

RICH TING



PRESS KIT

BIOGRAPHY:



Actor and martial arts expert, Rich Ting, continues to expand his talents and gain impressive new followers on social media based on his diversity. At a very young age, Rich studied martial arts at 4 years old and received his Black belt at the age of 13 years old. Last year Ting starred as 'Bolo' in Cinemax hit show "Warrior," which is an original concept from Bruce Lee. This past fall, Ting starred in Emmy-nominated Amazon's "The Man in the High Castle" final season. Ting's character, 'Captain Iijima', is a driven, ambitious young detective in the Japanese Kempeitai. This spring Rich guest stars on CBS's "Tommy."

Growing up, Rich was a five-sport athlete including; football, basketball, baseball, track and field, and martial arts. He fulfilled his childhood dream of playing collegiate football at Yale University, winning an Ivy-League Championship and graduating with a bachelor's degree. While attending Yale, Ting began to explore and develop himself creatively as an artist in the theatrical world. Following graduation, Ting decided to continue his pursuit

of academics, and attend law school and business school graduating with a dual J.D./M.B.A. degree. It was after graduate school that he decided to switch career paths and venture into the entertainment world. While at Yale, Ting was a radio DJ and MC on New Haven, Connecticut's main hip hop station. After graduation, Ting worked at ESPN.

After college, Ting returned to Los Angeles to pursue his acting career. He landed a recurring role as Lenny in television series, "Beyond the Break" (2007-2009) as well as "Heatblast" in the Cartoon Network movie, "Ben 10: Race Against Time" (2007).

In 2008, Ting was cast by the director, Christopher Robinson, on a Honda Civic series, entitled "Civic Coup," in which he played the role of "Link." Ting began in appearing in projects such as NCIS: Los Angeles, Rush Hour, and Chicago P.D.

Ting split his time between the United States and Asia for several years after being cast for the lead role of "Xon Sa Ma" in the historic film, Huyen Su Thien Do, commemorating one thousand years of Thang Long - Hanoi and on a Korean drama television series Iris. With a strong foundation and background in a variety of martial arts, including his 1st degree black belt in Tae Kwon Do, he can be seen in films such as "Stand Up Guys" (2013), "The Green Hornet" (2011), "Salt" (2010), "Gamer" (2009), "G.I. Joe: Rise of Cobra" (2009), "Deadly Impact" (2009), "Crank 2: High Voltage" (2009), and "Mask of the Ninja" (2008). His determination and work ethic landed him a role in the blockbuster film "Lone Survivor" (2012) starring opposite of Mark Wahlberg. Ting's character was the role of U.S. Navy Petty Officer 2nd Class, James Suh.



Ting is a 4th generation Asian American (Chinese/Japanese) and was born in Los Angeles. He was raised in Los Angeles and partly in San Francisco. Ting is fluent in five languages including; Spanish, Korean, Chinese, Japanese, Vietnamese, and English.

Ting is currently based in Los Angeles with his teacup Maltese puppy, Bada. In addition to working in film and television, he is active in the martial arts world, loves to travel to exotic places, and is a true foodie at heart. Every Wednesday, Ting interacts with his growing fanbase on Instagram Live titled "Talking Tings." This originated originally by his weekly after show Instagram chat, "Warrior After Dark," which grew every week to thousands of viewers. Recently, Ting launched his clothing line, 'Tings.' The first capsule of the collection completely sold out, and the second release is coming this summer. For more information, visit www.richtingworld.com.





Nice Boy of the Week: Rich Ting

By Rueben on March 11, 2020



Our Nice Boy of the Week is **Rich Ting**.

Rich will guest star in tomorrow night's (March 12) episode of the new CBS police drama **Tommy**, which stars The Soprano's alum Edie Falco as Abigail "Tommy" Thomas, a former high-ranking NYPD officer who becomes the first female chief of police for Los Angeles.

The episode, entitled "*The Ninth Girl*," finds Mayor Buddy Gray putting added pressure on Tommy to quickly solve a high-profile kidnapping when a baby is taken from a prominent local businessman, capturing the attention of the citizens of L.A.

Rich was born in Los Angeles and is a graduate of Yale. After graduation, he returned to LA to pursue his acting career, which includes roles in TV shows like **NCIS: Los Angeles**, **Supergirl**, **The Messengers**, **Chicago P.D.** and the Amazon streaming series **The Man in the High Castle**. His film roles include **G.I. Joe: Rise of Cobra**, **The Green Hornet**, **Salt** and **Lone Survivor**.

NiceGirlsTV had the chance to speak to Rich about his role in Tommy and so much more in our interview:

WHAT CAN YOU TEASE ABOUT YOUR APPEARANCE ON TOMMY?

I play the character of "Li Chang," a Chinese-American, boyish, athletic, smart, and successful dad devoted to his recently adopted five-month-old baby girl from China. I am married to my husband, Bryan. We were devastated when our baby girl is kidnapped from our home, we file a police report and ask for the assistance of Chief of the LAPD, Abigail "Tommy" Thomas in finding our beloved daughter.

Full Article Link: <https://bit.ly/38JJATV>

THE LIFESTYLE MAGAZINE FOR DOG LOVERS

K9
MAGAZINE 133



The Magic Whistle:
Teach Your Dog to Recall
in 5 Simple Steps

MOLLEE GRAY
THE RELIANT STAR TALKS DOGS

Interview...



