

Self-Defense for Gentlemen and Ladies: A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff

By Colonel Thomas Hoyer Monstery

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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.

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Editorial Review

Review
“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

About the Author
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.

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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 can be one of your nice books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to set every word into enjoyment arrangement in writing Self-Defense for Gentlemen and Ladies: A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff yet doesn't forget the main position, giving the reader the hottest and based confirm resource details that maybe you can be one among it. This great information can drawn you into brand-new stage of crucial considering.

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