American Self-Protection

(Self-defence takes a new turn, becomes a new sport, produces a new book.)

American Self-Protection (A.S.P.) is a new YMCA sport and fighting art developed at the West Suburban YMCA Department of Metropolitan Chicago, La Grange, Illinois, by Dr. Evan S. Baltazzi.

Dr. Baltazzi, who has contributed several articles to this Journal, developed A.S.P. along a radically new approach according to the following guidelines:

1) Use of a minimum versatile elements of motion, which by repetition become conditioned reflexes.

2) Use of techniques which condition the student to act and react according to general principles-rather than to individual situations. In this respect the learning and retention yields are considerably higher. The A.S.P. approach to combative sports and arts, as contrasted with the traditional approach, can be compared to the new mathematics versus the old. The difference is not so much in content, but more in systematic organization and treatment of the subject matter.

3) A.S.P. is geared to offer to a broad cross-section of the population something for their tastes and needs.

Grappling and kickboxing purposely have been lest outside the promotional program. The housewife as well as the fighter can progress and find something worthwhile for their taste and needs and receive recognition in doing so. Those who are interested in grappling and kickboxing practice these skills in special classes.

Exemplifying this, A.S.P. offers five types of competition:

a) Basic technical (up to 1° Black Belt)—contact/non-resistance

for developing balance and coordina-

d) Kickboxing (all ranks)-contact at a distance

e) Grappling (all ranks)-contact at close quarters

4) A.S.P. aims at an integral approach. We do not bélieve that all situations can be handled indiscriminately with PUNCHES and KICKS alone, with JOINT TWISTING alone, or with THROWS alone to the exclusion of other techniques. Each situation must be handled with the simplest and

most appropriate motions. In the basic system we achieve this integral approach in a simple, yet effective way, accessible to everyone in good health who is willing to exert himself moderately.

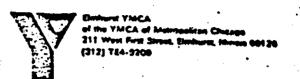
5) A.S.P. offers a practical way to keep the BODY-MIND relationship in good order.

THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS WASHINGTON, D.C. 3830)

Dear Dr. Baltaszi:

I have just finished reading your article in the March/April issue of "Journal of Physical Education." I am personally interested in A.S.P. and would appreciate more information on it. If pamphlets and descriptive materials are available, it would be of great help to me.

Now the first book on Basic A.S. has been published. It retails for Interested YMCAs may obtain it to Evanel Associates, P.O. Box 4 Northfield, Ohio, 44067. Minimu order: ten books. This offer is extend to any YMCA in the world, but appl only to YMCAs.



Thank you for your letter of Nevember 11 informing that ASP has made recently.

Maying seen ASP grow from an idea to reality has c gratifying for all of us that have known you throu

Your concern for the YMCA during the years you tau ASP in the Chicago area made for a more concerned laity.

It was a privilege ". r me to be associated with yo m and committees. I know th was always on the highest le



Dear Dr. Baltarri:

ed progress and success in

of Mecropolican Mades

DEAR DR. BALTAZZIO in the Central Branch of the Medison YMA for over a SIMECRELY the period many of our members and others using YMCA caken your course of self-defense instruction and all able to offer such a program and hopes to continue pro-American Self Protection has been soins str Superpart Ancy since its incedition want Act Mest Suburban Trick since its incention many les Anches crosery area mes cerescay sum a the luture with his book and programe

-ells the book to our students. b) Advanced technical (2 Diametric of the community of th November 29, 1972 I am writing on behalf of Dr. Evan Baltazzi to give my full support of his A.S.P. Program and book.

Chicago Y.M.C.A.'s with a Breat deal of success.

Wie is a unique contribution in that he combined a

Lurge you to give this program all the support possible

through the Journal of Physical Education.

Robers W. Presman, Program Director

Sincerely yours,

Physical Director Men's Christian Associa 1000 SHERWOOD LANE , JACKSONVIL TELEPHONE 217-243-2141

We have been raing your system of Ceaching soil

The Central Branch of the Medison YMCA is pleased

DONALD F. HARDESTY

While I was Metropolitan Physical Education Co-Ordinator in Chicago. Dr. Baltazzi conducted many of his everyage in our Chicago, Dr. Baltazzi conducted many of his programs in our mber 7, 1972 tactics and the sport approach of the martial arcs which is fefenze

a extremely beneficial. Especially fact not always recruit an "extent" bit most pleased to hear that he has find program. This program is tremendant. a fine ald to many THER's throughout to

onally ordered several books for use by eksonville with hopes that this might tak Judo seems to stepper.

Sincerely.

Dois Don. . . . Nardesty Exe alive Director

JOURNAL OF PHYSICAL EDUCATION: JULY-AUGUST 1973