Photo Credit: Charlie Nunn Photography

Amazon's 'Man in the High Castle' Rich Ting: 'My Dog Is the Yin to My Yang'

Rich Ting is one of the newest stars of Amazon's TV hit show, 'The Man in the High Castle'.

Now in its fourth season, the show is based on Philip K. Dick's Hugo award-winning 1962 alternate history novel and explores what would have happened if the Allied Powers had lost World War II.

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A martial arts expert (he was a black belt by the time he was 13), actor Rich tells us he's a hopeless romantic and his dog Bada is the yin to his yang.

From the moment they met, he felt an instant connection to Bada. "She has always been my shadow from the first time I met her and is right next to me or following me wherever I go."

He officially adopted Bada three years ago and he and his wife immediately set about bringing her back to health. Now aged 12, she's the healthiest she's ever been which Rich says makes him even more protective over her.



Photo Credit: Charlie Nunn Photography



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INTERVIEW BY FAMI

RICH TING

Rich Ting is best known for his breakout role as Bolo on Bruce Lee Cinemax series Warrior. He is starring in the upcoming season of Amazon's Emmy-nominated show The Man in The High Castle. Rich plays Sergeant Iijimia. Rich gave an exclusive interview to our JAMO entertainment Editor Fami. He talked about his show, martial arts and life.

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JAMO | EXCLUSIVE

FA: Thanks for taking the time to chat with me. Tell the readers a little about yourself?

RT: I am a 4th generation Chinese-Japanese American who was born in Torrance, CA, and grew up in both Southern and Northern California. At the age of four, I began my training and studying of Tae Kwon Do, earning my 1st-degree black belt when I was 13-years old. Raised in an athletic family, I earned Varsity letters in four sports in high school: football, basketball, baseball, and track. While my parents stressed the importance of balancing both academics and athletics, my childhood dream was to earn an athletic scholarship and play Division 1 college football. That dream became a reality when I was recruited by various Pac 10 (currently the NCAA Pac 12 Conference) and Ivy League colleges, ultimately committing to play football at Yale University. As the son of a sports orthopedic surgeon, I fulfilled all of my pre-medical requirements but my true academic interest lay in the humanities. I graduated from Yale University with a B.A. in History/American Studies continuing my academic studies in graduate school, where I earned both J.D. & M.B.A. degrees. I am a Gemini. While many judges a book by its cover, my closest friends would say I am not only the comic relief of the group but also known for being appreciative and grateful. Throughout my childhood, my mother always preached about the Japanese notion of "bachi" (commonly known as 'karma' and living a positive, healthy life. She would often teach me life lessons by explaining that every negative act committed would return and punish that person tenfold. This simple principle has continued to shape and influence me in my day-to-day decisions, actions, and overall mentality to live a humble and healthy lifestyle.

FA: When did you know that you didn't want to be a lawyer and you want to go into acting?

RT: Throughout my undergraduate and graduate school careers, I trained (as a hobby) at different acting studios as a way of pursuing my childhood dream of becoming a Hollywood actor. After graduating from law school and business school, I was approached and asked by stunt coordinators in Hollywood if I would be willing to do stunts in some upcoming feature films. With absolutely zero knowledge or experience in the entertainment industry, I decided to take this challenge as an opportunity to learn and educate myself on set etiquette, film and television culture, as well as just "jumping right into the fire." I promised myself (and also notified my close friends and family that were in the film business) that I would work in stunts until I was able to completely cross over to the acting side of the industry. As a result, I was fortunate enough to work on various major Hollywood feature films gaining and obtaining an immense amount of knowledge and insight about this industry. My career as an actor began in Los Angeles, cast for "Lenny" in the TV series, "Beyond the Break" and "Heatblast" in the Warner Brothers' (Cartoon Network) feature film, "Ben 10: Race Against Time". That same year, I was also cast in the feature film, "Deadly Impact" and a few years later, I debuted on the big screen alongside Angelina Jolie in the film "Salt." It has been an absolute dream come true for me to be working in Hollywood as an actor, and I continue to live the dream everyday that I work in this arena.

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JAMO | EXCLUSIVE

FA: You will star as Bolo in the new Cinemax series Warrior which premiered its first episode on April 5, 2019. When you read the script for the first time, what was the most exciting for you about the idea behind its plot?

RT: Prior to being cast as Bolo, I heard from past documentaries and interviews of Bruce Lee that he had written a treatment for a potential television series called "The Warrior." I remember watching one interview in which Bruce discussed the notion of "The Warrior" and how it will never be made because it stars an Asian leading man. He continued to explain how Hollywood was not ready for an Asian leading man at the time (1970s) and, as a result, the project would never be made. Once the audition process began for "Warrior," I remember telling myself that this was the project I had been waiting for. I am grateful and humbled to have been able to bring to life an idea created by my lifelong childhood idol and legendary martial artist.

FA: Warrior was an original idea of the legendary Bruce Lee, passed on to his daughter Shannon. How would you describe Bruce's legacy?

