

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

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King of the Swordsmen - Thomas Hoyer
Monstery 2019-07-21

In this semi-autobiographical, classic swashbuckling adventure novel, the swordsmen and soldier-of-fortune Col. Thomas Monstery recounts his adventures in Spanish America—telling of his duels with sword-wielding bravos, of evading assassination, of battling bandits in the wind-swept deserts of Mexico, and of pursuing a lost Aztec civilization.

The Lincoln Highway - Amor Towles
2021-10-05

#1 NEW YORK TIMES BESTSELLER More than ONE MILLION copies sold A TODAY Show Read with Jenna Book Club Pick A New York Times Notable Book, and Chosen by Oprah Daily, Time, NPR, The Washington Post and Barack Obama as a Best Book of the Year “Wise and wildly entertaining . . . permeated with light, wit, youth.” —The New York Times Book Review “A classic that we will read for years to come.” —Jenna Bush Hager, Read with Jenna book club

“A real joyride . . . elegantly constructed and compulsively readable.” – NPR The bestselling author of *A Gentleman in Moscow* and *Rules of Civility* and master of absorbing, sophisticated fiction returns with a stylish and propulsive novel set in 1950s America In June, 1954, eighteen-year-old Emmett Watson is driven home to Nebraska by the warden of the juvenile work farm where he has just served fifteen months for involuntary manslaughter. His mother long gone, his father recently deceased, and the family farm foreclosed upon by the bank, Emmett's intention is to pick up his eight-year-old brother, Billy, and head to California where they can start their lives anew. But when the warden drives away, Emmett discovers that two friends from the work farm have hidden themselves in the trunk of the warden's car. Together, they have hatched an altogether different plan for Emmett's future, one that will take them all on a fateful journey in the opposite direction—to the City of New York. Spanning

just ten days and told from multiple points of view, Towles's third novel will satisfy fans of his multi-layered literary styling while providing them an array of new and richly imagined settings, characters, and themes.

Self-Defense for Gentlemen and Ladies -

Colonel Thomas Hoyer Monstery 2015-04-21

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 From the Hardcover edition.

The Gentleman Spy - Erica Vetsch 2020-07-28

He only wanted a duchess for a day--but she's determined to make it a marriage for life When his father and older brother suddenly pass away, the new Duke of Haverly is saddled with a title he never expected to bear. To thwart the plans of his scheming family, the duke impulsively marries a wallflower. After all, she's meek and mild; it should be easy to sequester her in the country and get on with his life--as a secret agent for the Crown. But his bride has other ideas. She's determined to take her place not only as his duchess but as his wife. As a duchess, she can use her position to help the lowest of society--the women forced into prostitution because they have no skills or hope. Her endeavors are not met favorably in society, nor by her husband who wishes she'd remain in the background as he ordered. Can the duke

succeed in relegating her to the sidelines of his life? When his secrets are threatened with exposure, will his new wife be an asset or a liability?

The Strange Case of Dr. Jekyll and Mr. Hyde - Robert Louis Stevenson 1922

Right Ho, Jeeves - P. G. Wodehouse 2022-06-13

"Right Ho, Jeeves" is the second novel by P. G. Wodehouse, featuring Jeeves - a fictional character in a series of comedic short stories and novels by an English author P. G. Wodehouse. Jeeves is the highly competent valet of a wealthy and idle young Londoner Bertie Wooster. Together they get into unimaginable adventures, which the author describes with brilliant humor and subtle irony.

In the Name of Self-Defense - Marc MacYoung 2014-07-16

The cell walls seem to close in as he buries his head in his hands. The same thoughts repeat over and over in his fogged mind: It all happened

so quick. One second I was getting out of my car, the next he was attacking me. Now I'm being charged with manslaughter! How did this happen? It was self-defense . . . wasn't it? Prison is filled with people who thought they were defending themselves. Just saying, "It was self-defense" isn't enough. When you claim self-defense you are basically confessing to a crime. To keep from being convicted you must provide evidence your actions remained within certain boundaries and you acted with just cause. You're going to have to prove it was self-defense. That's assuming you stayed inside legal boundaries and acted reasonably in the first place. If you didn't . . . Now . . . are you sure you know what constitutes actual self-defense? If the honest answer is no, then this book is an absolute must-read! In the Name of Self-defense is an in-depth exploration of what is and what is not self-defense. It covers real-life problems overlooked by most training. Issues that will arise if you find yourself involved in violence. Most of all it will

