

## About Bruce Costa

Bruce Costa is a writer, instructor, entrepreneur, philanthropist, and father.

Having practiced traditional Japanese Shotokan Karate for well over four decades, Bruce has written of *Welcome To Karate: Unlocking the Wisdom of the Beginners Mind*, published by YMAA. This book for beginning martial arts students is meant to make the challenging practice inviting to newcomers. It has received written praise from dozens of the most respected

Karate teachers in the world, and includes a foreword by Grand Master Teruyuki Okazaki himself, under whom Costa trained since 1980.

As a board member of The Christopher Court Foundation, Bruce has helped raise over \$300,000 toward pediatric brain tumor research. Today, his charity of focus is [Lifetime Wells International](#), whose mission is to provide clean water wells in rural Africa.

Bruce has worked in, presented to, and consulted for various manufacturing, publishing, distribution, and retail industries throughout the United States, Canada, and Europe. He has published over 250 magazine column installments, feature articles, interviews, and book reviews for a variety of magazines, newspapers, and other periodicals.

Bruce continues to live in the boulder-strewn Pennsylvania forest where his children were raised. All three of them are Shotokan Black Belts, graduates of elite universities, successful professionals, socially vibrant, and happy.

