



Official Transcript

Season 1, Episode 4

Alex Huynh: Why This Actor and Stuntman Lives Life to the Fullest

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Alex [00:00:15] To me, when I do my work I want people to feel something. Be it inspiration, pride especially these days. Now that you're seeing more faces like mine on the screen, I want some kid to be like, oh my gosh, that guy looks like me. You're making people feel. That's what storytelling has always been about since the days of like cavemen. We're just trying to share and capture a feeling and give that to future generations.

Megan [00:00:47] From A|DECIBEL Media, I'm Megan Rummler and you're listening to ADECIBELvoices, a podcast that features intimate conversations with Asian American trailblazers who all have one thing in common, unabashedly pursuing their dreams while transforming the fabric of this nation. From food to business to tech to the arts. This is Asian American up close and personal.

Megan [00:01:14] Our guest today is Alex Huynh, an actor and stuntman who has most recently been in the trilogy action film, "John Wick: Chapter 3-Parabellum," which was critically acclaimed for its action packed choreography.

Megan [00:01:28] Alex starred in the intense motorcycle sword fight scene with Keanu Reeves.

Megan [00:01:34] Over the past 15 years, Alex has been in many recognizable television shows and blockbuster movies. He had a supporting role opposite Will Smith in the movie, "Hancock" and starred in National Geographic Channel's, "Fight Science," as well as Netflix's "Daredevil." As a stuntman, Alex was in "Pirates of The Caribbean 3", "Sherlock Holmes 2" and "Teenage Mutant Ninja Turtles 2".

Megan [00:02:02] Alex Huynh, welcome to ADECIBELvoices.

Alex [00:02:05] Thank you. Thank you for having me.

Megan [00:02:07] So, Alex you were born in New York and then lived out in Los Angeles, for what about nine years or something like that?

Alex [00:02:14] Nine or 10 years out in Los Angeles.

Megan [00:02:16] But then you grew up in Roanoke, Virginia.

Alex [00:02:18] I grew up in Roanoke, Virginia.

Megan [00:02:20] So, is kind of being here in the Washington D.C. studio with us kind of a bit of a homecoming a little bit?

Alex [00:02:26] It is. I always love coming back to Virginia. There's a part of my heart that will always be here. Every time I come back here, there's this feeling of nostalgia but it's a place where it was much simpler.

Megan [00:02:44] So, thinking about, you know, your childhood, what was it like growing up here? And, you have a sister right?

Alex [00:02:50] I do.

Megan [00:02:51] What was what was your childhood like?

Alex [00:02:54] I was born in New York. My sister and I and my father and my mother moved to Los Angeles. And, when we moved to Los Angeles we found out that my mother was diagnosed with colon cancer.

Alex [00:03:06] And, unfortunately we lost her within the year.

Megan [00:03:10] I'm so sorry.

Alex [00:03:11] It was, yeah, it was a bit of a challenge.

Alex [00:03:15] My sister and myself went to live with our grandmother in Virginia, in Roanoke Virginia.

Alex [00:03:21] And, it's funny because at that young age, you don't really see that you're different. You just, you're just a kid, you know?

Alex [00:03:29] To be completely honest, my sister is my best friend.

Alex [00:03:33] All throughout my life. When we lost our mom, my sister all the sudden just catapulted and put herself, she's like, I need to be the maternal figure and take care of this kid. Because I was just this four year old and I had no idea what was going on. And I'm sure she didn't either.

Alex [00:03:53] It always felt like my sister and I were blazing the trail together.

Megan [00:03:58] I read somewhere that at around age five, that you formed a passion for entertaining audiences and it originated with a puppet play that you did for the neighborhood kids.

Megan [00:04:10] Do you remember the name of the play and what what was it about?

Alex [00:04:14] I don't know the name of the play. I don't know that it had a name nor do I know if it had a narrative. It was just stories that we came up with.

Megan [00:04:21] Was it like sock puppets or shadow puppets? Like what are we talking about?

Alex [00:04:25] Brown paper bag puppets. Brown paper bag puppets.

Alex [00:04:28] Again, this is around the time, so four or five years old, just lost our mom, trying to just find our way in this new town that we were, we were put into.

Alex [00:04:37] And, my sister saw kind of this excitement that I had for imagination and coming up with stories and coming up with characters and building these worlds. There was something more so we wanted to connect with the people, the community around.