challenge what you think you know about defending yourself. Using the information contained in this book could mean the difference between legitimate self-defense, you laying in a parking lot, or prison! This book presents information unlike any you've seen before, focusing not only on the aftermath of an incident, but on what commonly leads to violence and how your actions before, during, and after will make or break your claim of self-defense. Learn about the limitations on self-defense, how to accurately assess a situation, scale force and concisely "articulate" the timeline of events to officers and legal professionals in a manner that reduces the chances of a misunderstanding . . . and a subsequent prison sentence. Whether you want to add to the knowledge you acquired as a beginner in a self-defense class or you're an instructor looking to further your own knowledge or a professional whose job requirements place you in potentially violent

situations with dissatisfied clients or customers . . . it doesn't matter! In the Name of Self-defense is a must-read for everybody! If you're lucky, you will never need the information contained within these pages, but if you ever require it what you learn from this volume will be vital. Author and self-defense expert Marc MacYoung takes you on an entertaining journey through these lesser known (and some never-before-broached) aspects of self-defense. MacYoung helps readers understand how to avoid violence, how to use the appropriate amount of force if it happens, and how to present the facts in a way that self-defense is clearly understood and judged applicable to that situation. With a witty sense of humor and fifty years experience in a plethora of violent encounters coupled with a montage of experts in his corner, MacYoung delivers a thought-provoking examination of the world of self-defense and protecting yourself legally after being forced to protect yourself physically.

Boxing for Self-Defense - Wim Demeere

2019-11-26

Can you defend yourself in the street with boxing techniques? Yes, you can, but there are critical differences between the ring and the pavement arena. For boxing to be an effective self-defense system, you must know which parts transfer directly and which ones you need to adapt. Most of all, you must know how to do that. Written by a self-defense expert with over thirty-five years of experience, this book teaches you exactly that. It covers everything you need to start your training, regardless if you are a beginner or if you already practice the sweet science. You will learn how to: Avoid going to jail by understanding how legal self-defense is different from sports fighting. Not break your fist when punching without gloves. Adapt boxing's footwork, punching and defensive techniques to the realities of the street. Get out of the clinch positions attackers most often use. Avoid common mistakes that boxers make when defending themselves. This first volume in the

"Boxing for Self-Defense" series covers the fundamental information you need to efficiently defend yourself. It gives you the necessary knowledge to transform powerful ring-fighting techniques into devastating punches that can fight off aggressors. As the saying goes: You don't know punching, until you've been hit by a boxer. Buy this book today so you too can become a hard-hitting pugilist. Bonus! You receive free access to an on-line resources page with more information, videos of boxing used in street encounters, gear to use and much more.

The Last True Gentleman - Grace Burrowes
2020-09-26

Sycamore Dorning has watched one sibling after another succumb to the blandishments of wedded bliss, while he has grown wealthy and--deuce take it--lonely. He loves the ladies generally, though he waits in vain for the woman who can love him in all his contrary, stubborn, outspoken glory. Jeanette, Marchioness of Tavistock, endured six years of wedded

purgatory before earning the independence of widowhood. She's admittedly attracted to Sycamore. He's refreshingly blunt, unconventional, and loyal to those he cares about. When trouble stalks her, she turns to Sycamore for help, because she would trust him with her life. But will she trust him with her heart?

Police Kung Fu - Man Kam Lo 2011-12-20
Master the effective, practical style of Kung Fu practiced by the Taiwanese police with this illustrated martial arts guide. Police Kung Fu: The Personal Combat Handbook of the Taiwan National Police is a comprehensive approach for the realistic use of traditional kung fu by law enforcement and corrections officers—and ordinary citizens—to maximize personal safety while minimizing the necessary use of force. Lavishly illustrated with photographs of Taiwanese police officers systematically demonstrating tactics that have been used with great effect for several decades in Taiwan,

Police Kung Fu teaches responses to unarmed attackers and to attacks with guns, knives, and assorted clubs and other weapons, as well as police baton techniques for individual and crowd control. With a thorough grounding in traditional Wing Chun kung fu, renowned for its direct power and speed, the police training demonstrated in this volume is readily adaptable to a wide variety of controlled-force situations. Police Kung Fu is a great resource for every law enforcement professional and those interested in the martial arts and self defense.

