



# Self Defense Programs Friend or Enemy?

TACT Self Defense, September 21, 2005

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*This press release educates the public on the dangers of most self defense programs on the market today.*

PR9.NET September 21, 2005 - On May 15th the official online launch of [www.tactselfdefense.com](http://www.tactselfdefense.com). A former thug who converted his life with the help of the martial arts and became a certified Self-Defense Instructor and also is a Bouncer/Bodyguard founded TACT Self Defense. TACT teaches realistic self-defense unlike other self-defense programs that offer techniques that only work in specific situations. TACT Self Defense focuses on a few proven principles based on leverage, momentum and physics that work in any violent situation anytime, anywhere on anyone regardless of a persons size or the attackers size or if a person is standing, flat on there stomach or on there back.

TACT Self-Defense offers training that few self-defense programs specialize in. Programs include Pain Tolerance Conditioning, Tactical Awareness Training and Self Defense Training in Verbal/Spatial Skills. Along side with nutritional information for extreme fighters and supplies self defense weapons and gear to civilians.

Sensei Norm Bettencourt began studying the martial arts two decades ago styles ranging from Karate, Thai Boxing, Ju jitsu and different combat arts from the military. He will be the first person to tell you that 95% of martial arts and self-defense programs do not work in the real world. TACT Self Defense's system incorporates only a few tactical targeting techniques that are straightforward, decisive and extremely effective. "It's amazing what is being taught out there in self defense schools, joint locks, cross legged arm bars which require you to go on the ground. I have seen self defense instructors teach students to kick to the head or grapple with an attacker, step here, turn this way, twist his wrist that way. Bottom line to many movements to remember, which are to complicated to work for ANYONE in a high stress situation of a violent street attack".

You are being lied to, ripped off of your hard-earned money and given a false sense of security. What is being taught is to complicated to even work for a seasoned martial artist. It's like going to cooking school and your instructor has never cooked or even turned on an oven before, how is he supposed to know how to make the meal, let alone teach you. Unfortunately people who have trained in these self-defense programs learn in horror after being assaulted the hard truth. Most self-defense instructors also do not understand the effects of adrenaline and how it affects the mind, or motor skill performance. Top it off most instructors have not even been in a violent street confrontation so how would they know what to do?

Many systems use joint locks and pressure points that require years of training to properly execute. Some techniques even when applied properly to someone who has an unusual amount of joint flexibility or high pain tolerance such as someone high on drugs will not work. A lot of self defense techniques also have to be altered to work if environments change such as being in a small space or if there is snow on the ground causing slippery conditions. Think someone is going to remember all that while they are being attacked. I don't think so.

Tired of the ignorance, misguided information and seeing people getting hurt. Sensei Bettencourt decided to take matters into his own hands and educate the public himself on what really works on the streets, how attacks happen and how to not target yourself for assaults and crime. "The best parachute folder's are those who jump themselves" perfect slogan for a man who once was a thug turned self-defense instructor.

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## About TACT Self Defense

TACT Self Defense specializes in self defense education, crime prevention & combat tactics for mind, body & spirit.

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