Alex [00:04:52] And, so my sister and I walked around the neighborhood, knocked on doors and we're like, "Hi. Do you have any kids here?"

Alex [00:04:59] And, we would meet all the neighborhood kids and we're like, hey, we're gonna do this play on our patio if you want to come by our house.

Alex [00:05:06] And, so now we have an audience.

Alex [00:05:09] And, so I think what happened was the day before, if everyone comes over we got to give him something because that's that's the Asian way. We give people party gifts.

Alex [00:05:20] So, we baked a bunch of cookies and put them in a tin little tin box. And, the day of the performance we go out there and all these kids are on our front patio and we set up the stage and we put on these plays and these little stories.

Alex [00:05:37] And, at the end of it we stand up from behind the stage and all these kids are clapping. All these kids we didn't know before and now our friends. And, then we walked around and started handing cookies out.

Alex [00:05:48] And, it's almost as clear as day. I could see the box and everything that I knew that was the moment.

Alex [00:05:55] I was like, this is what I want to do. I want to bring people together. I want to entertain them and tell great stories and I want to be able to give back.

Megan [00:06:04] It seems like it was such a profound moment for you. What were you feeling?

Alex [00:06:09] Connection. It's just that connection that I felt like I was a part of something bigger. You lose a big part of your life and there's this hole and you're just looking to fill that hole in your heart.

Alex [00:06:21] And, that connection kind of flooded my heart with these feelings, there was this warmth. And, I was like, I always want to have that.

Alex [00:06:29] I want to keep giving of myself so that I can receive something. I know that that's what I have to do in this lifetime. In order to find some kind of fulfillment, I have to give something from myself.

Alex [00:06:41] And, so that's why I will put everything on the line and get punched in the face sometimes for a job. Because I see how excited people get when they watch these action sequences or they laugh, it's like, it just makes my heart full.

Megan [00:06:58] So, speaking of reactions and you alluded to this earlier and I wanted to come back to it was the moment you were named Homecoming king at your high school.

Megan [00:07:05] Was it Northside High School?

Alex [00:07:07] Oh my gosh, you did your research.

Megan [00:07:08] Northside High School. And, you took that opportunity to showcase your heritage and your culture by wearing a traditional Vietnamese garment to the pep rally in front of the entire school.

Alex [00:07:20] Yeah.

Megan [00:07:20] So, for those listeners that don't understand what this garment is, can you describe it a little bit and why did you wear it?

Alex [00:07:28] The Vietnamese ao dai is typically made of silk. So, it's a nice sheer shiny material. And, essentially, if you take a shirt and extend it all the way down to the bottom of your knees, so it's almost like a dress, that's what an ao dai is.

Alex [00:07:46] If you break down and translate the word it's, ao dai, ao shirt, dai long, long shirt. So, traditionally this is worn to special occasions, weddings, any time where there's like...

Megan [00:08:01] It's fancy.

Alex [00:08:02] Yeah. It's a fancy thing. It's like wearing a tuxedo.

Megan [00:08:05] It's silk. We're talking silk.

Alex [00:08:06] Yeah, we're talking silk and I mean sometimes they ain't just like solid, like black silk or blue silk.

Megan [00:08:14] And, these can get quite intricate, right?

Alex [00:08:16] Yeah.

Megan [00:08:16] There's embroidery sometimes. I mean it's beautiful.

Alex [00:08:20] It's such a beautiful thing. And, you know, well you wear pants underneath, first of all, so don't think that I was walking around without pants, like, Donald Ducking it. I wasn't doing that.

Alex [00:08:30] People used to call me, "The Asian Sensation" my senior year of high school.

Alex [00:08:37] And, part of it, I think, is just because there weren't that many Asian people there. So, they were like, wow sensational. Yeah sure. Give it to me I'll take it.

Alex [00:08:44] So, I was like, well I can't call myself the "Asian Sensation" but not share.

Megan [00:08:49] Embrace your culture.

Alex [00:08:51] Yeah, you know, like what am I hiding? And, so I remember I would, I'm going to get in trouble for this.

Alex [00:08:57] I used to take my uncle's ao dai out of the closet and I was like it's so beautiful. He wore it to his wedding. And, I would wear it cause I was like, yo man this so dope. Like I could wear this. Watch me do like some kicks in it. Oh man this would be amazing. I just thought I look fly in it. And, I was like, you know what everyone needs to see how fly I look wearing this.