A Gentleman in the Street - Alisha Rai

2015-08-10

Shameless. That's what she was. Billionaire businesswoman Akira Mori can get anything and anyone her heart desires. Anyone, that is, except for a certain aloof author who has been dominating her dreams for over a decade. Accustomed to Jacob Campbell's stern disapproval, Akira has turned provocation into an art, using every trick in her arsenal to keep

the man from guessing the depth of her filthy fantasies. Shameless. That's what she made him. Since the moment the sexy, sultry socialite sidled up to him years ago, there hasn't been a time when Jacob didn't crave Akira. But as guardian to his younger siblings, responsibility has controlled his life. Confining his darkest desires to secret, stolen moments maintains his carefully disciplined world...but a cold bed is the price he pays. A single touch is all it takes for their simmering need to explode. As secrets and fears are stripped away one by one, shame becomes a thing of the past. They find themselves becoming addicted to each other, in bed and out-a frightening prospect for a man just learning to live...and a woman who thinks she doesn't know how to love.

Ladies And Gentlemen Of The Jury - Michael S. Lief 2012-12-11

In the hands of a skilled trial lawyer, the closing argument offers the courtroom's greatest dramatic possibilities. It is the advocate's last

opportunity to convince the jury of their version of the "truth" before the defendant's fate is sealed. Every argument included here is a finely crafted verbal work of art - they represent the modern-day, highest form of an ancient profession and art: that of the storyteller. The only available collection of great closing arguments - complete with insightful analysis and biographical profiles of the lawyers involved - this fascinating volume gathers the passionate finales of the most celebrated cases in history. Included are the climactic closes to the Nuremberg War Trials; Gerry Spence's crusade against the Kerr-McGee Nuclear Power Plant after the mysterious death of Karen Silkwood; Vincent Bugliosi's successful prosecution of cult leader Charles Manson and his followers; the astounding acquittal of John Delorean despite video evidence of his offences and the prosecution resulting from the Mai Lai massacre.

Krav Maga - Imi Sde-Or 2000-11

How to Defend Yourself against Armed Assault.
Thomas - Grace Burrowes 2015-06-02

Thomas Jennings arrives to his newly acquired estate to find that his steward has fled under a cloud of scandal, and the property has been held together by Miss Loris Tanner, the steward's daughter. Thomas knows what it's like to not fit in, and he's pragmatic enough to respect results, so he gives Loris a chance to maintain her position in a profession uniformly undertaken by men. Thomas learns about the complexities of estate management from his unlikely tutor, despite somebody's attempts to drive him off his own land. Mishaps turn into near tragedies, while between Thomas and Loris, respect and liking grow into attraction. Who is sabotaging Thomas's estate, and what choices will Loris face when the malefactor has been revealed?

The Sherlock Holmes School of Self-Defence

- E. W. Barton-Wright 2017-03-02

When Sherlock Holmes wrestled with Dr Moriarty on the Reichenbach Falls, he was

employing a system of self-defence that was all the rage in Victorian Britain. In an age when footpads and fogle-snatchers meant a man of breeding took his life in his hands when walking across town, a martial arts craze took hold that did not escape Conan-Doyle's keen eye for research. Schools sprung up all over London, chief among which was E.W. Barton-Wright's "Bartitsu" method. The Sherlock Holmes School of Self-Defence commemorates Barton-Wright's exploits and the fighting techniques of the famous sleuth himself (though Conan-Doyle mischiveously spelled it Baristu). Learn how to defend yourself with an overcoat, cane, or umbrella, or even to wield your bicycle against an attacker. Wonderful illustrations based on original photographs instruct the reader in skills that range from the sublime to the elementary.

Ladies and Gentlemen of the Civil Service -
Cindy Sondik Aron 1987
Drawing from workers' applications, testimonies, and other primary documents, Ladies and

Gentlemen of the Civil Service recreates the white-collar world of middle-class workers from the Civil War to 1900. It reveals how men who worked in federal agencies moved from being self-employed to salaried workers, in the process placing at risk the independence that lay at the core of middle-class male values; while women assumed the kind of independence that threatened their positions as delicate, middle-class ladies deserving the protection and care of men. Introducing a cast of characters who worked as federal clerks in Washington, Arons examines the nature of being a civil servant--from the hiring, firing, and promotion procedures, the motivations for joining the federal workforce, and the impact of feminization on the workplace to the interpersonal aspects of office life such as attitude towards sex, manners, and money-lending--and provides an imaginative look at what it meant to be among the ladies and gentlemen who formed part of the first white-

collar bureaucracy in the United States.

