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THE

A R T

OF

B O X I N G.

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BY

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*P R E F A C E.*

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**A**FTER the many marks of encouragement bestowed on me by a generous public, I thought that I could not better evince my gratitude for such favours, than by disseminating  
to

to as wide an extent, and at as cheap a rate as possible, the knowledge of an ART ; which though not perhaps the most elegant, is certainly the most useful species of defence. To render it not totally devoid of elegance has, however, been my present aim, and the ideas of coarseness and vulgarity which are naturally attached to the Science of Pugilism, will, I trust, in a great measure, be  
done

done away, by a candid perusal of the following pages.

*Boxing* is a national mode of combat, and is as peculiar to the inhabitants of this country as *Fencing* to the French; but the acquisition of the latter as an art, and the practice of it as an exercise, have generally been preferred, in consequence of the objection which I have just stated as being applicable to the former. That objection, I hope,

I hope, the present Treatise will obviate, and I flatter myself that I have deprived Boxing of any appearance of brutality to the learner, and reduced it into so regular a system, as to render it equal to fencing, in point of neatness, activity, and grace.

The Science of Pugilism  
may, therefore, with great propriety,

priety, be acquired, even tho' the scholar should feel actuated by no desire of engaging in a contest, or defending himself from an insult.

Those who are unwilling to risk any derangement of features in a real boxing match, may, at least, venture to practise the Art from sportiveness; and sparring is productive of health and spirits, as it is  
both

both an exercise and an amusement.

The great object of my present Publication has been to explain with perspicuity, the Science of Pugilism, and it has been my endeavour to offer no precepts which will not be brought to bear in practice, and it will give me peculiar satisfaction and pleasure

fure



sure to understand, that I have attained my *first* object, by having taught any man an easy regular System of so useful an Art as that of Boxing.

***D. MENDOZA.***

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## B O X I N G.

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**T**H E first principle to be established in Boxing is, to be perfectly master of the equilibrium of the body, so as to be able to change from a right to left-handed position; to advance or retreat striking or parrying; and to throw the body either  
B forward

forward or backward without difficulty or embarrassment.

The second principle to be established is, the position of the body, which should be in an inclining posture, or diagonal line, so as to place the pit of the stomach out of your adversary's reach; the upper part of your arm must stop or parry the round blow at the head; the fore-arm, the blows at the face and stomach; and the elbows, those at the ribs; both knees must be bent, the left leg advanced, and the arms directly before your throat or chin.

It

It must be an invariable rule to stop or parry your adversary's right with your left, and his left with your right ; and both in striking and parrying, always to keep your stomach guarded, by barring it with your right or left fore-arm.

It is always better to avoid a blow by throwing the head and body back, at the same time covering the pit of the stomach, than to attempt to parry it.

Both hands must never be up or down at the same time. If your adversary strikes either at your face, stomach, or side, with

with his left hand, parry or stop with your right, covering the stomach with your left; if he strikes with his right, let your left oppose it, covering your stomach with your right.

It is proper to exercise the scholar in changing both arms and legs from alternate positions of right-handed to left-handed, and to make him master of the equilibrium of the body, advancing and retreating.

**LESSON**

## LESSON I.

Master strikes with his left arm at your face.

Parry with your right fore-arm, barring at the same time your stomach with your left fore-arm, throwing the head and body back.

Master strikes with his right at your face.

Parry with your left fore-arm, barring at the same time your stomach with your right fore-arm, throwing head and body back.

Master strikes round at your right ear with his left.

Parry with your right arm,  
turning

turning up the elbow so as to cover the side of the head, barring the stomach with the left fore-arm, and throwing head and body back.

Master strikes round at your left ear with his right.

Parry with your left arm, turning up the elbow so as to cover the side of the head, barring the stomach with the right fore-arm, throwing head and body back.

Master strikes at your stomach with his left.

Bar your stomach with your right fore-arm, keeping your left opposite his nose, throwing your head and body back.

