

GLAMOUR

NEW FEATURE
GLAMOUR ASKS: MEN ANSWER

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**SEXUAL
COMEBACKS**

how couples
re-ignite

**SEXY
CLOTHES
FOR REAL
LIFE**

DO-IT-YOURSELF BEAUTY

how not to botch it

BREAKING UP

how to feel happy & sexy again

HEALTH ALERT

10 mistakes even good doctors make



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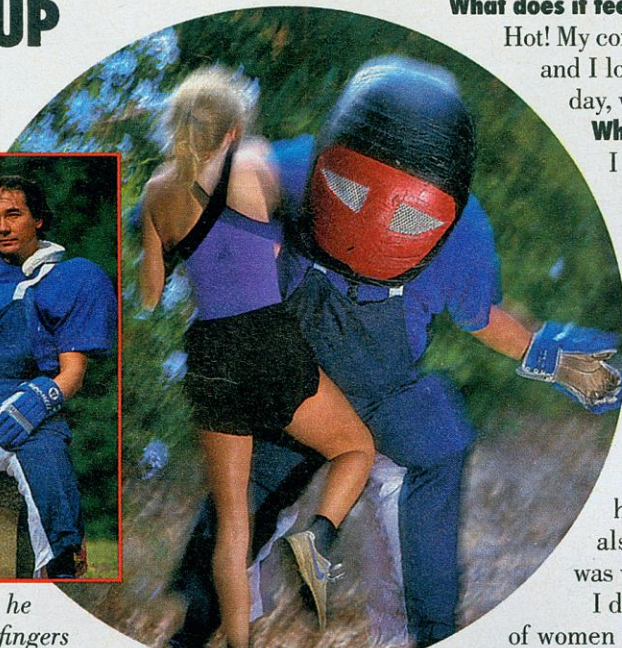
MEN RIGHT NOW

HE GETS BEATEN UP FOR A LIVING

Over the past 22 years, Matt Thomas, 44, founder of Model Mugging, has taught 6,000 women how to defend themselves against attackers. During the training, in which Thomas poses as the assailant, he wears a 60-pound suit of body padding and an enormous, black egg-shaped helmet. Nonetheless, he has been knocked out 19 times, had six fingers broken and suffered numerous broken ribs. We talked to him about the punishment.



Professional punching bag Thomas



What does it feel like inside the suit?

Hot! My core body temperature goes up to 105° and I lose seven to eight pounds of fluid a day, which I replace with Gatorade.

What about the physical abuse?

I hate it. I hate being kicked in the head. I know I've suffered brain damage and I value my brain over anything else.

So why do you do it?

A woman black belt I knew was raped by an unarmed assailant. I realized that even though she was very good in competition, it was not like the street. Then a year later, my lover was raped. I felt so helpless. Model Mugging for me is also a way to honor my mother, who was very courageous.

I do this because I believe in the right of women to live free from fear. If a guy just wants to meet women, he should take up ballet.

—David Shepard