Bagua Quan Foundation Training - He

Jinghan 2009

The ancient Chinese art of Bagua Quan combines internal cultivation - the training of the mind - with external application, strengthening and supporting the health of the body. In this book, Master He explains the philosophy and techniques of Bagua Quan and provides the reader with an accessible approach to the practice of the art.

The Savage Gentleman - Christopher Harlan
2019-08-17

My name is Lucas "The Ghost" Esparza. I'm the best MMA fighter in the world that you've never heard of, but if I have my way, I'll be a household name soon enough. My life's been nothing but hard training, crazy partying, and fast women, and that's just how I liked it. No man had ever gotten the better of me inside the cage, and no woman had ever been able to slow down my lifestyle outside of it. And then it all

came crashing down. When I tasted defeat for the first time in the biggest fight of my life, I was a broken man-my pride destroyed and my dreams of greatness deferred. That's when Mila walked into my gym. When my trainer told me I had to give her self defense lessons because she was a 'special case', I had no idea what he meant. All I knew was that she had a body to die for, and a face that made me forget my own name. I'd been with my share of women, but she was easily the sexiest I'd ever laid eyes on. There was only one problem-we hated each other with a passion! I thought she was whiny with a bad attitude. She thought I was full of myself. But then something happened that changed everything between us. She gave me the confidence to pursue my dreams once again-to be a champion, to make it into the UFC, and to be the savage gentleman that I was born to be.***Featuring two free chapters from my upcoming rom-com "The Three Kiss Clause*****18 or Older only-contains adult

content, violence, and mature themes***

The Illustrated Art of Manliness - Brett McKay
2017-05-16

An indispensable, hands-on guide dedicated to the lost art of being a man, The Illustrated Art of Manliness distills more than 100 practical skills every modern man needs to know into an entertaining, easy-to-follow visual format.

Founder of The Art of Manliness Brett McKay and bestselling illustrator Ted Slampyak write brilliantly illustrated articles to help men be the best fathers, brothers, sons, and men they can be. This book features their most essential work alongside dozens of never-before seen guides on subjects ranging from chivalry and self-defense to courage and car repair, including: How to disarm an attacker How to fell a tree and start a fire anywhere How a car engine works, and how to fix it How to use every tool in your toolbox What to wear on a first date and to a job interview How to lead a meeting and command the attention of a room How to dance, fight,

shave, shake a hand, pick a lock, and fire a gun And other advice for when you're lost, in danger, or merely confronting a shirt that needs to be ironed. The Illustrated Art of Manliness features a classic, timeless package, including full-color illustrations, and will be a perfect gift for you or the man in your life.

Filipino Martial Arts - Mark V. Wiley 1994-03-15
Filipino Martial Arts illustrates the basic strikes, blocks, counters, and disarms of the Serrada Escrima fighting system. A highly effective, well-rounded warrior art, Serrada Escrima uses basic stick-fighting movements that are equally applicable in both unarmed and knife fighting. Profusely illustrated, this martial arts manual describes not only the techniques but also the history and philosophy of the Filipino martial arts and their relevance in the fighting and mixed martial arts world today. Filipino Martial Arts: Cabales Serrada Escrima is an essential addition to any martial arts library.

