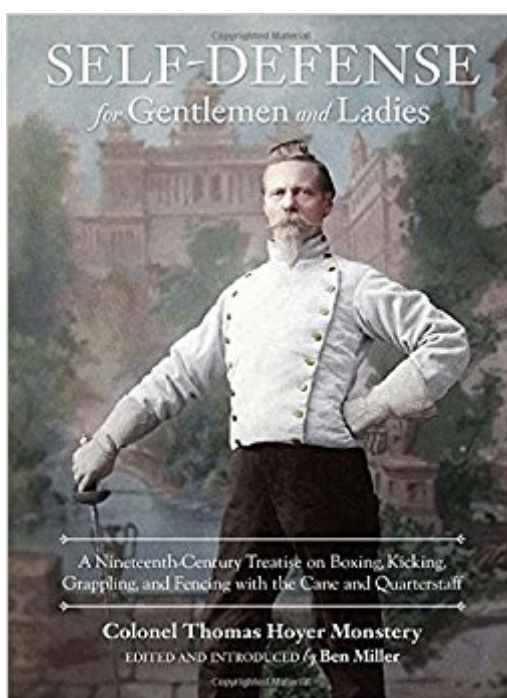


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# Self-Defense For Gentlemen And Ladies: A Nineteenth-Century Treatise On Boxing, Kicking, Grappling, And Fencing With The Cane And Quarterstaff



## 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 "purring" (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.

**CONTENTS**

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

"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

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