

Alice McGrath Biographical Summary

BIOGRAPHICAL SUMMARY PERSONAL HISTORY:

- Full Name: Alice Greenfield McGrath Born: April 5, 1917, Calgary, Alberta, Canada.
- Education: Los Angeles City College; Ventura College.
- Spouses: Max Schechter, 1938, two children; Thomas McGrath, 1951; Bruce Tegner, 1967.
- Business: Partner, Bruce Tegner School of Self Defense.

PROFESSIONAL HISTORY:

- Antidiscrimination activist.
- Sales representative for Grove Press books.
- Teacher of self-defense and assault prevention, 1961-present. Writer, lecturer, and teacher trainer in self-defense, assault prevention, and women's health and safety concerns. Conductor of self-defense workshops. Consultant to Encyclopedia Americana on martial arts.
- Consultant to Luis Valdez for the play Zoot Suit, 1978, and the motion picture adaptation of the play, 1981.

POLITICAL AFFILIATIONS:

- Communist Party, United States of America, 1938- 58.
- Volunteer, Congress of Industrial Organizations (CIO), antidiscrimination committee.
- Executive secretary, Sleepy Lagoon Defense Committee.
- Organizer, Chavez Ravine public transportation campaign.
- Delegations coordinator, Office of the Americas.

PUBLICATIONS:

- 1960 Self-Defense for Women: A Simple Method (revised 1966, 1974)
- 1967 Self-Defense for Girls: A Secondary School and College Manual
- 1972 Self-Defense for Girls and Women: A Physical Education Course
- 1973 Self-Defense for Cowards: A Guide to NonCombative Action for the Rational, Resourceful Man
- 1976 Self-Defense for Your Child
- 1977 Self-Defense and Assault Prevention for Girls and Women
- 1981 Solo Forms of Karate, Tai Chi, Akido, and Kung Fu
- 1983 The Survival Book

AWARD:

- Awarded a lifetime California community colleges teaching credential for eminence in the field of martial arts, 1973.