The Catholic Gentleman - Sam Guzman

2019-04-24

What it means to be a man or a woman is questioned today like never before. While traditional gender roles have been eroding for decades, now the very categories of male and female are being discarded with reckless abandon. How does one act like a gentleman in such confusing times? The Catholic Gentleman is a solid and practical guide to virtuous manhood. It turns to the timeless wisdom of the Catholic Church to answer the important questions men are currently asking. In short, easy- to-read chapters, the author offers pithy insights on a variety of topics, including • How to know you are an authentic man • Why our bodies matter • The value of tradition • The purpose of courtesy • What real holiness is and how to achieve it • How to deal with failure in the spiritual life

Self-Defense for Gentlemen and Ladies - Colonel Thomas Hoyer Monstery 2015-04-21

This 19th-century self-defense manual—written by a master swordsman—will appeal to fencers

and martial artists as well as fans of Victorian-era culture, steampunk, and American history

Colonel Thomas Hoyer Monstery was 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. In the 1870s, he began writing his magnum opus—a series of newspaper articles that are now collected here for the first time in *Self-Defense for Gentleman and Ladies*. In this book, Colonel Monstery presents a unique look into the Victorian-era fighting world. He describes styles such as British “purring” (shin-kicking), Welsh jump-kicking, and American rough-and-tumble fighting, in addition to providing 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

Cane Fighting - Sammy Franco 2016-03-16

Cane Fighting Techniques For The Real World!

Cane Fighting: The Authoritative Guide to Using

the Cane or Walking Stick for Self-Defense is a no nonsense book written for anyone who wants to learn how to use the cane or walking stick as a fighting weapon for real-world self-defense. The Ultimate Self-Defense Weapon for Everyone! While seemingly inconspicuous, the cane or walking stick is both a practical and devastating weapon for all ages, young and old, regardless of size or strength or experience and skill level. Most importantly, you don't need martial arts training to master this incredible self-defense weapon. One Book For All Kinds of Fighting Sticks With over 200 photographs and step-by-step instructions, Cane Fighting is the authoritative resource for mastering the following weapons: The Hooked Wooden Cane, The Modern Tactical Combat Cane, Walking Sticks of all types, The Irish Fighting Shillelagh, and The Bo Staff Powerful Cane Fighting Techniques At Your Fingertips Cane Fighting is devoid of tricky or flashy cane fighting moves that can get you injured or possibly killed when

defending against a determined attacker. Instead, it arms you with practical and powerful cane fighting techniques that actually work in the chaos of real-life street assaults. In fact, the skills and techniques found in these pages are surprisingly simple and easy to apply. Cane Fighting Covers These Essential Topics: How to choose the right tactical cane for your needs, advantages of the combat cane, weapon requirements, grips, essential dos and don'ts, weapon terminology, high and low concealment stances, strikes, power swings, preparing for impact shock, first strike techniques, combinations, striking angles, cane chokes, self-defense stages, blocks, deflections, footwork skills, cane fighting attributes, target areas, medical implications of cane strikes, use-of-force concerns, workout routines, conditioning exercises, and much more! Whether you are a beginner or advanced practitioner, student or instructor, Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for

Self-Defense teaches you powerful street-oriented techniques and proven fighting methods to get you home alive and in one piece. [Lamb to the Slaughter \(A Roald Dahl Short Story\)](#) - Roald Dahl 2012-09-13

Lamb to the Slaughter is a short, sharp, chilling story from Roald Dahl, the master of the shocking tale. In Lamb to the Slaughter, Roald Dahl, one of the world's favourite authors, tells a twisted story about the darker side of human nature. Here, a wife serves up a dish that utterly baffles the police . . . Lamb to the Slaughter is taken from the short story collection Someone Like You, which includes seventeen other devious and shocking stories, featuring the two men who make an unusual and chilling wager over the provenance of a bottle of wine; a curious machine that reveals the horrifying truth about plants; the man waiting to be bitten by the venomous snake asleep on his stomach; and others. 'The absolute master of the twist in the tale.' (Observer) This story is also available as a

Penguin digital audio download read by Juliet Stevenson. Roald Dahl, the brilliant and worldwide acclaimed author of Charlie and the Chocolate Factory, James and the Giant Peach, Matilda, and many more classics for children, also wrote scores of short stories for adults. These delightfully disturbing tales have often been filmed and were most recently the inspiration for the West End play, Roald Dahl's Twisted Tales by Jeremy Dyson. Roald Dahl's stories continue to make readers shiver today.

Southern Ladies & Gentlemen - Florence King
1993-07-15

Looking for guidance in understanding the ways and means of Southern culture? Look no further. Florence King's celebrated field guide to the land below the Mason-Dixon Line is now blissfully back in print, just in time for the Clinton era. The Failed Souther Lady's classic primer on Dixie manners captures such storied types as the Southern Woman (frigid, passionate, sweet, bitchy, and scatterbrained--all

at the same time), the Self-Rejuvenating Virgin, and the Good Ole Boy in all his coats and stripes. (The Clinton questions--is he a G.O.B. or isn't he?--Miss King covers in her hilarious new Afterword.) No one has ever made more sharp, scathing, affectionate, real sense out of the land of the endless Civil War than Florence King in these razor-edged pages.

