

The Sherlock Holmes School Of Self Defence The Ma

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A Study in Scarlet Illustrated - Sir Arthur Conan Doyle 2020-10-13

A Study in Scarlet is an 1887 detective novel by Scottish author Arthur Conan Doyle. Written in 1886, the story marks the first appearance of Sherlock Holmes and Dr. Watson, who would become the most famous detective duo in popular fiction. The book's title derives from a speech given by Holmes, a consulting detective, to his friend and chronicler Watson on the nature of his work, in which he describes the story's murder investigation as his "study in scarlet" "There's the scarlet thread of murder running through the colourless skein of life, and our duty is to unravel it, and isolate it, and expose every inch of it."

Arthur and Sherlock - Michael Sims 2017-01-24

2018 Edgar Award Nominee From Michael Sims, the acclaimed author of *The Story of Charlotte's Web*, the rich, true tale tracing the young Arthur Conan Doyle's creation of Sherlock Holmes and the modern detective story. As a young medical student, Arthur Conan Doyle studied in Edinburgh under the vigilant eye of a diagnostic genius, Dr. Joseph Bell. Doyle often observed Bell identifying a patient's occupation, hometown, and ailments from the smallest details of dress, gait, and speech. Although Doyle was training to be a surgeon, he was meanwhile cultivating essential knowledge that would feed his literary dreams and help him develop the most iconic detective in fiction. Michael Sims traces the circuitous development of Conan Doyle as the father of the modern mystery, from his early days in Edinburgh surrounded by poverty and violence, through his escape to University (where he gained terrifying firsthand knowledge of poisons), leading to his own medical practice in 1882. Five hardworking years later--after Doyle's only modest success in both medicine and literature--Sherlock Holmes emerged in *A Study in Scarlet*. Sims deftly shows Holmes to be a product of Doyle's varied adventures in his personal and professional life, as well as built out of the traditions of Edgar Allan Poe, Émile Gaboriau, Wilkie Collins, and Charles Dickens--not just a skillful translator of clues, but a veritable superhero of the mind in the tradition of Doyle's esteemed teacher. Filled with details that will surprise even the most knowledgeable Sherlockian, *Arthur and Sherlock* is a literary genesis story for detective fans everywhere.

Shillelagh - John W. Hurley 2007

For centuries the Irish have been associated with a stick weapon called the Shillelagh. And for generations of Irishmen, the Shillelagh was a badge of honor - a symbol of their courage, their martial prowess and their willingness to fight for their rights and their honor. In modern popular culture, the Shillelagh has acquired a less appealing image, one that attempts to declaw the Irish through negative racial stereotypes of the Victorian era, which depict the Irish as harmless club-wielding Leprecauns or drunken, half-witted brawlers. John Hurley's illuminating study forever alters our view of this much maligned and misunderstood cultural icon by revealing the true martial arts culture of the Irish people, its history, evolution and decline and the resulting effects on the Shillelagh - the most powerful and controversial of Irish icons.

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.

Martial Arts Studies - Paul Bowman, Professor of Cultural Studies at Cardiff University, UK 2015-04-09

This book disrupts disciplinary boundaries to make a case for the future direction and growth of martial arts studies as a unique field

Lessons in Sabre, Singlestick, Sabre and Bayonet, and Sword Feats ; Or, How to Use a Cut-and-thrust Sword - J. M. Waite 1880*

