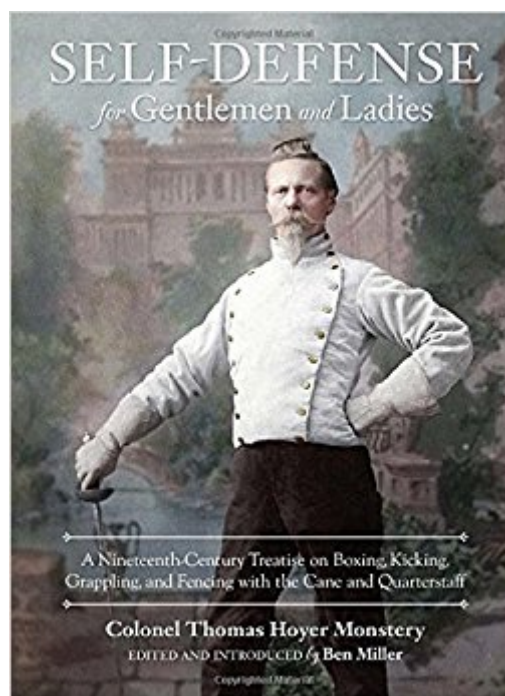




The book was found

Self-Defense For Gentlemen And Ladies: A Nineteenth-Century Treatise On Boxing, Kicking, Grappling, And Fencing With The Cane And Quarterstaff



Synopsis

Self-Defense for Gentlemen and Ladies is the treatise of Colonel Thomas Hoyer Monstery, a master swordsman who participated in more than fifty duels, fought under twelve flags, battled gangsters, and was constantly involved in the great conflicts and upheavals of his time. This book is the magnum opus of this remarkable and colorful character, originally published in the 1870s as a series of newspaper articles and collected here for the first time. Colonel Monstery presents a unique look into the Victorian-era fighting world, describing styles such as British *œpurring* (shin-kicking), Welsh jump-kicking, and American rough-and-tumble fighting, and provides illustrated instruction in the art of gentlemanly self-defense with a cane, staff, or one's bare hands. Fifty rare drawings and photographs from the period illuminate Monstery's world, while an extensive glossary of terms and an introductory biography of Colonel Monstery including fascinating details of his many duels as well as his groundbreaking devotion to teaching fencing and self-defense skills to women update his text to make it accessible and useful to gentlemen and ladies of any era.

CONTENT

Colonel Thomas Hoyer Monstery: The Unknown American Martial Arts Master

I. Introduction. II. The Logic of Boxing. III. Standing and Striking. IV. Advancing to Strike and Feinting. V. Simple Parries in Boxing. VI. Parries with Returns. VII. Effective or Counter Parries in Boxing. VIII. Offence and Defense by Evasions. IX. Trips, Grips, and Back-Falls. X. Rules for a Set-to with Gloves. XI. Observations on Natural Weapons. XII. The Use of the Cane. XIII. The Use of the Cane (continued). XIV. The Use of the Staff. XV. The Use of the Staff (continued). Appendix: Monstery's Rules for Contests of Sparring and Fencing Glossary

Book Information

Hardcover: 216 pages

Publisher: Blue Snake Books (April 21, 2015)

Language: English

ISBN-10: 1583948686

ISBN-13: 978-1583948682

Product Dimensions: 5.7 x 0.7 x 7.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 42 customer reviews

Best Sellers Rank: #180,302 in Books (See Top 100 in Books) #11 in Books > Sports & Outdoors > Individual Sports > Fencing #197 in Books > Health, Fitness & Dieting > Safety & First Aid #332 in Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

"Originally published in the 1870s as newspaper columns, this collection of Monstery's writings looks at Victorian-era fighting, duels and self-defense methods." - Chicago Tribune "I really cannot recommend this book highly enough for anyone that has even a passing interest in European martial arts. That's why I'm going to give this book the rarely received 5 out of 5...Stars." - Jaredd Wilson, Martial Thoughts "This is not just another martial arts how-to book but a gem of historical literature on physical fitness and methods of self-defense." "Maestro Ramon Martinez, Martinez Academy of Arms

BEN MILLER is an award-winning filmmaker and author. He is a graduate of NYU's Tisch School of the Arts, was the winner of the Alfred P. Sloan Foundation Grant for screenwriting, and has worked for legends such as Martin Scorsese and Roger Corman. He was the producer of the film *Rage and Discipline*, about pugilists in New York City. Miller's movies have appeared on Walt Disney Video, Sony Video, BET, HBO, Cinemax, and the Encore Channel. He currently serves as chef de salle at the Martinez Academy of Arms, one of the last schools in the world still teaching an authentic living tradition of classical fencing. He is active in the Association of Historical Fencing, and has written several articles for them focusing on the fencing and dueling of the American colonial period.

fascinating and scientific look at self defense and history great book if you're interested in either or both, excellent work by the editor and the original author, nice period illustration as well

Col. Monstery was a well known fencing and self-defense instructor in New York and Chicago at the end of the 19th century. He led an amazing life before settling in the U.S. This book is a collection of a series of articles originally published in a local newspaper written by Monstery. The book includes Monstery's system of boxing, walking stick and two handed stick for use in self-defense. The book will be of interest both to those who are interested in historical martial arts but also anyone who is interested in learning self-defense for use in the modern day.

I truly enjoyed reading this book. I have trained in and been a coach in various martial arts and boxing and find it amazing that a book of this calibre has existed and been hidden for so long. It is rare to find such a scientific breakdown of techniques broken down into core principles and made to be so useful to the practitioner. I recommend this book to all serious martial artists...from novice to

advanced ranking.

The little biography of the Colonel is beguiling and fun to read. I'm glad the editors took to the Colonel's writings. Even with some updating to more modern English, they are a little difficult to read.

i received the product in good condition. thank you.

Only a short ways into the book thus far, but loving it. The editor's lengthy introduction to the Colonel's life adds nice context, and the massive number of citations and illustrations provide lots of context for the material.

Great book has some real insights on fighting with canes and some good old school tricks on bare knuckle boxing. The cane tricks work very well.

This book is a page turner! So much awesomeness in one place! I love it and I recommend it for young and old readers. the book is easy to read and great for fencers and anyone interested in western martial arts

[Download to continue reading...](#)

Self-Defense for Gentlemen and Ladies: A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Treatise on the Subject of Fencing: Marco Doccini's 1601 Fencing Treatise Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment) Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss Knife Training Methods for Self Defense: How to Become a Pro at Knife Fighting: (Self-Defense, Self Protection) MMA, Grappling, and Self-Defense Drills and Warm-Ups: Over 50 Drills, Games, and Warm-Ups Thatâ™™ Keep Your Students Training Through Black Belt (Martial Arts Business Success Steps Book 9) Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Gene LeBell's Grappling and Self-Defense For the Young Adult (Heritage Series) Along the Cane

River: Books 1-5 in the Inspirational Cane River Romance Series Big Stick Combat: Baseball Bat, Cane, & Long Stick for Fitness and Self-Defense The 10 Best Kicking Techniques for Martial Arts, MMA and Self-Defense (The 10 Best Series Book 7) Boxing: The Greatest Fighters of the 20th Century: A complete guide to the top names in boxing, shown in over 200 dynamic photographs Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense Heavy Bag Training: Boxing - Mixed Martial Arts - Self Defense (Heavy Bag Training Series) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)