Alex [00:09:16] So, I brought it to school and asked my sister to walk with me at the senior pep rally. And, she's wearing a dress and I'm wearing a dress too pretty much.

Alex [00:09:27] And she goes, are you sure you want to do this?

Alex [00:09:30] Yeah definitely. And, I walk into the school and every student is just looking at me in this silk dress, essentially, something so foreign and unfamiliar to them.

Alex [00:09:42] And, they were like, oh my gosh, what are you wearing? You know, I was like, I'm wearing a Vietnamese ao dai.

Alex [00:09:51] I mean, like I put it out there like ta-ta-ta.

Alex [00:09:55] And, they were like, you look so different. And, I told them, well you all look the same.

Alex [00:10:00] And, when I won homecoming king that was the craziest cause now the guy in the dress is walking around with the scepter in his hand like ah-ha-ha, gotcha.

Megan [00:10:09] I love that theme of boldness which has continued throughout your career and your personality and really just embracing who you are.

Megan [00:10:21] And there's a sense of authenticity that is undeniable.

Megan [00:10:25] So, after graduating high school you then went on to Virginia Commonwealth University ultimately graduating with a Bachelor of Science degree in advertising and art direction but ended up pursuing a career in show business.

Megan [00:10:39] What was your original intention around your undergraduate degree and are there any parallels today?

Alex [00:10:44] Absolutely.

Megan [00:10:46] What are the parallels?

Alex [00:10:46] It was my freshman year in college and I took a mass communications 101 course.

Alex [00:10:55] So, I'm sitting in the class and I see the option of advertising. You take something and learn as much as you possibly can about it and you use every angle to sell it.

Alex [00:11:08] And I saw that and I walked up to my professor. I was like, hey, if I went on this track what does it usually lead to? He was like, you could maybe even direct commercials and things like that.

Alex [00:11:20] I was like cool. So I just signed up. I said I'm gonna sign up for this. All the meanwhile in my brain, all I was thinking is when I move to Los Angeles, I'm not going to know anyone. So who's gonna sell me as an actor?

Alex [00:11:34] And, so I was like, I'm the only person who knows myself the best. So, if I know this product the best then I need to use every angle that I can to sell it so that people can see what I believe in. I pretty much just took myself and used myself as the product to sell to the entertainment industry.

Alex [00:11:52] I sold myself out.

Alex [00:11:56] This is actually really kind of funny part, is at my graduation I told my professor, I was like, hey so before senior finals I had an audition for Cirque du Soleil. They accepted me. I'm in their candidate pool now.

Alex [00:12:10] Why did you do that? I thought you're going to advertising. I said, yeah, no, you know the whole point of it was just to sell myself into the entertainment industry.

Alex [00:12:19] She's like, it's just been in the back of your head the whole time? I was like, yeah I guess it was just that motivation that kind of drove me forward but I never, it wasn't like every single day I went to school I said, I'm going to be in the movies, and, you know everything has to move forward toward that.

Alex [00:12:34] No, I just put that goal out there. I spoke it into the universe and it's from those skills that I learned how to market and promote myself and other people.

Alex [00:12:47] The parallel, at least when I moved to Los Angeles, is I met with a group of friends who were just amazingly talented. And, we came together every weekend and we created a stunt team called The Real Kick Stunt Team and we would make short films.

Alex [00:13:02] No one knew who we were but we all contributed what we knew and I knew how to sell the films that we made. And, so I was like, we just gotta put it on the Internet. And, at the time, this is before YouTube and everything.

Alex [00:13:14] People go to Realkick.com off and they would watch these videos. They're like huh, these kids have some talent. And, that's how we got our work in the beginning. That's where that diploma in art direction and advertising really came together.

Alex [00:13:32] I want to come back to the the Cirque du Soleil because after college, you know and before you moved out to L.A. there was this whole Cirque du Soleil experience.

Alex [00:13:42] Yeah.

Megan [00:13:43] Right?

Alex [00:13:43] Yeah.

Megan [00:13:44] So, I wanted to know what did they have you do? And, what was it about? I feel like something happened in that moment that propelled you to to be like, okay, now I'm gonna move to L.A. and be you know this stunt person and an actor and also how did your family react to that news?