Conan Doyle for the Defense - Margalit Fox 2019-06-25

"A wonderfully vivid portrait of the man behind Sherlock Holmes . . . Like all the best historical true crime books, it's about so much more than crime."—Tana French, author of *In the Woods* A sensational Edwardian murder. A scandalous wrongful conviction. Sir Arthur Conan Doyle to the rescue—a true story. After a wealthy woman was brutally murdered in her Glasgow home in 1908, the police found a convenient suspect in Oscar Slater, an immigrant Jewish cardsharp. Though he was known to be innocent, Slater was tried, convicted, and consigned to life at hard labor. Outraged by this injustice, Arthur Conan Doyle, already world renowned as the creator of Sherlock Holmes, used the methods of his most famous character to reinvestigate the case, ultimately winning Slater's freedom. With "an eye for the telling detail, a forensic sense of evidence and a relish for research" (*The Wall Street Journal*), Margalit Fox immerses readers in the science of Edwardian crime detection and illuminates a watershed moment in its history, when reflexive prejudice began to be replaced by reason and the scientific method. Praise for Conan Doyle for the Defense "Artful and compelling . . . [Fox's] narrative momentum never flags. . . Conan Doyle for the Defense will captivate almost any reader while being pure catnip for the devotee of true-crime writing."—*The Washington Post* "Developed with brio . . . [Fox] is excellent in linking the 19th-century creation of policing and detection with the development of both detective fiction and the science of forensics—ballistics, fingerprints, toxicology and serology—as well as the quasi science of 'criminal anthropology.'"—*The New York Times Book Review* "[Fox] has an eye for the telling detail, a forensic sense of evidence and a relish for research."—*The Wall Street Journal* "Gripping . . . The book works on two levels, much like a good Holmes case. First, it is a fluid story of a crime. . . Second, and more pertinently, it is a deeper story of

how prejudice against a class of people, the covering up of sloppy police work and a poisonous political atmosphere can doom an innocent. We should all heed Holmes's salutary lesson: rationally follow the facts to find the truth."—Time

The Sherlock Holmes Handbook - Ransom Riggs 2010-03-01

Full of fascinating how-to skills and evocative illustrations, this must-have guide will appeal to Baker Street Irregulars of all ages. This reader's companion to the casework of Sherlock Holmes explores the methodology of the world's most famous consulting detective. From analyzing fingerprints and decoding ciphers to creating disguises and faking one's own death, readers will learn how Holmes solved his most celebrated cases—plus an arsenal of modern techniques available to today's armchair sleuths. Along the way, readers will discover a host of trivia about the master detective and his universe: Why did Holmes never marry? How was the real Scotland Yard organized? Was cocaine really legal back then? And why were the British so terrified of Australia? For die-hard Sherlockians and amateur investigators alike, this handbook is nothing less than . . . elementary.

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 Tongts, 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.

Her Own Hero - Wendy L. Rouse 2017-08-08

The surprising roots of the self-defense movement and the history of women's empowerment. At the turn of the twentieth century, women famously organized to demand greater social and political freedoms like gaining the right to vote. However, few realize that the Progressive Era also witnessed the birth of the women's self-defense movement. It is nearly impossible in today's day and age to imagine a world without the concept of women's self defense. Some women were inspired to take up boxing and jiu-jitsu for very personal reasons that ranged from protecting themselves from attacks by strangers on the street to rejecting gendered notions about feminine weakness and empowering themselves as their own protectors. Women's training in self defense was both a reflection of and a response to the broader cultural issues of the time, including the women's rights movement and the campaign for the vote. Perhaps more importantly, the discussion surrounding women's self-defense revealed powerful myths about the source of violence against women and opened up conversations about the less visible violence that many women faced in their own homes. Through self-defense training, women debunked patriarchal myths about inherent feminine weakness, creating a new image of women as powerful and self-reliant. Whether or not women consciously pursued self-defense for these reasons, their actions embodied feminist politics. Although their individual motivations may have varied, their collective action echoed through the twentieth century, demanding emancipation from the constrictions that prevented women from exercising their full rights as citizens and human beings. This book is a fascinating and comprehensive introduction to one of the most important women's issues of all time. This book will provoke good debate and offer distinct responses and solutions.

Modern Wing Chun Kung Fu - Eric Oram 2011-12-01

Using a three-part perspective on the traditional art, this guide illustrates how wing chun kung fu is still deadly and effective in the context of modern combat. The first part addresses fundamentals such as the history, life benefits, concepts, principles, and basic training—including footwork, kicks, arm movements,

and reflexes—that characterize the art. Bridging the gap between wing chun and other fighting styles, the second portion explains how a wing chun artist is able to exploit the vulnerabilities in defensive and offensive systems such as kickboxing, grappling, and karate. The third and final section discusses how this particular brand of kung fu is highly effective in street combat—both empty-handed and with weapons—as well as against single and multiple opponents.

