

Self Defense Seminar



with Norman Cantwell

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Yes, you can actually learn to defend yourself with your hands and feet. Here is just one example of how effective, easy-to-learn, and devastating some of these techniques can be.

A lady in her fifties attended a Self Defense Seminar in Springfield, Missouri. She flew back to Los Angeles, after a single class, and taught some of the moves to her daughter.

Her daughter was walking through a parking lot late at night and a co-worker thought it would be funny to “jump” her and scare the daylights out of her.

As he looked up at her while he was flat on his back he said, “I guess I know not to mess with you.”

The man who teaches this class is Norman Cantwell. You may have seen the movie more than likely based on part of his life, “Road House” with Patrick Swayze.

Norman, like the character in the movie, used to turn bad places into good places. The difference is that Norman almost never had to hit anyone more than once. Norman will teach you how to make a man scream in pain with a flick of the wrist, how to break bones with less than three pounds of pressure, and more.

If you get a chance, rent and watch “Road House.” Then watch Norman’s Self Defense Seminar. After you attend Norman’s workshop, watch the movie again. You’ll see the movie makes a *lot* of mistakes.

Running time approximately 1 hour, 20 minutes