

# Bio

Bill Frost is an American actor, producer, writer, and filmmaker based in North Carolina. A lifelong storyteller and performer, his career has uniquely blended independent film, live entertainment, martial arts instruction, military service, and public service.

Born in Virginia and raised in Tennessee, Frost discovered a passion for performing at an early age. He began studying Chinese martial arts at the age of four under Grand Master Rusty Gray and later trained under Grand Masters John Ng, John C.Y. Tsai, John Dufresne, and Jack Lannom. He would eventually become the youngest individual promoted to 9th Level Black Sash (Grand Master) within his martial arts lineage and later founded United Martial Arts in Jacksonville, North Carolina, where he spent decades mentoring students and instructors.

At age fifteen, Frost developed a fascination with the art of magic. What began as a hobby evolved into a professional career entertaining audiences throughout North Carolina and beyond. Performing professionally since 2005 through Frost Magic Productions, he has appeared at schools, theaters, military events, fundraisers, corporate functions, and community celebrations. Among his largest performances was entertaining an audience of more than 3,000 attendees at the North Carolina Boys Club Jamboree. He also served three consecutive terms as President of the Jacksonville, North Carolina Assembly of the Society of American Magicians.

Frost served in the United States Marine Corps from 1995 to 1999 before working in law enforcement as a police officer in Jacksonville and Surf City, North Carolina. From 2002 to 2005, he returned to the School of Infantry-East as a Marine Corps Combat Instructor, where he trained more than 3,000 entry-level Marines in infantry combat skills during the height of operations supporting Iraq and Afghanistan. He later helped pioneer simulations-based military training programs at Camp Geiger, ultimately founding the Advanced Infantry Training Battalion Simulations Center and continuing to support Marine Corps education through civilian service.

As an actor and filmmaker, Frost has accumulated more than 35 screen credits and over 100 stage performances. His work in independent cinema has earned recognition at several film festivals, including honors for the award-winning short film *Legerdemain*. He received the Asheville Film Festival Award for Best Actor and shared in the festival's Best Drama honor, while additional recognition came from the Oniros Film Awards and the Stranger Days Independent Film Festival.

In 2021, Frost co-founded *Skeleton in the Closet Productions, LLC*, an independent production company dedicated to creating suspense-driven films and compelling visual stories designed to entertain audiences and leave a lasting emotional impact. Through acting, writing, producing, and directing, he continues to pursue stories rooted in authentic characters and unforgettable moments.

Outside of entertainment, Frost's accomplishments include being a foreign exchange student to Hong Kong, recipient of the Presidential Academic Fitness Award presented under President George H. W. Bush, Tennessee Debate Champion, and an inductee of Marquis Who's Who, recognizing a lifetime of leadership, achievement, and service.

Whether teaching martial arts, mentoring Marines, performing illusions, or bringing characters to life on screen, Bill Frost believes that the most meaningful stories are those that connect people and remain with them long after the final curtain falls.

- IMDb mini biography by: Bill Frost

# Heading