Essence of Self-Defence (Three-in-One) - Uyenishi, Collingridge, Leather 2019-04-03

All three of the works reproduced herein are about how to do practical martial arts, as a sport, for self-defence, or for combat. Published in the United Kingdom over a period of four decades, from 1905 to the 1940s, they are arranged in chronological order of their issue dates and have been presented in their original format. They should be viewed, not only as valuable time capsules, but as tangible references as to how self-defence methods developed during that time, because as wars came and went, necessity became the father of adaptation. This resulted in the deadlier applications, which arrived in England alongside recreational jujitsu and sport judo at the dawn of the 20th century, being synthesized more into styles for self-preservation and these then began to change back into methods for maiming and killing. This trend should not be so shocking though, because jujitsu had, following the opening up of Japan after 1868, been developed as a safe method for practicing the older martial arts of the samurai.

Sherlock Holmes in 221 Objects - Glen Miranker 2022-01-05

A dazzling collection of rare art and documents illuminate the life of Sherlock Holmes beyond the page. As one of the most beloved characters in the English language, Sherlock Holmes sometimes seems to have a life of his own, one that leaps beyond the pages of Sir Arthur Conan Doyle's mystery stories. Sherlock Holmes in 221 Objects aims its magnifying glass toward a host of overlooked extra-literary objects that tell the story of the famed detective's publication history outside of Doyle's original canon. Drawing on his extensive collection of Holmes-related bibliographic material, Glen Miranker brings to light exhibits ranging from original manuscripts, handwritten letters, business correspondence, vintage book art, pirated editions, and more, all presented in thematic clusters that highlight their significance to the case at hand. Throughout, Miranker invites readers to share in the collector's enthusiasm for the kinds of rarities and oddities that help decipher the appeal of Sherlock Holmes in ways that transcend what can be found on the page.

A Seven Year Cycle Reading Plan - C.S. Fairfax 2018-05-17

Read through time, enjoying the good, the better, and the best books from each of the seven eras below: Year 1: Ancient History to 476 A.D. Year 2: The Middle Ages, 477 to 1485 A.D. Year 3: The Age of Discovery, 1485-1763 A.D. Year 4: The Age of Revolution, 1764-1848 A.D. Year 5: The Age of Empire, 1849-1914 A.D. Year 6: The American Century, 1915-1995 A.D. Year 7: The Information Age, 1996- Present Day At the end of seven years, repeat! A Seven Year Cycle Reading Plan is a booklist compiled of hundreds of books from each era in history organized into categories of interest. This volume also includes copious room for you to add your own favorite titles!

Eskrima - Krishna Godhania 2012-10-01

Eskrima, which is also known as Arnis (De Mano) or Kali, is the indigenous martial art of the Philippine Islands. Dynamic and flexible, with a wide range of training methods it can be practised by students of all ages and levels of fitness. Well known and respected as a highly practical weapons-based system, Eskrima is practised worldwide by civilians, law enforcement personnel and special units within the military. Eskrima uses training weapons (rattan sticks and daggers) from the earliest stages, alongside purely unarmed techniques. These training methods have been found particularly effective at increasing coordination and reflexes, providing a fast track to developing the qualities needed for practical self-defence. This fascinating book traces the history and evolution of this art form. It highlights Eskrima's essential principles and concepts. The instructional section illustrates how the Eskrimador is able to succeed in a wide range of combat situations involving fighting with both weapons and open-hands. Techniques, two-person flow drills, self-defence applications, training with specialized equipment, the philosophy of the art and 'self-defence and the law' are all covered in depth.

