

About the author

Ted Truscott has trained in the martial arts since 1972, attaining his third degree Black Belt in both Shorin-ji Karate and in Okinawan Kobudo. Other studies have included training in Tai Chi and Bagua Zhang, Modern Arnis stickfighting and the close quarter combat style of fighting from WWII. He obtained a Masters degree in Martial Science from the College of Martial Science of the Eurotechnical Research University of Hawaii — this book's manuscript was accepted as his thesis.

Ted was editor of *Focus Point Martial Arts Magazine*, and is a contributor to *Canadian Martial Arts Magazine* and the *Martial Arts Free Press*. He is also a certified counselor and therapist and has received his B.C. provincial twenty-five year award for work as a special care foster parent. He lives near Victoria, BC where he operates his dojo, teaching karate and free tai chi for arthritis sufferers.