RT: Bruce Lee's legacy is one that has transcended racial and cultural boundaries throughout the entire world. Like many others, he was the first Hollywood action figure that influenced me and motivated me to begin my martial arts training at the age of four. As I grew up and began to focus on his life lesson and teachings as a martial artist, Bruce not only impacted me as a martial artist but as a human being. I remember one day

when we were filming in Cape Town, South Africa. It was my day off, and I had called an Uber to go to a local market. My Uber driver was an older South African man who was very nice and asked me where I was visiting from and what I was doing in Cape Town. I briefly mentioned that I was filming a television series, and it was written by Bruce Lee. The man literally pulled over and stopped the car. He turned around and began telling him how when he was a child in South Africa, he and his childhood friends would sneak into the "white" theaters to watch Bruce Lee films. Because they were prohibited by law to go into these "white" facilities, he explained that Bruce Lee was so awesome that he and his friends did not care of the dangerous consequences that might result for being caught in these theaters. They would then mimic and imitate Bruce's moves and sounds in their specific townships where they lived. The man continued to talk about his vivid memories of Bruce Lee and how much they saw him as a hero since he was a man of color like them. I will never forget this encounter because of the passion and joy that this man spoke of and what Bruce Lee meant to him as a black man growing up during apartheid in South Africa. Bruce's philosophies and on-camera performances not only affected kids like myself in California but also those thousands of miles away in an apartheid ruling government country. His teachings and way of thinking were ahead of their time and "Warrior" is the perfect example of how we have been able to not only continue his legacy but to honor and thank him for all that he has contributed to the world.

I am grateful and humbled to have been able to bring to life an idea created by my lifelong childhood idol and legendary martial artist.

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PHOTO BY RYAN WEST

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JAMO | EXCLUSIVE

FA: As an actor, you probably have experienced many auditions with a variety of outcomes. How do you evolve during the process of auditioning regardless of the final result?

RT: I think auditions are the most difficult part of being an actor. In the beginning, it can be extremely intimidating to enter a casting office and audition in front of casting directors, producers, writers, etc. However, throughout the years, I have learned to embrace these opportunities and focus completely on the positives that lie within the audition rooms. Each audition an actor gets is a gift and as a result, I treat each and every audition—whether it is a sitcom or major motion picture—exactly the same. Casting directors, producers, and writers are calling you in to audition for them because they believe you are a potential choice for their project. In this hectic industry, no one has time to waste and I believe that you must always prepare and fully commit to that audition to the best of your ability. As I mentioned before, auditions are gifts, and my preparation and performance in the room is my way of saying “Thank You” for the opportunity, time, and consideration. My process of auditioning has evolved from being nervous and anxious to now being gracious and humbled for the opportunity to be seen and considered.

FA: What emotions do you feel about being part of making this project come alive?

RT: As I previously mentioned, Bruce Lee was the sole reason why I began my martial arts training as a young child. Hearing about the history and creation of “Warrior” through documentaries and interviews of Bruce, I am exceptionally honored and humbled to be a part of this project. I believe that it is extremely rare to be granted an opportunity to not only attribute one’s childhood and lifelong idol and role model but to contribute to prolonging the legacy of that particular idol and role model. I have always had dreams of acting in Hollywood, working for certain directors and producers, filming at specific studios, etc., but never did I once imagine that I could contribute and honor the legacy of the most famous and well-known martial artist of all time. Being cast as “Bolo” in “Warrior” represents the biggest win of my career thus far as I am portraying the most iconic and hyper-masculine Asian character known throughout the world in a TV series written and created by my hero. I would never have imagined I would be given such an opportunity as a young child watching both Bruce Lee and Bolo Yeung in “Enter of the Dragon.” Having had the opportunity to work with his daughter, Shannon Lee, as well as director/executive producer, Justin Lin, executive producer, Danielle Woodrow, and writer/showrunner, Jonathan Tropper, has been a great experience and words cannot express how honored I am to bring to life an idea, vision, and dream of Bruce Lee.

“We literally all got along like a family on and off-camera. Families”

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FA: What was your mental and physical process of becoming Bolo, how did you feel him through you?

RT: In our initial meeting at HBO headquarters in Santa Monica, CA, Shannon Lee (executive producer) and the rest of the team I mentioned previously all emphasized that they were impressed with my martial arts background but cast me based on my audition performance. While the character of “Bolo” is a tribute to the real “Bolo Yeung,” long-time friend and co-star of Bruce Lee as well as the notorious, “Chong Li,” in the “Blood Sport,” they wanted me to bring my own character and depth to “Bolo.” In prepping for this project, I did extensive work and training combining character choices and context for my character. Typically throughout my acting career, I have always trained and worked out in the gym to maintain a certain physical size and physique. For “Warrior,” I remember Justin Lin asking me if I could put on about 10 lb.’s of extra muscle without losing flexibility or fluidity of motion. It was the first time in my career that a producer asked me to gain weight and gave me the freedom to work out and train in the gym. It was music to my ears. Since playing Pop Warner football at the age 8 to winning an Ivy League Championship at Yale University, I have always enjoyed working out and being in the weight room. It is my “iron paradise.” I began to shift and adjust my weight training as well as physical conditioning in the gym immediately. I began to feel the effects of working out with heavier weights almost instantaneously as it definitely affected my mental state as well. I felt stronger, healthier and just overall more balanced in my life. I felt like I was training back in the day—during my collegiate football days. The shift in my physicality definitely impacted and added to my character analysis and portrayal of “Bolo.” I also enjoyed focusing on the specific Hungar Kung Fu style that stresses the principle of “minimum movement for maximum impact.” Only a select few of the characters in Warrior have a back-

story of being trained martial artists, each with their own specific style of fighting. This combination of unique martial arts styles throughout Season 1 provides the audience with an amazing arc and variety of fight choreography and action sequences that we are all extremely proud of.