He

He strikes at your stomach with his right.

Bar your stomach with your left fore-arm, keeping the right fist opposite his nose, throwing head and body back.

His left strikes at your right side.

Stop with your right elbow, keeping your left fist opposite his nose, throwing head and body back.

His right strikes at your left side.

Stop with your left elbow, keeping your right fist opposite his nose, throwing head and body back.

LESSON



## LESSON II.

1, 2.

Master makes the feint 1, 2, at your face, striking first with his left at your face, (which is the feint) in order to hit you in the face with his right.

Parry first with your right fore-arm, and secondly with your left fore-arm, covering the stomach with the right fore-arm, and throwing head and body back.

Master feints in the same manner, beginning with his right.

Parry first with your left fore-arm, and secondly with your right fore-arm, covering the  
stomach

stomach with the left fore-arm,  
and throwing head and body  
back.

His left feints at your stomach, to hit your  
face with his right.

Bar your stomach with your  
right fore-arm, and parry the  
blow at your face with your left  
fore-arm, throwing head and  
body back.

His right does the same.

Bar your stomach with your  
left fore-arm, and parry the  
blow at your face with your  
right fore-arm, throwing head  
and body back.

His

His left feints at your right side to hit your face with his right.

Stop with your right elbow, and parry his blow at your face with your left fore-arm, throwing head and body back.

His right does the same.

Stop with your left elbow, and parry with your right fore-arm, throwing head and body back.

N. B. Observe, that the three foregoing feints are at the face, *i. e.* 1, 2, at the face---secondly, 1 at the stomach, 2 at the face; and next 1 at the side, 2 at the face.

The

The feints at the stomach and side are not 3 as those at the face, but only 2---for example :

Master strikes 1 at the face, 2 at the stomach,  
with alternate arms.

Parry the *first* with the proper fore-arm, and the *second* with the proper bar ; that is, if he strikes with his left at your face, and his right at your stomach, parry his left with your right fore-arm, and his right with your left across your stomach ; if he strikes first with his right at your face, and his left at your stomach, parry his right with your left fore-arm,  
and

and his left with your right  
across your stomach.

Master strikes 1 at the side, and 2 at the  
stomach.

Parry with the proper arms,  
first by catching the blow on  
the proper elbow, and secondly,  
parrying the blow at the sto-  
mach the proper fore-arm ;  
that is, if he strikes with his  
left first, catch it with your  
right elbow, and bar his right  
with your left across your sto-  
mach, and *vice versa* of his  
right.

He strikes at the face 1, and 2 at the side.

Parry each with their proper  
fore-arm and elbow.

He strikes at the stomach 1, and 2 at the side.

Bar the first with the proper fore-arm, and catch the other with the proper elbow.

This 2d Lesson consists of 1, 2, at the face, stomach and sides.

1 at the face 2 at the face	}	1, 2, at the face
1 at the stomach 2 at the face		
1 at the side 2 at the face		
1 at the face 2 at the stomach	}	1, 2, at the stomach
1 at the side 2 at the stomach		
1 at the face 2 at the side	}	1, 2, at the side
1 at the stomach 2 at the side		

# C LESSON

## LESSON III.

1, 2, 3.

Master strikes with his left at your face 1 ; with his right, do. 2 ; with his left at your stomach 3, the blow intended.

Parry the first with your right fore-arm---the second with your left fore-arm---the third with your right fore-arm, barring your stomach, throwing the head and body backward.

Master strikes with his right at your face 1 ; with his left, do. 2 ; with his right at your stomach 3.

Parry the first with your left  
fore-

fore-arm---the second with your right fore-arm---the third with your left arm, barring your stomach, throwing head and body backward.

N. B. The above is one, two, three, at the stomach.

1, 2, 3,

### AT THE FACE.

Master strikes at your head 1 with his left; do. 2 with his right; at your face, and 3 with his left, the intended blow.

