

How Bruce Lee Changed The World

If you didn't watch this recently aired and well constructed production on the History Channel, you missed a great program.

This program dives deep into Mr. Lee's impact on the martial arts, music, movies, sports, popular culture and amazingly more.

Watching it stirred up memories of my childhood as I remembered walking miles to see his films at those double and sometimes triple feature movie theaters in Bronx, New York. As an actor, he was truly one-of-a-kind, electrifying and incredible to watch as he dispatched a multitude of onscreen opponents in his inimitable way.

When Bruce Lee moved on screen, perhaps throwing a kick or sequence of punches, it would make audiences jump and scream as they pitied the recipients. You could feel each blow from your theater seat. It didn't matter what race you were or how young or old you were, if you watched a Bruce Lee movie, as a theater goer, you would leave feeling safe and unstoppable and with a feeling of commonality as if we were all part of one community. He was literally a superhero to many and he was real.

That's how I remember it and it seems that there are many others, revealed by this production, who share similar sentiments.

How Bruce Lee Changed The World has interviews with Jackie Chan, comedian Eddie Griffin, L.L. Cool J and RZA (of Wu Tang Clan) and even Marvel Comic's legend Stan Lee. Action film director John Woo and Hong Kong film producer Raymond Chow, a close friend and film mentor of Bruce Lee. Each person shares thoughts and memories on how he affected or influenced their lives and work.

Also featured are Martial Arts Superstar Donnie Yen, Sugar Ray Leonard, Dana White (of UFC),

John Saxon and Bey Logan. It also includes filmmakers John Woo, Brett Ratner, Rob Cohen, Quentin Tarantino, Musician and Composer, Lalo Schifrin, Martial Artist: Ben Saunders, Jeet Kune Do's: Lewis Luk, Taky Kimura and Tommy Carruthers, Shaolin's Shi Yanming and famed acrobatic free runners: Kerbie and EZ.

Naturally, Linda Lee Cadwell and Bruce Lee's daughter and Co-Producer of the show, Shannon Lee also appear to give further insight into the man and movement that touched so many lives.

If you get an opportunity, catch the next rebroadcast on the History Channel or look out for the DVD. It's well worth a look and it's sure to create a new surge of interest in the Martial Arts as an art and not just for fighting.

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