FA: The Warrior cast seems like a very close cast. Was there anyone in particular that you really bonded with?

RT: “Warrior” was one of the first shows that I have had the opportunity to be a part of in which I felt a strong sense of family and camaradery with each and every cast member. It was a pleasure and privilege to work with such a diverse group of extremely talented actors. Having actors from all over the world, including Canada, Hong Kong, China, Indonesia, United Kingdom, South Africa, and the U.S., definitely impacted and influenced the positive vibe and excitement while filming due to the overall diversity, culture, and energy that each specific actor brought to set. More importantly, we literally all got along like a family on and off-camera. Families, loved ones, significant others, etc. of each actor all visited and stayed in Cape Town throughout our filming, allowing us the opportunity to get to know each other as well as getting close to their families. Because we were on location in Cape Town filming this incredible project, the cast always socialized and got together for lunch, dinner, coffee, etc. with each other quite frequently. As an example, we all went on various excursions to beaches, wineries as well as participated in daily stunt training with our stunt team and coordinators. This sense of overall family and love that we developed for one another definitely resonated onto the screen. Our commitment to not only ourselves but to each other was not only contagious but also evident after watching the entire Season 1. I truly believe that each and every one of us are extremely proud and humbled by this opportunity to honor and tribute the greatest martial artist and philosopher of all time.

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JAMO | EXCLUSIVE

FA: And about the upcoming season of Amazon's Emmy-nominated show "The Man in the High Castle?" Tell us about your character Captain Iijima?

RT: In Season 4 of "The Man in the High Castle," Captain Iijima arrives from Japan as Chief Inspector Kido's new right-hand man. He is a new reinforcement officer sent from Japan to the Pacific states of the United States to provide aid and assistance to "Chief Inspector Takeshi Kido" (Joel de la Fuente) and the Kempetai regarding the murder of a high profile Japanese diplomat. Captain Iijima is a loyal captain for the Imperial Japanese military regime and serves to carry out the commands and desires of the head Japanese officials as well as the Emperor of Japan. Throughout the final season, Captain Iijima's loyalty, as well as the motives of Chief Inspector Kido, will become questioned as the murder investigation of the assassination of Trade Minister Tagomi continues to reveal new evidence of who ordered the hit as well as the overall murder plot. There are numerous twists and turns for all of the remaining original characters, and I am excited for all the fans and viewers to see how creatively the writers of the show brought closure to each and every character at the conclusion of this final season.

FA: Lastly, what's your message for JAMO readers?
RT: I believe that everything in my past, including my academic studies, athletics, extracurricular activities as well as acting in the entertainment industry have all impacted and

influenced my personal growth and maturity. Whether it was growing up as a 4th generation Asian American kid in California or discussing politics in small seminar groups at Yale University or rehearsing for mock trials in law school, all have allowed me the opportunity to experience and study many personalities from many perspectives. Acting has provided me with yet another channel to which I can learn, absorb, and apply to better my personal growth, maturity, and overall craft. I believe that everything I have done up until the present time has equipped and given me the various tools to not only succeed in life but to also apply to each distinct character I play. I have always considered myself a "student" no matter what industry or profession I pursue. I have continued to live my life with an open mind absorbing as much information and perspectives as possible throughout all the diverse experiences that I have encountered and experienced in the entertainment industry. I believe that everyone who is successful in life at whatever they do has had some sort of luck on their side. However, I believe that one can only be lucky if they work and continue to work as hard as they possibly can at whatever they are pursuing in life. Luck does not come without action or perseverance. As a result, one can potentially place themselves in a situation with a higher percentage or chance of being, doing, and having what they want and desire by continuing to focus and work as hard as they possibly can.

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I believe that one can only be lucky if they work and continue to work as hard as they possibly can at whatever they are pursuing in life.”

BEONDTV**Actor Rich Ting on his role in “Warrior” and his next projects**

December 3, 2019

Digital Link: <https://bit.ly/2RoolSt>

Interview With RICH TING | As I Focus On The Positive, I Feel More Joyful

By Armand Alvarez on December 13, 2019



It is exciting and thrilling that we, all human beings are continuously expanding to become more. As we accomplish a desire, we always aim for more, it's our natural evolution. We are innately creative beings gifted with the art of imagination through which we create our world. Being alive is more than having consciousness flowing

through us, it is being aware of it and appreciate every moment for having the freedom to feel good, unless we decide to not. Actions that come from inspiration, love, happiness, and joy will bring extraordinary results. If there is any effort and hard work to be done is to align with yourself by focusing on the things you love, and in that state, regardless of the energy you are spending on various activities, you will always be satisfied with yourself and life.

Actor Rich Ting, who can be seen as Captain Iijima on the Amazon original series *Man in a High Castle* airing its 4th and final season now, says: "It has been especially crucial for me to always stay focused and concentrated on the positives of the industry and my career in order to prevent being jaded or strayed from my career path."

In this insightful interview with Rich, the actor shares his thoughts about life, his personal growth and his passion and love for what he does.