Parry the first with your right  
 ---the second with your left---  
 third with your right, your fore-  
 arm



arm covering ultimately your stomach, throwing head and body back.

Master strikes at your head 1 with his right ; do. 2 his left at your face ; and 3 with his right, the intended blow.

Parry the first with your left ; second with your right ; third with your left, your fore-arm covering ultimately your stomach, and throwing head and body back.

N. B. The above is one, two, three, at the face.

1, 2, 3,

**AT THE SIDE.**

Master strikes with his left hand at your head 1; his right do. 2; and his left at your side 3, the intended blow.

Parry the first with your right fore-arm---second left fore-arm---third right elbow.

Master strikes with his right at your head 1; left do. 2; right at your side, the intended blow.

Parry the first with your left fore-arm; second right fore-arm; third left elbow.

**LESSON**

## LESSON IV.

### RIPOSTS.

Master's left strikes at your face.

Parry with your right fore-arm, and return at his face with your left, which he catches in his open hand.

His right strikes at your face.

Parry with your left fore-arm, and return at his face with your right do.

Master's left strikes at your stomach.

Stop by barring with your right fore-arm, and return at his  
his

his face with your left, which he catches.

His right strikes at your stomach.

Stop by barring with your left fore-arm, and return at his face with your right.

Master's left strikes at your right side.

Stop by catching the blow on your right elbow, and return at his face with your left.

His right strikes at your left side.

Stop by catching the blow on your left elbow, and return at his face with your right.

Master's

Master's left chops at your face.

Parry with your right forearm, and return at his face with your left.

His right does the same.

Parry with your left forearm, and return at his face with your right.

Master's left strikes at your stomach.

Parry it down with your right, and return a back-handed blow with the same hand, covering your stomach with your left arm.

Master's

Master's right strikes at your stomach.

Parry it down with your left, and return a back-handed blow with the same hand, covering the stomach with the right arm.

Master's left strikes again at your stomach.

Parry it down with your right, and return a straight blow at his face with the same hand.

His right does the same.

Parry it down with your left, and return a straight blow at his face with the same hand.

**LESSON**

## LESSON V.

1, 2,

AT THE FACE.

R I P O S T S.

The Scholar strikes 1, 2, beginning with the left.

Master parries with his left, and riposts with his left at your face.

Parry this ripost by catching his wrist with your left fist, and striking a back-handed blow across his face with your left hand.

Do

Do the same with the right hand, i. e. beginning  
1, 2, with your right.

This he will parry with his  
right, and ripost with the same,  
when you catch it with your  
right fist, and return a back-  
handed blow across his face.

### R I P O S T S.

1, 2, 3; at the face, beginning with the left.

Master will parry with his right, and ripost at  
your stomach with his left.

Stop this with your right  
fore-arm, and return with your  
left at his face.



1 at the face, and 2 at the stomach, beginning with your left.

This he will stop with his left, and ripost one, two, at your face, beginning with his left. Parry with your left, and return one, two, at his face.

1 at the face, 2 at the face, and 3 in the stomach, beginning with your left, keeping your right fist opposite his face.

This he will stop with his right, and ripost the same again, one, two, three, at your stomach, which you must bar.

Do the same with the other hand, i. e. beginning with your right.

This he will stop with his left, and ripost the same again,  
one,

one, two, three, at your stomach,  
which you must bar.

The scholar strikes with his left at the face,  
the master parries with his right, and riposts  
with his left at the stomach.

Knock the blow down, and  
return strait at the face.

Do the same with the other  
hand.

D . LESSON

## LESSON VI.

Scholar strikes 1, 2, at the face, beginning with the left.

Master parries, and riposts the same.

Scholar strikes 1, 2, 3, at the face, beginning with the left.

Master parries, and riposts the same.

Scholar strikes 1, 2, at the face, and 3 at the stomach, beginning with the left.

Master parries, and riposts the same.

