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Self Defense for Gentlemen and Ladies by Col. Thomas Monstery Monstery had a high sense of honour. He rarely killed opponents in duels, but was unflinching in his commitment to self-defence and in his belief that all honourable men should learn to defend themselves:

Review: Self-Defence for Gentlemen and Ladies, Colonel ...

Published on Apr 13, 2015 Book trailer for "Self-Defense for Gentlemen and Ladies" by Colonel Thomas Hoyer Monstery. Available from Blue Snake Books (an imprint of North Atlantic Books) and Random...

Self Defense for Gentlemen and Ladies by Col. Thomas Monstery

Self Defense. Safety and Security are vital skill sets for any man to continually learn, protecting yourself and those around you is so absolute, it is almost a given. Do not believe for one moment we endorse unnecessary fighting and aggression - our basic tenet is to avoid and remove ourselves, rather than confront.

Self Defense for Gentlemen - The Complete Gentleman LLC

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Self-Defense for Gentlemen and Ladies is Monstery's magnum opus, and a great source for Victorian-era combative techniques—a highly detailed dissertation on the art and science of defense. Filled with profound insight as well as practical advice based upon personal combative experience, it includes both unarmed and armed methods for use against a wide variety of fighting styles and weapons.

The Victorian Gentleman's Self-Defense Toolkit | Out of ...

Self-Defense for Gentlemen and Ladies: A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff. Hardcover - Illustrated, April 21, 2015.

by Colonel Thomas Hoyer Monstery (Author), Ben Miller (Editor) › Visit Amazon's Ben Miller Page. Find all the books, read about the author, and more.

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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 by Ben Miller English | April 21, 2015 | ISBN: 1583948686 | 217 pages | AZW3 | 4.45 MB

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