Introduction

Please introduce yourself briefly. Who, in your own words, is Rich Ting?

Rich Ting is a fourth-generation Chinese-Japanese American who was born in Torrance, CA and grew up in both Southern and Northern California. At the age of four, he began his training and studying of Tae Kwon Do, earning his first-degree black belt when he was only thirteen. Raised in an athletic family, Ting earned Varsity letters in four sports in high school: football, basketball, baseball, and track. While his parents stressed the importance of balancing both academics and athletics, Ting's childhood dream was to earn an athletic scholarship and play Division-1 college football. That dream became a reality when he was recruited by various Pac-10 (currently the NCAA Pac-12 Conference) and Ivy League colleges, ultimately committing to play football at Yale University. The son of a sports orthopedic surgeon, Ting fulfilled all of his pre-med requirements but his true academic interest lay in the humanities. He graduated from Yale University with a B.A. in History/American Studies continuing his academic studies in graduate school, where he earned both J.D. & M.B.A. degrees.

Full Article Link: <https://bit.ly/34s0Vyu>

Rich Ting On His Recent Roles on “Warrior” And “The Man in The High Castle,” Career Goals & More

December 11, 2019



Actor and martial arts expert Rich Ting is a multi-faceted and regularly-working performing. In this year alone, Ting has starred as “Bolo” in the Cinemax hit show *Warrior* beyond appearing on season 4 of the Emmy-nominated Amazon series *The Man In The High Castle* as “Captain Iijima.”

A graduate from Yale University who grew up in Southern California, Rich Ting returned to Los Angeles after college to pursue his acting career. Ting’s credits

would eventually include *Ben 10: Race Against Time*, *NCIS: Los Angeles*, *Chicago P.D.*, *The Green Hornet*, *G.I. Joe: Rise of Cobra* and *Lone Survivor*.

I had the pleasure of interviewing Rich Ting by phone on December 3, 2019 about all facet of his professional career, and how his ability to see “the big picture” would eventually led him to success within the entertainment field. The full interview is embedded below for your listening pleasure, while more on Ting can be found online by visiting his official website at www.richtingworld.com.

Digital Link: <https://bit.ly/2YFg26h>



Rich Ting Actor and Martial Arts Expert

December 6, 2019



Digital Link: <https://bit.ly/2PCTa3c>



DIGITAL
TRENDS

Digital Trends Live: Facebook's New Tool, Coffee Bean Car Parts, and More

By Todd Werkhoven on December 4, 2019



Finally, we welcome Rich Ting, martial arts expert, Yale MBA graduate, and actor from *The Man in the High Castle*, who discusses his path from the academic world to Hollywood.

Digital Link: <https://bit.ly/365V2bj>



First Look Spotlight: Actor Rich Ting

December 2, 2019



Digital Link: <https://bit.ly/33WLPRg>



Hollywood's Next Big Ting

By Tiffany Tse on December 1, 2019



Imagine achieving all of your wildest dreams: competing as a four-sport varsity athlete in high school in football, basketball, baseball, *and* track; getting recruited to play collegiate football at one of the world's most prestigious universities (that would be Yale); matriculating at the University of Hawaii at Manoa and earning a joint dual JD and MBA degree; and receiving offers from multiple law firms. Then imagine giving that all up to pursue your dream of becoming an actor. That's exactly what **Rich Ting** did.

A fourth-generation Chinese and Japanese-American, Ting is, clearly, a high achiever.

But despite accomplishing so much in sports and academics, he always had ambitions about pursuing an acting career and, as a hobby, trained at various acting studios while in school. "After graduating, I was approached by Hollywood stunt coordinators who asked if I'd be interested in doing stunts in a few films," he says. "With zero knowledge or experience in the industry, I decided to take this challenge as an opportunity to educate myself."

Promising himself that he'd do stunt work until he was able to switch to acting, Ting undertook a handful of major Hollywood feature films until he kicked off his acting career in a TV series called *Beyond the Break*. It didn't take him long to debut on the big screen alongside Angelina Jolie in 2009's *Salt* – an experience he remembers fondly. "It's still a dream of mine to work with her again, either as a fellow actor or under her direction," he says. "She's a creative, brilliant filmmaker. After working with her on *Salt*, I can't put into words how professional she is. I remember telling my mom after wrapping, 'Now I know why every woman wants to be like Angelina Jolie!'"

Though working with an icon like Jolie so early on his acting career might have seemed like a stroke of sheer luck, it's obvious that Ting's self-discipline and commitment is responsible for most of his good fortune.

He credits his laser-sharp focus to a rich martial arts background – and the way his parents raised him. "(Bruce Lee) was the reason I began studying martial arts at the age of four," Ting, who has a black belt in tae kwon do, explains. "I'm thankful my parents allowed me to begin my training at such a young age. It established the foundation of not only my biomechanics as an athlete, but also the mental, emotional, and spiritual structures of having self-discipline, self-respect, self-control, and perseverance.

Full Article Link: <https://bit.ly/369C5o6>

TVGRAPEVINE

The Man in the High Castle's Rich Ting Interviewed

By Sammi Turano on November 26, 2019



Rich Ting, who currently appears in *The Man In The High Castle*, recently talked to TVGrapevine.

Tell me a bit about yourself.

