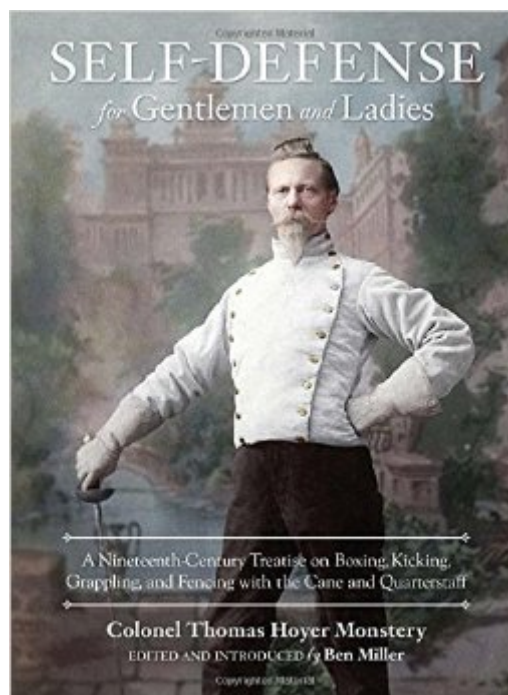


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# Self-Defense For Gentlemen And Ladies: A Nineteenth-Century Treatise On Boxing, Kicking, Grappling, And Fencing With The Cane And Quarterstaff



## 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

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## Customer Reviews

With eloquent prose and concise description, Ben Miller introduces us to a remarkable character of the nineteenth century whose adventurous life and commitment to chivalry embody the elements of fictional heroes from bygone days. Miller's entertaining introduction seamlessly draws a portrait of Colonel Thomas Monstery - a man both stereotypically masculine and traditional, as well as extremely progressive for the age he lived in. This complexity plays out in a fascinating narrative chronicling a truly amazing life rich with romance, peril and poetic justice. The content of Monstery's manuscript will be of great interest to any history enthusiast, as it includes detailed descriptions of ancient arts which have all but died. An exciting added element is that one can gain further insight into their history and application by looking up Mr. Miller's mentor at the Martinez Academy of Arms who is apparently one of the last known fencing masters with a direct lineage to many of the European martial arts similar to those mentioned in Monstery's work. A sensational read, I highly recommend "Self Defense for Ladies and Gentlemen" and eagerly look forward to future literature by this author.

This is not a poorly copied old book, this is the fruit of careful research and is well worth the money. Are you interested in the way people use to walk with the head high? Well, being fit and capable of defending yourself or the innocent, if the need arises, has a lot to do with that. It appears that the gentleman of old not only were elegant, cultured and confident, they also knew how to kick you know what. I wonder how many of today's intellectuals are able to act like men when the situation requires it. With the exception of the jiu jitsu part, this is similar to the bartitsu canon, with the use of fists, kicks, walking sticks, etc. The similarity goes so far, as to the point, that both systems were forgotten and survived only in the form of popular press articles. In any case it gives food for thought in this age of loose moral and lack of ideals. Petet

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.

I bought this book for my husband, who has been taking fencing lessons for about a year. I was a bit apprehensive when I saw the cover-it looked cheesy and childish. Hubby started reading it during Christmas break and he loves it! It has a wonderful historical feel to it, but the techniques are modern and still taught today. His fencing instructor had not heard of this book so she purchased a

copy as well, as have several of his classmates.

I signed up for a fencing class, and I wanted to read a little more about the sport. This book is fascinating, and if you're interested in history, an excellent view of what was expected of a gentleman in both skills, and attitude in the 19th century. If you're interested in the history of the sport, or in history in general, I definitely recommend this read.

Like others have reviewed, the first part of the book with Monstery's bio is a great read. The section on the staff is also good. The 2nd half of the book comes from his writings. Some of his insights on self defense are spot on with today's thinking, while other parts are dated and jaded towards what a 'gentleman' should do. The boxing is 19th century and really doesn't pertain to the sport today. With that being said, only the first half of the book may be of interest to some readers, leaving the 2nd half unread. A good read and worth having in your collection if you are a student of self defense and martial arts.

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.

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.

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