Megan [00:14:05] I'm assuming you had to tell them, right?

Alex [00:14:08] Oh, we're digging in now.

Megan [00:14:12] Let's get comfy.

Alex [00:14:13] All right.

Alex [00:14:16] So, during my senior finals, I was studying at a bookstore with my friends. What that really means is I was reading magazines at the bookstore with my textbooks, there, present. That's it.

Alex [00:14:30] So, I'm reading these magazines and in one of the magazines it had an ad for Cirque du Soleil auditions. So, I look at my friend, I say, hey man, I think I should try this? Because we always, you know, would see it on TV. Like, oh they're playing like one of the Cirque du Soleil shows on TV. And, I was like oh it's so cool and people do martial arts and they're like dancing.

Alex [00:14:53] And, I sent in a tape. It's just me doing martial arts. They call me up to New York and they say, hey, we would like for you to audition.

Alex [00:15:00] And, I go to this facility, it's like a gymnastics facility. It's early in the morning, maybe like 7:00 a.m., and we start the audition. And, throughout the day they make cuts and I made it all the way to 6 p.m. And, I was like, oh I haven't been cut yet.

Alex [00:15:19] And, at the end of all of it, they said congratulations you've all been accepted to the candidacy pool for our next Cirque du Soleil show which will be centered around martial arts.

Megan [00:15:30] And you're age 22, right?

Alex [00:15:34] Yeah. I was about 22 years old 21, 22.

Alex [00:15:37] And, at that same time I had tried out for the U.S. Wushu team, a Chinese martial arts team and I secured a spot on the team to compete against the world in the Pan American Games.

Alex [00:15:51] And so I have this Cirque Du Soleil opportunity, I have the U.S. Wushu team and then in four months I would be finishing college. So I was like, oohh, nice little setup there Alex. Well done.

Alex [00:16:05] But as the world would have it, things don't go the way you plan it.

Alex [00:16:10] I get a phone call and it's from Cirque and they're like, hey, so we want you now.

Alex [00:16:16] Oh, what, what, what.

Megan [00:16:17] Wait, what?

Alex [00:16:18] And we were talking and I was like, oh I'm not available right now. And they were like but you just auditioned. I'm like, yeah, but I have four more months and I'll be done with university. Yeah. That's how this works. It's a two-year contract. I was like, okay well I don't think I can do it. And, I think that was something that it appalled me and I'm pretty sure it appalled them.

Megan [00:16:39] Was it timing? Was that the issue?

Alex [00:16:41] I think that's just it. It was just the timing of it all. I've spent so many years three and a half to four years in college, let me just finish this, you know?

Megan [00:16:51] You were so close.

Alex [00:16:52] I was so close. I was like I see that finish line. For me to like go off and on a tangent and take this exit ramp, I would regret it.

Alex [00:17:00] I graduate and they were doing a show out in Los Angeles and at the time Los Angeles was an idea in my mind. But I wasn't really fully committed to it. So Cirque said, oh, why don't you come out and you can see the stuff that you helped choreograph?

Alex [00:17:15] I'm like sure. So I fly like fly out to L.A. I get to see my dad and I get to see my family out there and I get to go watch the show and they take me through like the behind the scenes and then they show me all the stuff. I was like whoa.

Megan [00:17:30] Real treatment like a VIP.

Alex [00:17:31] It felt so special. I was like aww man I like this.

Alex [00:17:35] But when I got on the plane to head back to Virginia, I said to myself, man, like people want what I have to offer. And, I didn't think anything of it before because I was like It's just what I do.

Alex [00:17:51] But when I saw, wow maybe this is a gift and I need to give this. I said well maybe I'll move out to Los Angeles for six months and we'll see how it goes. If it doesn't work out then you can always go back to Virginia. You can go back to school. You're doing great in advertising. You can go back to advertising.

Alex [00:18:09] So, I took a chance and I moved out to Los Angeles and really try to rebuild a relationship with my father, you know, because we just had so much time apart that it was an opportunity to really get to know each other know, what's been going on in our lives, you know and then audition and try things.

Alex [00:18:28] And, in the fifth month that I was there this stunt coordinator was at a gym.

Alex [00:18:33] His name is James Lew. And, he saw that I was doing martial arts and he's like hey, what are you doing. I was like, oh I'm just training because I have a competition for the U.S. Wushu team coming up.

