

In Napoleon Dynamite, the character Rex teaches a martial arts class and demonstrates his thoughts on the role of women as well as shows off his desirable wife.



Rex: I'm Rex, founder of the Rex Kwon Do Self-Defense System. After one week with me in my dojo, you'll be prepared to defend yourself with the strength of a grizzly... the reflexes of a puma... and the wisdom of a man. So come down today for your free trial lesson!