

About the Author:

Dr. Alex Sternberg has a distinguished multidimensional career spanning over 50 years: in physiology, medicine, karate, sports, science, holocaust research and Jewish history.

The son of Holocaust survivors, Sternberg emigrated to the United States in 1961 with his family from Hungary. In the mid-1960s, Alex joined the Tong Dojo karate school, one of the leading producers of America's champions. He earned his Black Belt in 1968 and is presently an 8th degree Master of Shotokan karate.

Sensei Sternberg's illustrious career includes winning over 75 regional, national and international karate medals propelling him to be listed as one of "America's Top 10 Champions," in leading Karate publications. Sternberg has coached the USA national team in international competitions including the world championships. He was a World Karate Federation certified international referee for over 25 years and held the distinct honor of being the chief referee of the USA. Sternberg helped build the Jewish Defense League, leading community self-defense, demonstrations to free Soviet Jewry, and helping to instill pride and self-worth in thousands of Jewish youngsters.

Alex has dedicated over 40 years of service to Maccabi USA and spearheaded international effort to include karate in the Maccabiah. He has held many positions of leadership including Chairman of Karate as well as Maccabi USA Executive Committee board member. In 2018, Alex was recognized as a "Legend of the Maccabiah" by Maccabi USA and by the World Maccabiah movement for his devotion and excellence to the Games.

Sternberg holds graduate degrees in exercise physiology (MSc.ed), Sport Science (Sc.D), Public Health (MPH), culminating with a doctorate in Environmental and Occupational Health (Dr.PH) from the SUNY College of Medicine at Downstate Brooklyn. He was the director of the Pediatric Pulmonary Function and Exercise Physiology Lab at Downstate Medical Center and conducted clinical research in pulmonary disease and exercise intolerance, Asthma and Obesity. He published the results of over 25 research projects in numerous medical journals. He retired from the Department of Pediatrics in 2014.

In addition to his work in the medical field, Dr. Sternberg is an avid student of anti-Semitism and Jewish history. He lectures on a range of topics on Jewish history and publishes articles in both Israeli and USA publications.

Dr. Sternberg authored three books, " From Kata to Competition-The Complete Karate Handbook"(1982), "Open Your Heart With Martial Arts" (1979) and the recent **"Recipes from Auschwitz- The Survival Stories of Two Hungarian Jews"** a thorough depiction of the Hungarian Jewish experience.