Alex [00:18:42] He's like, do you mind if I shoot some video of you? I say yeah sure. So he shot some video of me. A week later he calls me. He's like, hey so that video that I shot of you I showed it to a producer. I'd really love for you to be a part of this project. It's the Matrix video game.

Alex [00:18:58] And I was like, yeah sure, okay, that sounds cool. So I do it.

Alex [00:19:02] And James is just such an awesome guy and he's like dude you've got a great martial arts background too because that was just the cinematic stuff that I did. He's like, do you want to do the stunt stuff too? I was like, yeah sure.

Alex [00:19:13] So I'm meeting all these great stunt guys. I'm working with this amazing stunt coordinator James Lew and he just took me in and he took me under his wing and he mentored me through it.

Alex [00:19:23] And, from that moment on it was just a blessing, a string of blessings just one after the next. Brought me onto my first TV show that got me into the Screen Actors Guild. I met another stunt coordinator who put my name in and then I got on to "Pirates of the Caribbean" and then it's just like, I can't believe I get to do this.

Alex [00:19:42] Even to this day, I still think like every single day I wake up and like I can't believe I get to do this.

Alex [00:19:47] You get to work with some of the most amazing people, the most amazing talent and they listen to you when you talk. Like, what is this? And I was like what, I get paid to do this?

Alex [00:19:58] I was doing it for copy-credit-meals but now and now it's like I can make a living out of this.

Alex [00:20:04] And so I told my fam, they all knew. My family all knew I wanted to tell stories and make movies.

Megan [00:20:11] Were you surprised by their support? Were you surprised?

Alex [00:20:14] No. My family's always been great.

Alex [00:20:16] I think about what they had to go through to get my family over here during wartime. And, all they want is to see the generations after them live a better life and not have to struggle, you know?

Alex [00:20:30] And, obviously, it would be nice if I had a quote-unquote stable job. Doctor, engineer. Well, my sister took care of that for me and God bless her for it.

Alex [00:20:40] She became a doctor and I was like, y'all already have a doctor so I'm I'll go make some movies. And that was it.

Alex [00:20:48] I set certain guideposts. I was like I need to meet these guideposts. And my grandmother couldn't, my grandmother passed away before we graduated college. My sister and I graduated, I graduated college and she graduated medical school at the same time. And, so we just wanted our grandfather to be able to see us accomplish something significant during his lifetime.

Alex [00:21:12] And so I had this thing inside of me. I was like, I just want my grandfather to see me on TV, you know. At one point while he's still alive I want him to see his grandson on TV.

Alex [00:21:27] I did this TV show for National Geographic Channel. It was called, "Fight Science." My mentor James Lew and I got to do it together. It was super special to me. So, I go to my grandfather's house around that time and turned the TV on and it's on National Geographic Channel.

Alex [00:21:47] We're just sitting there watching stuff. My face pops up on the screen. And he looks at me and he looks at the screen and he looks back at me. And he looks at the screen and then slowly turns his head and looks at me and my grandfather just doesn't have to say a word.

Alex [00:22:02] He just nodded his head.

Megan [00:22:03] What did that moment mean to you?

Alex [00:22:07] That's everything.

Megan [00:22:10] We'll be right back after this word from our sponsors.

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Megan [00:22:26] If you're just joining us we've been talking with Alex Huynh, a New York-based actor and stuntman who has brought years of competitive martial arts or more specifically Chinese Wushu to his work in movies and television.

Megan [00:22:40] Alex is a multi-decorated martial artist winning three gold medals for the U.S. National Men's Wushu team, two world titles and two national titles in the North American sport Karate Association tournament circuit.

Megan [00:22:54] Alex, for our listeners that don't know, what is Chinese wushu?

Alex [00:22:58] So, when you hear kung fu, I would say that kung fu is more the grandfather of most martial arts and Wushu was created more as a performance martial art to be delivered to the world. However, if you translate Wushu it's martial art. There are practical applications to Wushu but most of it is performance-based.

Megan [00:23:24] So even though you didn't begin martial arts until age 8, your family comes from a really rich heritage of martial arts masters. Can you talk a little bit about this?

