

## On Saturdays

# Judo Classes Are Continuing At YMCA

Classes in Judo are being held on Saturdays from 11:15 a.m. to 12:45 p.m. and classes in American Self-Protection (ASP) meet from 12:45 to 1:30 p.m. in the gym at the West Suburban YMCA.

Boys and girls from seven to 17 are instructed in an ASP defense system. Its originator, Dr. Evan S. Baltazzi, who holds the black belt in Judo, will have his book "American Self-Protection" published next summer.

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**THE AMERICAN Self-Protection** Association is a non-profit corporation of Illinois dedicated to an American system of self-defense and to research in the field of fighting arts.

ASP is more than a simple self-defense system because it also deals with mind-body relationship in a practical way. It is a body of systematic knowledge like Judo, Aikido, Karate and Savate, only it is better adapted to the American way of life and does not require a lifetime of dedication.

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**ITS GOAL** is to keep the mind-body relationship in good order and to give a fighting chance in case of danger. Both goals to be attained with minimum effort and maximum efficiency.

Somatic ASP in its basic form comprises eventually 50 defensive techniques against 50 different armed and unarmed attacks selected on a basis of their frequency in the U.S.A. It also comprises exercises for developing timing, distance, direction and the use of the principles of leverage and momentum.

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**BASIC ASP** does not make use of choke and joint twisting techniques in spite of their spectacular results when properly applied. They are hard to master and harder to apply successfully in actual fighting.

Somatic ASP is divided into five sections comprising 10 techniques each and a few exercises. Mastery of each section is awarded by a Red Belt with grades going from one to five, being indicated by blue stripes at the tip of the belt.

Mastery of the basic system as a whole is awarded with a Black Belt distinguished from those of others arts by a red stripe. Diplomas are also issued to certify the various levels of proficiency.

Further information concerning the system may be obtained by contacting Dr. Baltazzi, 4228 Du-Bois blvd., Brookfield.



## Interested Students

George Garbis (left) and Mike Macheras receive instruction in American Self Protection from originator Dr. Evan Baltazzi.