Scholar strikes 1, 2, at the face, and 3 at the side, ditto. ditto.

Master parries, and riposts the same.

The

The scholar should always use himself to cover either the stomach by barring, or the head by projecting the fist.

At this period the scholar should parry and stop, but not return all feints for some time, and when perfect herein, he may

**SET-TO, OR SPAR LOOSE.**

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## RULES OF BOXING.

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**A**FTER having thus explained the order of the lessons, and the proper method of practising them, I would impress on the reader's mind the following precepts, which will be brought to bear in fighting, and found equally easy and necessary.

Parry

Parry the blows ~~of~~ your adversary's right hand with your left, and those of his left hand with your right.

This rule ought never to be disregarded, except when you see a safe opportunity of catching a blow of his right hand if aimed at the face on *your* right, and striking him in the loins with your left ; or of stopping his left-arm stroke on *your* left, and directing your right fist to his kidneys.

If your adversary aims all round blows,

Which is generally the case with a man ignorant of Boxing, you should strike straight forward,

ward,

ward, as a direct line reaches its object sooner ~~than~~ one that is circular.

If he gives way, or is staggered by a severe  
blow,

You should not be anxious to recover your guard and stand on the defensive, as this will be only giving him time to recollect himself, but take advantage of his momentary confusion, and follow up the blow.

Advancing,

Is practised by placing the right foot forward, at the same distance from your left, as your  
left

Parry the blows of your adversary's right hand with your left, and those of his left hand with your right.

This rule ought never to be disregarded, except when you see a safe opportunity of catching a blow of his right hand if aimed at the face on *your* right, and striking him in the loins with your left; or of stopping his left-arm stroke on *your* left, and directing your right fist to his kidneys.

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blow,

You should not be anxious to recover your guard and stand on the defensive, as this will be only giving him time to recollect himself, but take advantage of his momentary confusion, and follow up the blow.

Advancing,

Is practised by placing the right foot forward, at the same distance from your left, as your  
left

left is from the right in the first attitude ; you then throw your left foot forward so as to resume your original position, and thus keep gaining on your antagonist as he recedes.

#### Retreating,

Which is used when your adversary approaches too violently upon you, or when you feel yourself embarrassed and wish to recover your guard, is practised by placing the left leg about as far behind the right, as the right in the original position is removed behind the left, then throwing the right hindmost so  
as

as to regain your former attitude, and thus continue receding from your antagonist just as the circumstances of the battle shall render necessary.

If you are long armed,

You will have an advantage over your antagonist, as your guard will keep him at a distance, and as your blows, by reaching further, will be struck with more force.

If short-armed,

Your superiority over your antagonist will consist in close fighting. You must endeavour to get  
within

within the compass of his arms, and aim short strait blows which will reach him before he can strike at you, and if he does strike at you, his fists will go over your shoulder.

If your adversary is ignorant of Boxing,

He will generally strike round blows, or plunge head-forward. If he strikes round blows in an awkward slovenly manner, content yourself with aiming at his face and stomach, in a strait forward direction. If he strikes them quickly, stand chiefly on the defensive----stopping his blows, and throwing in the return whenever you find it convenient---

venient---and when you perceive him winded, hit as fast as possible, and follow up your blows. If he butts, or plunges at you headlong, you may either strike straight forward and catch his face on your fist; or turn round on your left heel, and let him fly over your thigh; or jump on one side, and strike him with one hand as he advances, and with the other as he passes by.

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In the preceding lessons and precepts, I have endeavoured to explain the *Art of Boxing* perspicuously, and to reduce it  
 within

within as narrow a compass as possible. In order still further to illustrate my instructions, I have inserted a Plate in the Book—representing the guard, or first position.

If any instructions in the preceding pages appear difficult or obscure, I shall be happy to give every necessary explanation to those who will have the goodness to apply to me, for that purpose, at No. 7, Molesworth-street, Dublin, or at the Printer's hereof.

F I N I S.