Mind Over Muscle - 2005-11-21

This book is a collection of the life's work and essential teachings of Jigoro Kano, who founded Kodokan Judo in Tokyo in 1882. Kodokan Judo was for Kano the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized along educational lines while taking great care to retain its classical traditions. In doing so, he opened the path from jutsu (skill) to do (way), and broadened the horizons of knowledge until he reached the point at which he began to advocate seiryoku zenyo (maximum efficiency) and jita kyoei (mutual prosperity), which represent the universality and ideal of

human existence, and are the core values of judo.

The Compleat Gentleman - Brad Miner

2021-05-11

"Here is a welcome reminder that men can be gentlemen without turning into ladies—or louts."—Michelle Malkin "Miner writes with wit and charm."—Wall Street Journal *The Gentleman: An Endangered Species?* The catalog of masculine sins grows by the day—mansplaining, manspreading, toxic masculinity—reflecting our confusion over what it means to be a man. Is a man's only choice between the brutish, rutting #MeToo lout and the gelded imitation woman, endlessly sensitive and fun to go shopping with? No. Brad Miner invites you to discover the oldest and best model of manhood—the gentleman. In this tour de force of popular history and gentlemanly persuasion, Miner lays out the thousand-year history of this forgotten ideal and makes a compelling case for its modern revival. Three

masculine archetypes emerge here—the warrior, the lover, and the monk—forming the character of "the compleat gentleman." He cultivates a martial spirit in defense of the true and the beautiful. He treats the opposite sex with passionate respect. And he values learning in pursuit of the truth. Miner's gentleman stands out for the combination of discretion, decorum, and nonchalance that the Renaissance called sprezzatura. He belongs to an aristocracy of virtue, not of wealth or birth, following a lofty code of manly conduct, which, far from threatening democracy, is necessary for its survival.

Rumi Maki Fighting Arts - Juan Ramon Flores

2007-06-19

An unprecedented voyage into the world of Peru's indigenous warrior culture, Rumi Maki offers a fascinating look at this exotic martial art as preserved by a practicing master. The book begins with an in-depth look at the history of the sacred Incan fighting arts, dispelling many of the

myths surrounding them. The authors then present a detailed look at Rumi Maki's five-level structure, with step-by-step instructions and demonstrations of the techniques from each level. The Incas' unique approach to physical and mental conditioning, philosophy, spirituality, weaponry, and military structure are also presented for the first time. Hundreds of photographs and illustrations help further document the Incas' martial legacy. Of great interest to all martial arts enthusiasts, the book's absorbing description of early Peruvian civilization attracts readers interested in the cultural and spiritual history of the Andean people.

All-in Fighting - W. E. Fairbairn 2021-05-06

The author of this concise guide to unarmed combat and self-defence is a legend. W. E. Fairbairn (1885-1960) spent over thirty years in the tough environment of the Riot Squads of China's Shanghai Municipal Police. In order to lower levels of Police mortality at the hands of

Chinese Tongs, he studied ancient Chinese and Japanese martial arts, including Ju-jitsu, and was the first foreigner to be awarded a black belt in the discipline. He developed his own system which he called 'Defendu'. At the outbreak of the Second World War, he was recruited by Britain's Special Operations Executive as an Instructor in unarmed combat and expounded the deadly mysteries of attack and defence to scores of trainee agents about to be dropped into occupied Europe. His methods were approved and officially adopted throughout the British army. Fairbairn also developed weapons and defence aids such as bullet proof vests. He is best known as the co-inventor of the famous Sykes-Fairbairn knife. In this book he expounds his distilled experience of unarmed combat. Fully illustrated, it shows how to deliver deadly blows with hand, fist, knee and boot; wrist, bear-and strangle holds (and how to break them); how to throw an enemy, and how to break their backs; how to disarm a pistol-wielding attacker;

and securing a prisoner. The book also contains a chapter on the use of the rifle in close combat by Captain P. N. Walbridge.