Sports Around the World - John Nauright 2012

This multivolume set is much more than a collection of essays on sports and sporting cultures from around

the world: it also details how and why sports are played wherever they exist, and examines key charismatic athletes from around the world who have transcended their sports. * Nearly 900 entries cover most aspects of sport from around the world * Contributions from more than 200 distinguished scholars, such as Mark Dyreson, Henning Eichberg, Malcolm MacLean, S.W. Pope, and Rob Ruck * Entries on players, stadiums, arenas, famous games and matches, major scandals, and disasters * Lists of Olympic medalists for all events since 1896 as well as lists of winners of major events such as the FIFA World Cup and MLB World Series * Further reading selections provide direction for in-depth analysis of each event, sport, personality, or issue discussed

The Sign of the Four - Sir Arthur Conan Doyle 1891

Deconstructing Martial Arts - Paul Bowman 2019-06-24

What is the essence of martial arts? What is their place in or relationship with culture and society?

Deconstructing Martial Arts analyses familiar issues and debates that arise in scholarly, practitioner and popular cultural discussions and treatments of martial arts and argues that martial arts are dynamic and variable constructs whose meanings and values regularly shift, mutate and transform, depending on the context. It argues that deconstructing martial arts is an invaluable approach to both the scholarly study of martial arts in culture and society and also to wider understandings of what and why martial arts are. Placing martial arts in relation to core questions and concerns of media and cultural studies around identity, value, orientalism, and embodiment, *Deconstructing Martial Arts* introduces and elaborates deconstruction as a rewarding method of cultural studies.

Masculinity, Crime and Self-Defence in Victorian Literature - E. Godfrey 2010-12-03

Now in paperback, this book considers crime fighting from the perspective of the civilian city-goer, from the mid-Victorian garrotting panics to 1914. It charts the shift from the use of body armour to the adoption of exotic martial arts through the works of popular playwrights and novelists, examining changing ideals of urban, middle-class heroism.

Adventures of Sherlock Holmes - Arthur Conan Doyle 1892

Femininity, Crime and Self-Defence in Victorian Literature and Society - E. Godfrey 2012-10-26

This exploration into the development of women's self-defence from 1850 to 1914 features major writers, including H.G. Wells, Elizabeth Robins and Richard Marsh, and encompasses an unusually wide-ranging number of subjects from hatpin crimes to the development of martial arts for women.

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.

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 mischievously 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.

English Martial Arts - Terry Brown 1997-12-31

This book investigates the weapons, history and development of the English fighting system and some of the beliefs and social pressures that helped mould it. The second half examines various English fighting techniques drawn from historical texts and manuscripts including bare-fist fighting, broadsword, quarterstaff, bill, sword and buckler and sword and dagger.

Sherlock Holmes: The Ultimate Collection - Arthur Conan Doyle 2016-06-29

Arthur Conan Doyle's master criminologist Sherlock Holmes continues to delight readers around the world more than a century after he first appeared in print (in 1887's *A Study in Scarlet*). The digital age has only increased his popularity: amid the onslaught of contemporary crime fiction there is something reassuring about Sherlock Holmes. In the hardcover edition of 'Sherlock Holmes: The Ultimate Collection' you will find all four Sherlock Holmes novels: *A Study In Scarlet* by Arthur Conan Doyle. *The Sign of the Four* by Arthur Conan Doyle. *The Hound of the Baskervilles* by Arthur Conan Doyle. *The Valley of Fear* by Arthur Conan Doyle.

The Unstoppable Letty Pegg - Iszi Lawrence 2020-02-06

Brilliant debut historical adventure from writer and comedian Iszi Lawrence, perfect for fans of Emma Carroll, *The Princess and the Suffragette*, and *Opal Plumstead*. The story of the suffragettes with the Jiu Jitsu and roller skating left in... this impeccably researched debut novel from Iszi Lawrence shows the fight for women's suffrage as it really was. Lettice Pegg's father is a working-class policeman and her mother is a middle-class suffragette. Stuck between them (and her terrifying grandma) as they argue, Lettice mostly cares about trying to fit in at school and convincing her parents to let her have roller skates and go to the music hall. But, when Lettice sees her mother brutally thrown to the ground by a policeman while on a protest march, her life changes forever. Not all of the women on the march are vulnerable to attack. Some of them have a secret weapon: Jiu Jitsu. As the suffragettes welcome Lettice to the fight back, things at home go from bad to worse. Can Lettice bring her family back together and keep her new friends?