I am a 4th generation Chinese-Japanese American who was born in Torrance, CA, and grew up in both Southern and Northern California. At the age of only four, I began my training and studying of Tae Kwon Do, earning my 1st degree black belt when I was 13-years old. Raised in an athletic family, I earned Varsity letters in all four sports in high school: football, basketball, baseball, and track. While my parents stressed the importance of balancing both academics and athletics, my childhood dream was to earn an athletic scholarship and play Division 1 college football. That dream became a reality when I was recruited by various Pac 10 (currently the NCAA Pac 12 Conference) and Ivy League colleges, ultimately committing to play football at Yale University. As the son of a sports orthopedic surgeon, I fulfilled all of my pre-medical requirements but my true academic interest lay in the humanities. I graduated from Yale University with a B.A. in History/American Studies continuing my academic studies in graduate school, where I earned both J.D. & M.B.A. degrees.

I am a Gemini. While many judge a book by its cover, my closest friends would say I am not only the comic relief of the group but a humble and appreciated person. Throughout my childhood, my mother always preached about the Japanese notion of “bachi” (commonly known as karma) and living a positive, healthy life. She would often teach me life lessons by explaining that every negative act committed would return and punish that person tenfold. This simple principle of “bachi” has continued to shape and influence me in my day-to-day decisions, actions, and overall mentality to live a humble, appreciative, and healthy lifestyle.

What are your current projects?

Amazon's “*The Man in the High Castle*” (Season 4) & Cinemax's “*Warrior*”.

LAST CALL W/ CHRIS CONNOR

Boxing, MMA and Entertainment all under one roof.

LAST CALL Interview with “Man In the High Castle” star

November 18, 2019



The veteran character actor sits down to talk about his role on “Man In the High Castle, expanding his acting range, his work on Warrior and keeping his body in tune, his plans for future projects, and much more

Digital Link: <https://bit.ly/2Oya1Uj>



Rich Ting Joins 'Man in the High Castle' – Interview

November 15, 2019



Yale graduate, fourth generation Asian-American and Angeleno, actor Rich Ting continues to wow people with his acting skills. A martial arts expert, Ting has gained fame because of his diverse abilities and linguistic skills. Receiving his first black belt in Tae Kwon Do, Ting also speaks five languages that include Spanish, Korean, Chinese, Japanese, Vietnamese, and English. Currently, Ting stars as 'Bolo' in the Cinemax hit show *Warrior*, which is an original concept series from Bruce Lee that took nearly 45 years to bring to life. This fall, Ting will also star in Emmy-nominated, *The Man in the High Castle* fourth and final season on Amazon. Ting's character, 'Captain Iijima', is a driven, ambitious young detective in the Japanese Kempeitai.

Ting landed a role as Lenny in television series, *Beyond the Break* as well as *Heatblast* in the Cartoon Network movie, *Ben 10: Race Against Time*. Ting began appearing in projects such as *NCIS: Los Angeles*, *Rush Hour*, and *Chicago P.D.* He can be seen in films such as *Stand Up*

Guys, *The Green Hornet*, *Salt*, *Gamer*, *G.I. Joe: Rise of Cobra*, *Deadly Impact*, *Crank 2: High Voltage* and *Mask of the Ninja*. His determination and work ethic also landed him a role in the blockbuster film *Lone Survivor* starring opposite of Mark Wahlberg.

Digital Link: <https://bit.ly/34sZ510>

Actor Rich Ting Is Ditching The Dojo For A ‘High Castle’

November 15, 2019



Over the phone, “Warrior” actor and martial artist Rich Ting speaks in a combination of immaculate Yale vocabulary and Californian slang. When asked about his education and his football career, he talks as if by script, describing the pedigree of having Nobel Prize-winning professors and the intangible qualities he’s developed on the gridiron. But when asked a question about his new role in “The Man in the High Castle,” Ting perks up. “It’s so refreshing when you get a new question,” he says. “Thank you so much for asking.”

Ting doesn’t need a Dos Equis commercial to prove he’s one of the most interesting men in the world. The fourth-generation Chinese Japanese American is a former NCAA quarterback, has an Ivy League education, speaks five languages, walks the runways as an international male model and [plays the namesake of a Bruce Lee protege](#) on a show penned by Lee himself.

Ironically, Ting says that he’s explored his range in just about everything except for acting—well, at least until recently, with his upcoming role as Captain Iijima in the fourth and final season of Amazon’s “The Man in the High Castle.” The season drops today, Nov. 15, [on Amazon Prime Video](#).

“So far in my career, I’ve been portrayed only through certain lenses of what I can do,” says Ting. “Obviously things like ‘Warrior,’ and the action and martial arts... I’m known for certain things, but I train on so many other different materials. That doesn’t really get to be seen except in the privacy of my own acting classes.” With a black belt in Taekwondo and a Juris Doctorate, he’s often been typecast as a fighter or lawyer in a thespian world that he has so much more to offer.

Full Article Link: <https://bit.ly/2CX3BJb>

Exclusive Interview: Pop-Culturalist Chats with The Man in the High Castle's Rich Ting

November 15, 2019



Rich Ting is a warrior on and off the screen. Trained in martial arts, this up-and-coming talent has been blowing audiences away with performances in *Waco*, *Warrior*, *NCIS: Los Angeles*, *Chicago P.D.*, and dozens more. This November, he joins the cast of Amazon's Emmy Award-winning series *The Man in the High Castle*. Pop-Culturalist caught up with Rich to chat about the final season of *The Man in the High Castle* and what fans can expect.