Alex [00:23:35] I grew up in a family of martial artists. I remember seeing photos of my mom in a Karate gi and my father did aikido and also studied tai chi, bagua which are the internal Chinese martial arts. And my grandfather which I didn't realize until I think I turned 14, my grandfather used to do a martial art which was stick-based. So, it's almost like Filipino eskrima kali. It was like a switch. I guess it was because he just knew how to fight with a stick. And I used to see him walk around the backyard with a bamboo stick behind his back and I was like, whoa he's a master.

Alex [00:24:17] And, so I grew up around martial arts. I didn't formally start until around 8, 9 years old and it was mostly because I was a sickly child. I couldn't eat the food at school because I would throw up. My body just wasn't strong enough.

Alex [00:24:35] And my parents put me into martial arts and I trained at a Shaolin kung fu school in Roanoke, Virginia. And it was the only Chinese martial arts school in the area. Again, I had to be different from everyone. I didn't want to do the karate school that everyone did.

Alex [00:24:51] I wanted to do kung fu.

Megan [00:24:53] Now and and, you know, looking back with hindsight, you've had decades of martial arts, really mastery. What has it come to symbolize for you?

Alex [00:25:05] A foundation.

Alex [00:25:06] To me, martial arts, it's not just one thing. If you break it down Art is an expression of yourself. Martial is combative techniques.

Alex [00:25:16] So, you're expressing yourself through combative techniques, be it through your fists, your feet, through your head or your fingers. You know, like, we are learning how to use what we have been given and optimize on what we've been given to protect ourselves to protect others.

Alex [00:25:32] So, it is a foundation to me to do martial arts because I know that I am self-sufficient and I can protect others and I can offer what I have if I do it the best that I can. And that kind of laid the groundwork for everything in my life. Is use what you've been given, optimize it, do it the best that you can and share it somehow with other people.

Megan [00:25:58] Looking at your career and your work experience, you've performed stunt work for really big movie productions like, "Suicide Squad," "The Last Airbender," which was one of my favorite movies and "Hangover 3." So now that you've been in the show business for what almost 15 years, what is the magic of being a great stuntman?

Megan [00:26:18] I mean is there like a best skill set that someone would need to possess in order to really thrive and survive in the business?

Alex [00:26:29] That's a tough question. That's a good question.

Alex [00:26:34] I would say what I have learned through being a stuntman is that they are the toughest men and women in the business. And, it's it goes far beyond the superficial. It goes beyond the physical because physically they're rock stars.

Alex [00:26:53] You're talking about people who can do some of the most amazing physical things, skillsets. We're talking about people who are world champion divers, martial artists, horseback riding, you name it, gymnasts like they can do so many amazing feats through movement. But what to me is most impressive is the creativity and the resilience the perseverance that these people have.

Alex [00:27:17] It's almost ingrained within every stunt person, this competitive nature. But it's not with others it's with themselves. Like, no, I can do this better. I can do this better. So they constantly cultivate their craft. You're in a line of work where you're constantly falling. Right? Every time you fall. What is resilience? Getting back up.

Alex [00:27:38] That's what these stuntmen and women do is every time they fall they get back up. There is no "L" that is a loss. It is a lesson and they just keep pressing on. And that's why I fell in love with the stunt work and the community and I think that's what translated over into my acting is like you have to take yourself to places that you're uncomfortable so that you can cultivate your creativity.

Alex [00:28:03] There's a saying in the stunt world where it was like pain is temporary film is forever.

Alex [00:28:09] When it came to being a part of John Wick 3, this was a group of people that I wanted so badly to work with because I knew they paid homage to all the people who paved the way before. And, I knew that they were gonna do something with this movie to pave the way for the future.

Alex [00:28:25] People are going to look back and be like I want to do John Wick 3 style action. And, for me to be a part of that I was so humbled and so honored to be a part of it and so scared as well because I was like that's a lot of responsibility.

Megan [00:28:39] You mentioned a sense of fear and that's something I did want to touch on.

Megan [00:28:44] I imagine being a stunt person in Hollywood must be, and it sounds like from what you're saying, it really is belonging to this sense of an exclusive club of elite performers.

Megan [00:28:55] You know, it's adrenaline-pumping work. It sounds like what I'm hearing is there's a sense of satisfaction to contributing so tangibly to the magic of Hollywood, to the magic of movies.

Alex [00:29:08] Yeah.

Megan [00:29:09] On the flip side, you know, you mentioned a sense of fear, being scared. Being a stunt person is inherently extremely dangerous.

