIOUS ABOUT QUALIFYING AS ASP ACCREDITED INSTRUCTORS. AUTHORIZATIONS TO TEACH AND ACCREDITATIONS AS ASP INSTRUCTORS ARE GRANTED WITHOUT CHARGE TO ALL INDIVIDUALS MEETING THE REQUIRED QUALIFICATIONS.

For further information on ASP and ASPA, Inc. please visit our web site:

[www.americanselfprotection.org](http://www.americanselfprotection.org) OR .com