How did you discover your passion for acting?

I don't think I really discovered it, to be honest. It really started the first time I saw Bruce Lee as a child. I was probably three or four at the time. I saw this guy doing his thing on television. I always say that I don't know if he inspired me to pursue martial arts or if he inspired me to pursue acting on television because I saw both at the same time. The curiosity started when I was really, really young. As I continued to get older, grow, and mature, that seed that was planted in me as a child remained there.

You've had tons of success already in your career. When you look back, is there a particular moment that stands out to you?

First, thank you for that! I feel like I'm just starting, to be honest. The momentum is just beginning now. I would say up until this point in my young career, I would say being cast for *Warrior*. It was such a full-circle moment for me.

For people who aren't in the entertainment industry, it can take years, even decades, to get a project green-lit, funded, and cast. Then you actually get to film it. Bruce Lee played a huge role in motivating me to start my martial arts career, which is such a huge foundation of who I am. While I was growing up, Shannon Lee, his daughter, was discovering these old treatments and scripts that Bruce wrote before he passed away. She was trying to develop it and finally got the opportunity to work with Justin Lin. Together, they got it funded, brought it to Cinemax, and finally got it green-lit.

Full Article Link: <https://bit.ly/32TiqLq>

DATEBOOK

SAN FRANCISCO CHRONICLE

Rich Ting left the US to be taken seriously. Now the actor is making big moves on TV.

November 13, 2019



If a post-“Crazy Rich Asians” world was meant to have marked a shift for Asian and Asian American representation, Rich Ting can attest to whether it’s real. Starring in Cinemax’s Bruce Lee-inspired show “Warrior,” which has been renewed for a second season, and joining the cast of the upcoming final season of Amazon’s “The Man in the High Castle,” Ting represents a specific case study, as a rising Asian American star, into the mechanics of Hollywood’s purported sea change.

He spoke to The Chronicle during a stop in San Francisco, where he attended high school at Archbishop Riordan, about his journey as an actor, the Bruce Lee controversy in Quentin Tarantino’s “Once Upon a Time in Hollywood,” and whether he sees real change on the horizon.

You’ve had recent breakout roles in “Warrior” and now “The Man in the High Castle,” but you’ve been an actor for years. What was it like when you started out?

2009 or 2010, there just wasn’t a lot of roles. This is when people started telling me in the industry, “Asian Americans, this is a good time for you guys.” And I’m like, “OK, well I don’t see it.” That’s what led me to go overseas. Because my mentality was, Hollywood’s not going to look in their backyard for an Asian American. ... I have to go overseas, make some noise somewhere overseas, so that will be attractive to producers.

You were a lead actor in Asia but basically had to use that success as a back route to break into Hollywood.

Yeah, I had to go, like, on a pilgrimage. ... I can tell you, *now* is the time (for Asian Americans). But I’ve been doing it for over 12 years.

VENTS

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Rich Ting

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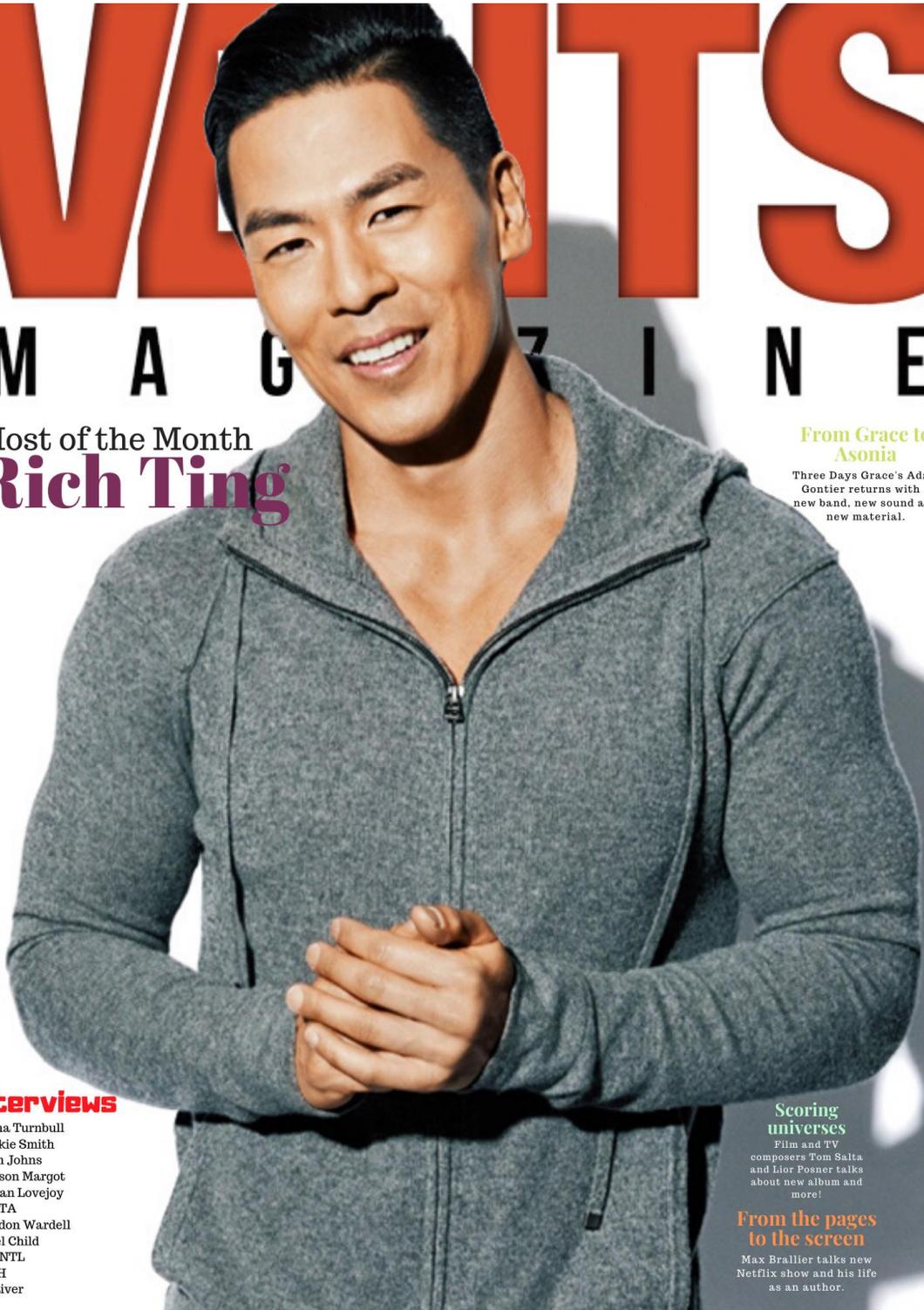
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From the pages to the screen