Freedom or death - Emmeline Pankhurst
2020-12-08

Freedom or Death is a speech by Emmeline Pankhurst delivered at Hartford, Connecticut - November 13, 1913. It was later transcribed and issued as a pamphlet. The speech was dedicated to the issues of suffrage movement.

Deadly Force - Understanding Your Right to Self Defense - Massad Ayoob 2014

Massad Ayoob draws from an additional three decades of experience to educate responsible firearms owners about the legal, ethical, and practical use of firearms in self defense-the armed citizens' rules of engagement. Deadly Force discusses: Understand the legal and ethical issues surrounding use of lethal force by private citizens Learn about the social and psychological issues surrounding use of lethal force in defense of self or others Preparation and

mitigation--steps the responsible armed citizen can/should take "After forty years as a practicing criminal defense attorney, I know that what Mas says, teaches, and writes is the best, state-of-the-art knowledge you can get." ~Jeff Weiner, Former President, National Association of Criminal Defense Lawyers.

Gentleman Jole and the Red Queen - Lois McMaster Bujold 2016-01-16

A NEW NOVEL IN THE AWARD WINNING SERIES FROM MULTIPLE NEW YORK TIMES BEST-SELLING AUTHOR LOIS MCMASTER BUJOLD! Cordelia Naismith Vorkosigan returns to the planet that changed her destiny. FUTURE TENSE Three years after her famous husband's death, Cordelia Vorkosigan, widowed Vicereine of Sergyar, stands ready to spin her life in a new direction. Oliver Jole, Admiral, Sergyar Fleet, finds himself caught up in her web of plans in ways he'd never imagined, bringing him to an unexpected crossroads in his career. Meanwhile, Miles Vorkosigan, one of Emperor Gregor's key

investigators, this time dispatches himself on a mission of inquiry, into a mystery he never anticipated _ his own mother. Plans, wills, and expectations collide in this sparkling science-fiction social comedy, as the impact of galactic technology on the range of the possible changes all the old rules, and Miles learns that not only is the future not what he expects, neither is the past. At the publisher's request, this title is sold without DRM (Digital Rights Management).

About Lois McMaster Bujold's Vorkosigan Saga: _ Fans have been clamoring for Hugo-winner Bujold to pen a new Vorkosigan Saga novel. . . her deft and absorbing writing easily corrals the complex plot.îÊPublishers Weekly on Cryoburn _ Bujold mixes quirky humor with action [and] superb character developmentñ[E]normously satisfying.îÊPublishers Weekly. _ One of sf's outstanding talents . . . an outstanding series.îÊBooklist _ . . . an intelligent, well-crafted and thoroughly satisfying blend of adventure, sociopolitical commentary, scientific

experiments, and occasional perils . . . with that extra spicing of romance. . . .îÊLocus About Vorkosigan series entry Captain Vorpatril's Alliance: _ . . .this may be one of the most anticipated and long-awaited entries to Bujold's acclaimed Vorkosigan saga. For years fans have clamored for Ivan Vorpatril's story, and at last Bujold delivers something that will both thrill the devoted audience and entrance new readers . . . Longtime readers will love seeing a new side of Ivan as well as hearing his views on many of the series characters. New readers can enjoy Ivan's story on its own . . . Essential for all SF collections and a must-read for Bujold and Vorkosigan fans.îÊBooklist About Vorkosigan series entry Diplomatic Immunity: _ Bujold is adept at world-building and provides a witty, character-centered plot, full of exquisite grace notes. . . fans will be thoroughly gripped and likely to finish the book in a single sitting.îÊPublishers Weekly The Vorkosigan Series in Story-based Chronological Order

Falling Free Shards of Honor Barrayar The
Warrior's Apprentice The Vor Game Cetaganda
Ethan of Athos Borders of Infinity Brothers in
Arms Mirror Dance Memory Komarr A Civil
Campaign Diplomatic Immunity Captain
Vorpatril's Alliance CryoBurn Gentleman Jole
and the Red Queen

The Little Black Book of Violence - Lawrence
A. Kane 2009

*Art of Boxing and Manual of Training: The
Deluxe Edition* - William Edwards 2008-09

In 1888, William Edwards wrote "The Art of
Boxing and Manual of Training" with the help of
his friend and former ring opponent, Arthur
Chambers. One of the earliest American books
on the subject, "The Art of Boxing and Manual of
Training" features detailed boxing techniques as
well as tips on diet and exercise. The book also
includes the various rules governing ringcraft,
most notably the American Fair-Play Rules. The
inclusion of these rules resulted in the book's

inclusion in a landmark 1895 Supreme Court
case pitting the state of Louisiana against boxing
in New Orleans. This deluxe edition contains
additional material including William Edwards'
obituary and newspaper reports of the Louisiana
court case.