Megan [00:29:19] Does being a stunt person raise the concept of mortality for you?

Alex [00:29:23] I heard this really great quote from one of my friends. We were on a movie together. He's been doing movies since he was, I believe, three days old.

Alex [00:29:33] How you can do that, I didn't know. And so then he explained, he said, "when I was born my parents were in the stunt industry. There was a stunt where a baby needed to be by a train track. And so he did it.

Alex [00:29:54] And so the quote from him was every stunt performer has a sense of mortality. And, for that reason, they live their lives as big as they possibly can, as full as they possibly can because tomorrow is not promised.

Alex [00:30:09] And so I look at life and I say well I can live so I will live. It's that simple.

Megan [00:30:16] What advice would you impart to our listeners, some of who may be aspiring stuntman or stunt people and actors and actresses? What advice would you give to them about making a career in show business?

Alex [00:30:32] Oh man. I don't know that I'm an authority for this. But, just from what I've experienced.

Alex [00:30:39] Will Smith. Who, who I, oh man, I had the great fortune of working with, he shapes so much of my career and he said something in an interview once where he said you don't set out to build the wall, you just lay a brick every single day. And you lay that brick as perfectly as a brick can be laid and soon you have a wall.

Alex [00:30:58] And, I just look at that and I think that in terms of career it's like, yeah we think of these ideas of grandeur, I want to be a working actor, I want to be a star which honestly guys, don't seek out to be a star.

Alex [00:31:11] It is an illusion. It's something that people give you.

Alex [00:31:15] But when they give it to you, it also means they expect to have some of your privacy. They have access to you. So no, it's not about stardom or celebrity. Seek to put your love out into this world.

Alex [00:31:27] Have the vision, have the goal but day after day just put in the work and it sometimes it's little things. Reading scripts, reading books going out to the museums. Going out and talking to people.

Alex [00:31:42] To be an actor is to create believable behavior in the world, imaginary world of a script. That's what my acting coach used to tell me.

Alex [00:31:52] So, how can you create believable behavior if you don't know what life really is. The only way to know life is to live life, to experience life. So go, travel, meet people, like have conversations with people. I mean actors have to be the best live-ers.

Alex [00:32:08] If there's anything that I want anyone to take away from hearing my voice or seeing me on TV or on a movie screen is that my number one thing is to live in love. Be completely in love with your life.

Alex [00:32:24] Give your love, share this love that's from yourself. It is what has been granted to you and only you. No one else has that love that Stacy has. No one has that love that Megan has. No one has the love that I have that Alex Huynh has and all I can put into this world is what Alex can put into this world. And if I leave my love in this world then I know that I've done what I've been put here to do.

Megan [00:32:49] Well, we loved having you on today. It's been such a pleasure to talk with you. Thank you for being here today.

Alex [00:32:55] Thank you so much for having me. This was a lot of fun.

Megan [00:32:57] Alex Huynh is an actor and stuntman.

Megan [00:32:59] Recently, Alex has been involved in the newly announced television series called, "Treadstone" based on the world of Jason Bourne and is set to premiere Tuesday, October 15th at 10 p.m. Eastern time on the USA Network.

Megan [00:33:18] Here's a special note to our listeners to make sure to check out our website at adecibel.com. That's adecibel.com. There you'll find extended interview excerpts that you won't want to miss, behind the scenes photos and some pretty hysterical outtakes.

Megan [00:33:39] ADECIBELvoices is hosted by me, Megan Rummler, and co-produced and edited by myself and Stacy Yu. All music is sourced royalty-free.

Megan [00:33:51] Next week, we talk branding, what it is, what it means, how to use it and the power it wields for both individuals and companies.

Megan [00:34:02] Our guest is Michael Dumlao, Director of Brand for Booz Allen Hamilton, a U.S. management and technology consulting firm that is considered to be one of the largest and most successful contractors for defense and intelligence agencies today. Be sure to tune in.

Stacy [00:34:22] Hey it's Stacy here. Since we're brand new podcast we need your help. Send us your feedback.

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Stacy [00:34:42] Call or text us at 202-599-3318. Leave your full name, contact info, age and where you're from. Messages are recorded, so who knows maybe you'll hear yourself on our show. Thanks for listening and subscribe wherever you get your podcasts.