Physical Culture and Self-Defense

Fitzsimmons Robert
PHYSICAL CULTURE
AND
SELF-DEFENSE
Physical Culture and Self-Defense

By
ROBERT FITZSIMMONS

Author of "Development Through Exercise," "The Self-Defender," "The Great American Physical Culture, etc., etc., etc.

With an Introduction by


Illustrations from Works by Robert Fitzsimmons and

GEORGE DAWSON

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PHYSICAL CULTURE
AND SELF-DEFENSE

BY
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CHAMPION MIDDLE-WEIGHT FIGHTER OF THE WORLD; CHAMPION
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WITH AN INTRODUCTION BY
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Etc.

ILLUSTRATIONS FROM
POSES BY ROBERT FITZSIMMONS
AND
GEORGE DAWSON
PHYSICAL INSTRUCTOR OF THE CHICAGO ATHLETIC CLUB

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DEDICATION

To one whose beauty through each changing year is yet unchanging,
And through whose eyes I have seen the light and the right.
My light when all else was darkness and uncertainty,
And whose companionship shone with a gentle lustre for all that is good and bright.
That shines ever for me in the paths of truth and happiness:
My guiding star—My Wife.

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