Boxing's Dirty Tricks And Outlaw Killer

Punches - Champ Thomas 1997-05-01

Before there was Ultimate Fighting, men like Jay
C. Champ Thomas made their livings beating
each other senseless and occasionally dying in
the ring. Thomas is an American legend.
Beginning in 1923, his career as a boxer,
wrestler and boombattler spanned nearly six
decades! A veteran of over 10,000 bouts,
Thomas successfully defended himself against
some of the world's fiercest aggressors. Now he
shares his secrets with those who wish to study
the real manly arts. Thomas uses a panoply of
tricks and punches only to defend himself
against unscrupulous fighters, and he cautions
against employing them recklessly. In order to

defend oneself, it's important to know all of the distasteful options that can be brought into play.

Self-Defense for Women - Lavinia Soo-Warr

2009-07-15

A comprehensive guide to self-defense for women that focuses on increased awareness, psychology, avoidance, and physicality to enable women to prevent a person or people from causing physical harm or theft; and provides step-by-

Gentleman of Her Dreams (Ladies of Distinction)

- Jen Turano 2012-09-01

When Miss Charlotte Wilson asks God for a husband, she decides He must want her to pursue Mr. Hamilton Beckett, the catch of the season. The only problem? She's never actually met Hamilton. Fortunately, one of her oldest and dearest friends, Mr. Henry St. James--who has returned to New York after a two-year absence--does know Hamilton. Much to Henry's chagrin, Charlotte immediately ropes him into helping her meet Hamilton. However, none of her plans

to catch Hamilton's eye go as she expected, and she is even more confused when her old feelings for Henry begin to resurrect themselves. In the midst of the mayhem Charlotte always seems to cause, she wonders if the gentleman of her dreams might be an entirely different man than she thought. This novella is a companion to A Change of Fortune, Jen Turano's full-length debut novel, available fall 2012!

The Gentle Art of Verbal Self Defense -

Suzette Haden Elgin 1980

Most of us are under verbal attack everyday and often don't realize it. In "The Gentle Art of Verbal Self-Defense" you'll learn the skills you need to respond to all types of verbal attack

Broad-Sword and Single-Stick (Illustrated Edition) - R G Allanson-Winn 2010-04

First published in 1890 with Chapters on Quarter-Staff, Bayonet, Cudgel, Shillalah, Walking-Stick, Umbrella, and Other Weapons of Self-Defence.

The Noble English Art of Self-Defence - Ned

Donnelly 2016-11-03

A book of boxing by one of the nineteenth-century stars, celebrating the 175th anniversary of The London Library. Be manly; seek no undue advantage. Science and pluck give advantage enough. The “fistic art” was a popular sport in ancient times, and was first included in the Olympic Games in 688 BC. But it was in eighteenth-century London that boxing started to really make its mark, and bare-knuckle prizefights earned money and glory for countless hardy young men. But as the decades wore on, society’s view of the sport changed. No longer was it acceptable to kick and gouge, nor to fall on a foe after throwing him to the ground, and in 1867 the Queensbury Rules were published. Gloves were introduced, and hitting opponents while they were down, wrestling, biting and low

blows were considered fouls. And so, as Ned Donnelly says in 1879: “The Prize Ring is now extinct”. But the art of pugilism—whether with gloves or without—was still a noble one, and the rules that governed it, laid out with illustrations in Donnelly’s handy manual, were as rich and intricate as ever. The Noble English Art of Self-Defence is part of “Found on the Shelves”, published with The London Library. The books in this series have been chosen to give a fascinating insight into the treasures that can be found while browsing in The London Library. Now celebrating its 175th anniversary, with over seventeen miles of shelving and more than a million books, The London Library has become an unrivalled archive of the modes, manners and thoughts of each generation which has helped to form it.