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Winter Champions

The American Self Protection Association held its winter championships at Leaning Tower YMCA in Niles, with a number of area individuals taking part. These included (left to right) Dr. Evan Baltazzi, Adolfo Alejo, George Williams College, second in light-weight men; Bill Blewenga, La Grange Park, first in the same event, and Gene McDaniel, George Williams, third in that event. Other

area winners were Catherine Ross, Downers Grove; Steve Kazakoff, Clarendon Hills; Darrel Murray, Brookfield; Jon Hanes, Downers Grove; Jon Olafson, La Grange Park; Dave Donars, Downers Grove; Bill Ross, Downers Grove, and Jim Baltazzi, Brookfield. Hanes was a triple winner and Donars a double winner.

Offer Self Protection Course At Y

The Indian Boundary YMCA, 711 W. 59th st., Downers Grove, is again offering a course in American self-protection to youngsters eight to 15 years of age on Saturdays starting Saturday. Third through 6th graders will have lessons from 9:30 to 10:15 a.m. and 7th through 9th graders will get instructions from 10:15 to 11 a.m.

During their first lesson instructor Dave Donars will teach three basic falls: the front, side, and back falls. During their second session they will practice the left guard, right guard and three defensive kicks. In other sessions they will learn the circular kick, the in-step kick, how to roll, and a combination sequence called "consek."

ASP differs from judo and karate in that it does not make use of chokes and joint twisting techniques; nor are blocking techniques used since they require strength, Donars noted. The fee for the seven week course in ASP is \$3 for Y-members and \$10 for non-members.