

Subject Line: Savannah Waitress Takes Man Down...

Hey <FIRSTNAME>, Joel Hicks from IronClad here. When my friend told me the story of a video he saw, he was laughing so hard I could barely tell what he was saying.

It's all caught on the restaurant's security camera. The scene unfolds like this...

A man walks behind a waitress, pats her on the hind side, and continues on. For a fraction of a second, she processes what just happened.

Then, she takes two steps, grabs him by the back of the collar, puts him in a choke hold, then throws him into a heap on the floor up against the wall and a garbage can. Get this... All while she is holding a customer's bill in one hand.

She scorns him, waving her finger at him while he sits foolishly up against the garbage can. And, then she peeks around the corner into the kitchen and tells her co-workers to call the police.

The man deservedly spends two days in jail.

The words from the movie, American Beauty, echo in my mind...

"I think you just became my personal hero."

And, in the eyes of many, this young lady surely did just become a hero.

Now, bear in mind. She isn't what you would call big and brawny. She is a young, rather petite college student.

This waitress had absolutely no training in self-defense. She's a natural. After the incident, she was quoted as saying, "I didn't even know I could do that." And most people probably can't...

For these kinds of martial arts moves, self-defense training is what you need.

INSERT LINK

Let me introduce you to black belt instructor, Ken Yang. With over 15 years' experience in karate and a knack for teaching these skills, he will take you on a journey from vulnerable greenhorn to competence in self-defense.

IronClad is a karate-based, self-defense course presented on DVD. You can conveniently learn at home at your own pace.

This three-disk, 6-hour instructional DVD set is broken down into 12 half-hour tutorials: Lessons 1-6 are beginner-level karate training; Lessons 7-12 take you to an intermediate level of competence in karate.

With completion of the course, you will have obtained the ability to defend yourself against the vast majority of would-be attackers. When you know you can defend yourself, you will feel more confident and more secure.

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Online membership is included with the IronClad course. This membership gives you access to a members' forum where you can interact with other students. Here, you are encouraged to seek out a local sparring partner or group to practice your skills.

Give yourself the ability you deserve, and self-reliance will be your reward.

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Happy Sparring!

Until next time,

Joel

P.S. I forgot to mention. This course comes with a 60-day, money-back guarantee. If that's not IronClad, I don't know what is.

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