
Physical Culture and Self-Defense

Fitzsimmons Robert

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Author: Fitzsimmons Robert

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PHYSICAL CULTURE
AND
SELF-DEFENSE



Robert Fitzsimmons

PHYSICAL CULTURE AND SELF-DEFENSE

BY
ROBERT FITZSIMMONS

CHAMPION WELTERWEIGHT FIGHTER OF THE WORLD - CHAMPION
HEAVYWEIGHT FIGHTER OF THE WORLD, 1897-1900
INSTRUCTOR AND LECTURER ON PHYSICAL
CULTURE, ETC., ETC., ETC.

WITH AN INTRODUCTION BY

A. J. DREXEL BIDDLE, F.R.G.S., F.R.M.S., F.G.S.A.
M.C.

ILLUSTRATIONS FROM
WORKS BY ROBERT FITZSIMMONS

AND
GEORGE DAWSON

ORIGINAL INSTRUCTOR OF THE CHICAGO ATHLETIC CLUB



DREXEL BIDDLE, PUBLISHER

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Robert Thompson

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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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