Free Radicals and Oxidation Phenomena in Biological Systems - Roberfroid 1994-12-14

This work offers an analysis of the biological processes mediated by free radicals, from a toxicological point of view, providing easy access to information in an integrated, coherent presentation. The chemistry and biochemistry of all principal types of radical are explained, and the multiple forms in which radicals participate in living organisms are investigated.; This work should be of use to biochemists, pharmacologists, pharmaceutical researchers, food scientists and technologists, nutritionists, toxicologists, chemists, biologists and graduate students in these disciplines.

Mrs. Sherlock Holmes - Brad Ricca 2017-01-03

Nominated for the Edgar Award for Best Fact Crime! This is the shocking and amazing true story of the first female U.S. District Attorney and traveling detective who found missing 18-year-old Ruth Cruger when the entire NYPD had given up. Mrs. Sherlock Holmes tells the true story of Grace Humiston, the lawyer, detective, and first woman U.S. District Attorney who turned her back on New York society life to become one of the nation's greatest crime-fighters during an era when women were still not allowed to vote. After agreeing to take the sensational case of missing eighteen-year-old Ruth Cruger, Grace and her partner, the

hard-boiled detective Julius J. Kron, navigated a dangerous web of secret boyfriends, two-faced cops, underground tunnels, rumors of white slavery, and a mysterious pale man, in a desperate race against time. Brad Ricca's Mrs. Sherlock Holmes is the first-ever narrative biography of this singular woman the press nicknamed after fiction's greatest detective. Her poignant story reveals important clues about missing girls, the media, and the real truth of crime stories. Mrs. Sherlock Holmes is a nominee for the 2018 Edgar Awards for Best Fact Crime.

[Psychic Self-Defense](#) - Dion Fortune 2020-12-12

A new edition of an occult classic, which includes a new introduction by Mary K. Greer, author of Women of the Golden Dawn, and a new afterword with excerpts from rarely seen documents by Fortune herself describing how the book came about. After finding herself the subject of a powerful psychic attack in the 1930s, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult writers of the twentieth century. This Weiser Classics edition of Dion Fortune's Psychic Self-Defense includes a new forward by Mary K. Greer, author of numerous books including Tarot for Your Self, and a new afterword by the Christian Gilson that chronicles the original context surrounding Dion Fortune's writing of the book. Mr. Gibson is the editor of The Inner Light, the journal published by the Society of Inner Light.

Arwrology - Gordon E Perrigard, M D 2020-11-03

Gordon E. Perrigard was a Canadian medical doctor who combined his knowledge of advanced ju-jitsu with his knowledge of human anatomy to come up with this devastatingly effective close-in combat system. Arwrology is derived from the old Welsh word 'arwr', meaning an all-out hand-to-hand fighter. Arwrology was originally released in 1943 for use in training combatants for World War II. Martial artists from all over the world quickly hailed its superior fighting methods, and today it remains one of the most highly sought after-and most valuable-fighting manuals in the world. Arwrology is distinctive because it uses a single system of conditioned reflexes based on general body movement for both armed and unarmed fighting. If one method fails to subdue an attacker, a practitioner can effortlessly flow to another technique without exposing his body to attack. Through clear instructions, photos, and illustrations Arwrology shows you how to: Defeat someone armed with a firearm, knife, dagger or club Use knowledge to overcome brute strength Fall without injury and rise up without using your hands Get out of strangleholds, grips, and other holds Train to develop fast reflexes and important fighting muscle

[The Adventure of the Missing Three-Quarter](#) - Arthur Conan Doyle 2020-09-29

The rugby player Staunton is missing. His friend, the rugby team coach, Cyril Overton, reaches out to Holmes and Watson begging them to take up the case. Holmes and Watson find out that the boy went out in a hurry the previous night together with an unknown man. The next step is to find out who this man was and what did he has to do with Staunton. Holmes and Watson will get to the bottom of it. What they will learn is however more than unexpected. "The Adventure of the Missing Three-Quarter" is a part of "The Return of Sherlock Holmes". Sir Arthur Conan Doyle (1859-1930) was born in Scotland and studied medicine at the University of Edinburgh. After his studies, he worked as a ship's surgeon on various boats. During the Second Boer War, he was an army doctor in South Africa. When he came back to the United Kingdom, he opened his own practice and started writing crime books. He is best known for his thrilling stories about the adventures of Sherlock Holmes. He published four novels and more than 50 short-stories starring the detective and Dr Watson, and they play an important role in the history of crime fiction. Other than the Sherlock Holmes series, Doyle wrote around thirty more books, in genres such as science-fiction, fantasy, historical novels, but also poetry, plays, and non-fiction.

