

WATCH YOUR BACK

Training in Self-Defense

By Jessica Conner

It's 10:30pm. The moon is full. You are in a mad dash to hit LEVEL on the Boardwalk for a night of pure sophistication. You are walking to your car, in the neighborhood you've lived in for years. You hear footsteps. Someone strikes you from behind. What do you do?

After the MANIAC ONE YEAR spent on the streets, (not to mention, our move to the "Soho Pittsburgh" office) the MANIAC team decided to wise up and found the latest and hippest form of self-defense training in the 'burgh.

INPAX™ is revolutionary "personal security training" that focuses on practical tactics individuals can use during stressful situations. Whether you're a woman or a man, young or old, you can benefit from learning self-defense methodology that could save your life.

"Our mission at INPAX™ is to provide individuals the most practical yet sophisticated personal security training available, and through such training provide a means for people to becoming more physically fit and self-confident," says Sam Rosenberg, owner and founder of INPAX™.

Rosenberg is not a stranger to self-defense. He has been a professional trainer in personal defense since 1996. During his years at the University of Pittsburgh, Rosenberg was involved in the wrestling program and worked in athletics. He also worked as a doorman and learned first hand how to deal with stressful, and often times, violent situations.

After graduation, Rosenberg earned a competitive slot with the United States Marine Corps Officer Candidates School. During his tour of active duty with the U.S. Marines, he was able to formally train in martial arts, weapons and tactics, counter terrorism and close combat. In 2003, Rosenberg realized he could teach others practical tactics based on his real life experiences and launched INPAX™.

"At INPAX™ we believe that training does not have to be extensive. If you spend an hour with me you'll leave with the skills that will profoundly affect your life," says Rosenberg, who along with local clients has also trained a long list of celebrities.

The company sticks with a tagline of "confidence for life" because as Rosenberg adds, "we wanted to describe what INPAX™ can give people besides the skills." After taking the class everyone at MANIAC agreed that anxiety and stress levels dropped considerably. This seems to be the consensus because Rosenberg and staff have found that clients continue training because they like the personal development and self confidence they feel.

INPAX™
CONFIDENCE FOR LIFE



Article as seen in maniac magazine

With INPAX™ all the programs are designed especially for the individual and they are fun! It does not matter how physically fit you are. After a few sessions you'll find yourself in better shape because of the training. The staff can evaluate your level after taking the one-hour PROACT™ course, which is the first of the INPAX™ program. PROACT™ (Protection & Control Tactics™) is a stand-alone program that teaches you how to recognize and avoid an attack.

The benefit of INPAX™ is that you can take any of their courses as a stand-alone course with no prior martial arts or self-defense training. The second course is REACT™ (Response & Control Tactics™) and includes such topics as rapid response and escape maneuvers. The third course is IMPACT™ (Improvised Protection & Control Tools™) and this course teaches how to use common day objects like magazines and pens against attackers. (Side note: a MANIAC magazine is a very useful self-defense tool and we encourage everyone to keep one handy!) Also, there are additional tiers of personal security training that are offered for more advanced clients.

Typical training is 1 to 2 hours per week and INPAX™ offers special group or workplace seminars. "The knowledge is not out there for personal security training and INPAX™ will help you to systematically gain control of your environment," says Rosenberg.

For more information visit www.inpax.net or call Sam Rosenberg 412.860.2228.



Experience the practical approach to personal security skill building