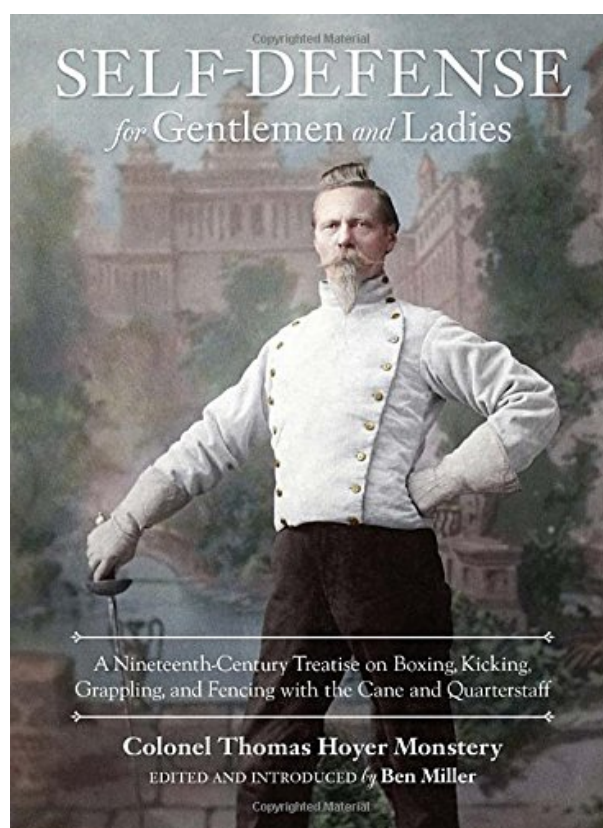
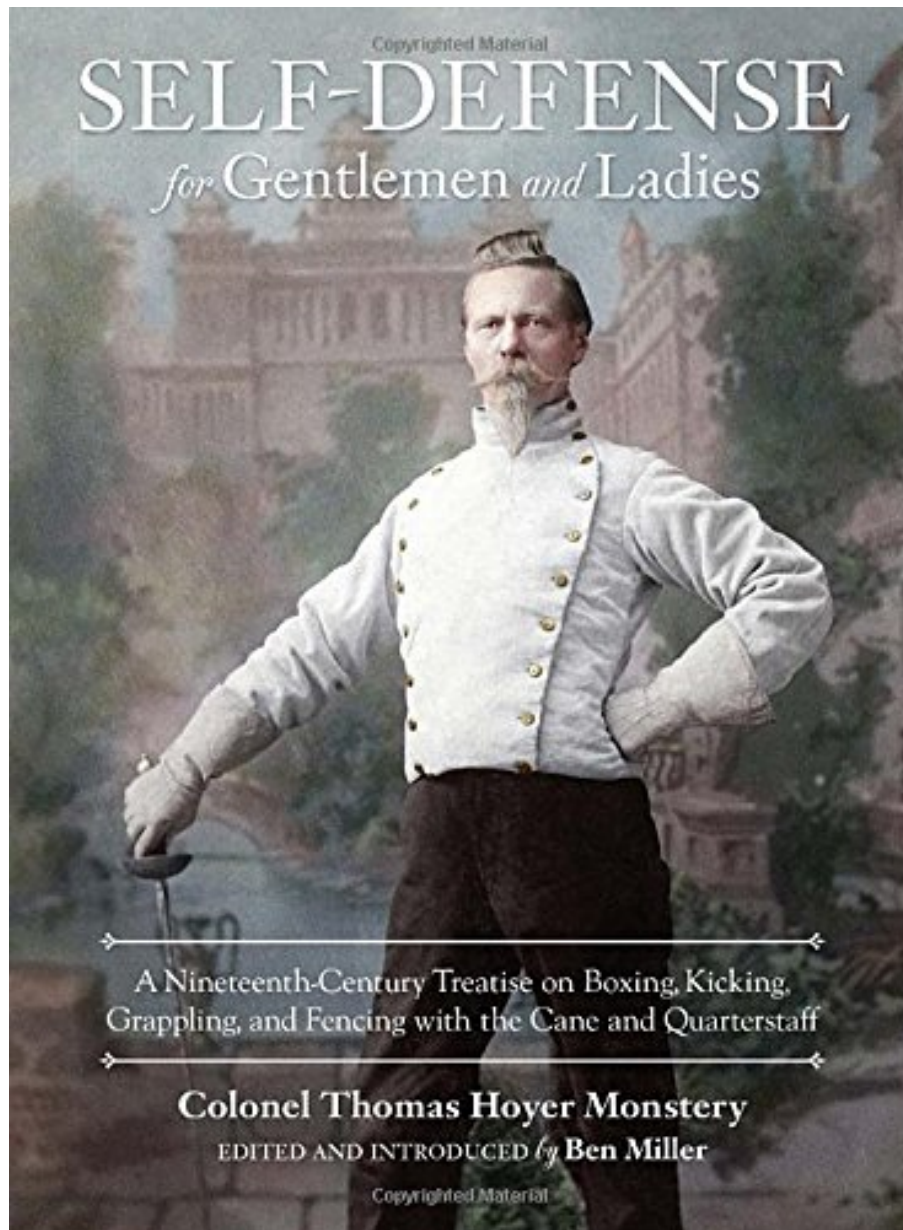


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Review

“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 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. Offense 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

- Sales Rank: #79498 in Books
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Most helpful customer reviews

5 of 5 people found the following review helpful.

This complexity plays out in a fascinating narrative chronicling a truly amazing life rich with romance

By Edward Rex

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.

14 of 18 people found the following review helpful.

Long lost cousing of Bartitsu

By Peter

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 lose moral and lack of ideals.

Petet

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