Modern Bartitsu - Tommy Joe Moore 2021-01-07

Modern Bartitsu is a full training guide for Bartitsu covering boxing / pugilism, savate, Ju Jitsu, wrestling, stick and street weapons. All distilled for one of the world's first mixed martial arts designed for the mean streets of Victorian / Edwardian London. The book is designed to help showcase the core techniques of the

art each section details signature moves alongside their application and training drills. This is a print on demand version. That does come with some global variances in quality. Please contact the author via Facebook for a higher spec iteration. I'm Tommy Moore, a lifelong martial artist and teacher of Bartitsu. I've been wanting to make a Bartitsu book for a very long time to help people get started. And lockdown has helped me do just that! The book is replete with full colour photography, professionally edited and photographed and designed by pro designer Andrew Porter. In short, it's the business. Photographs on pretty much every page. Detailed annotations. Top tips and practical executions. It's designed to be a "pick up and go" guide for Bartitsu, allowing beginners to experience how I teach the art and experienced martial artists set up or enhance what they do at their club. The book covers: Pugilism Savate Ju Jitsu Weapons (Cane, Street Weapons and Incidental) Integrated Bartitsu (bringing the above together) Get a flavour of what I do: <https://www.facebook.com/TheBartitsuLab> <https://www.youtube.com/user/TommysdfBartitsu> is the "Open Source" martial art, but right now, no useful modern guides exist. I want that to change! And this book is where I start!

The Walking Stick Method Of Self-defence - Anonymous 2004-03-01

The walking stick is a convenient and formidable weapon in the hands of a man trained to use it. With the carry and use of firearms and knives gradually becoming more restricted by law, the stick is becoming an increasingly viable implement of practical self-defense for ordinary citizens. This book by "an officer of the Indian Police" is an extraordinary example of a practical martial art text of the early 20th century. The entire range of defensive and offensive skills is discussed and demonstrated, including guards, strikes, combinations, counterattacks, feints and tricks, double-handed techniques and training drills.

Raising Cane - Octavio Ramos 2006-11-01

When you think of a cane, do you think of an elderly person walking down the street, using the "stick" as a crutch? When author Octavio Ramos Jr. sees a cane, he sees a hard-hitting self-defense weapon with a crook and horn capable of incapacitating any opponent within a matter of seconds. This book teaches the art of one of the most unexpected self-defense tools ever created. Carried anywhere--into almost any situation--the cane rarely attracts undue attention...until you need it to.

Tricks of Self-defence: A Useful Book for Everybody - W. H. Collingridge 2019-03-09

Until the publication of 'Tricks of Self-Defence' in about 1910, most, if not all, of the English language books on jujitsu and connected martial arts dealt more with the systems in question. These were often quite complicated and took time to master. W. H. Collingridge's concept was to publish a more practical, illustrated textbook for the everyday person in the street, outlining the effective applications that anyone can easily pick up in order to defend themselves. The result was this book which graphically outlines thirty-three 'Standing Positions', and nine 'Ground Tricks'. All of these require little space to practise and notably some use arm or wrist grappling, while applying pressure to nerve or pressure points. In these respects, 'Tricks of Self-Defence, A Useful Book for Everybody', is considered to be the first of its genre in English to record Japanese techniques of applied practical self-defence.

The Adventures of Sherlock Holmes - Sir Arthur Conan Doyle 2012-05-04

Literature's greatest detective team investigates a dozen of their best-known cases, including "The Speckled Band," "The Red-Headed League," "The Five Orange Pips," and "A Scandal in Bohemia."

The Book of Marmalade - C. Anne Wilson 1985

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