Max Brallier talks new Netflix show and his life as an author.



Host of the Month



Hi Rich, welcome to VENTS! How have you been?
Hello, I have been well, thank you.

With a career on martial arts – was acting always your main passion?
My passion for acting was a direct result of watching Bruce Lee as a child. I remember watching all of Bruce Lee's films at the early age of only three. I had always taught myself how to use my parents' belts from martial arts could perform all the basic tasks of playing, rewording, fast-forwarding, stopping and playing different scenes. As a result, I was not only impressed to begin studying martial arts, but I was also able to teach myself how to use all of the weapons Bruce Lee used in his films, including the nunchucks. As a result of this, I "Enter the Dragon," "Game of Death," "Fist of Fury," "Chinese Connection," and "Return of the Dragon." I began training in martial arts at the age of four. I believe that my love and passion for both martial arts and acting is very similar to the "chicken and egg" scenario. My interest in martial arts began the first time I saw Bruce Lee on television but I also wanted to become an actor because of seeing him perform as well.

How were you drawn into the world of acting?
Having been born and raised in Los Angeles, I definitely believe that the surrounding "Hollywood" environment influenced me to want to pursue a career in acting. I remember seeing huge billboards for films, TV shows, concerts, brand names as well as attending school with children of famous celebrities. As a child, I often asked myself why there wasn't a famous "Asian American" leading man. Legends like Bruce Lee definitely inspired and motivated me to pursue my study of martial arts, but, again, I was always curious why there was never an Asian American "bad," "toughman," "fighter," "warrior," or "hero." All of my childhood heroes had favorite items that they could relate to ethnically and racially. However, I could not find that one Asian American leading man that represented my "hero." As a result, the dream and pursuit of becoming not only an Asian American actor, but a leading man in Hollywood began. It has been an absolute dream come true for me to be working in Hollywood as an actor, and I continue to be the dream every day I go to set and perform my craft in front of the cameras.

After a pretty great career – what was it like to embrace these two loves of yours on "Vents"?
It has been such an honor to be not only cast for this amazing project but to also be playing the real character of martial arts legend and iconic hero of Bruce Lee, "Bolo Young." This project has impacted me in so many ways due to my childhood connection with Bruce Lee who has continued to be one of my lifelong idols. Having the opportunity to work with his daughter, Shannon Lee, as well as director Justin Lin, executive producer, Danielle Woodrow, and writer, Jonathan Tropper, was an honor to me and I was honored to bring to life an idea, vision, and dream of the legendary Bruce Lee. Honestly, throughout my life, I have often been referred to and called "Bolo" or "Chung Li" from my family, close friends, and numerous athletic teammates. Known for his iconic characters in "Enter the Dragon" and "Bloodsport," Bolo Young has been someone I have also idolized due to his muscular physique and overall strong character acting. Being cast as "Bolo" in "Warrior" represents the biggest win of my career since, as a child, I would never have imagined being given this incredible opportunity.

"This being a show based on Bruce Lee's work – did your approach this series with higher respect than usual?"
Ever since I began my career as a professional actor, I have approached every project as if it were my last. Whether I have been cast as a guest star, recurring, or lead, I have always been extremely proud and humbled to be chosen for that particular character and project. I continue to study and learn from each individual project in perfecting my craft as an actor. Whether it is from set conditions to fellow actors to the various directions and notes from directors and producers, I always treat and approach each project as an opportunity to learn and grow as an artist. That being said, I can honestly say that "Warrior" stands out to any other project. The only difference was that it was the first time I was asked to put on more muscle weight and to intensify my cardio and weight room regimen. I have always loved being in the gym and weight room but having had the freedom to train as hard as I could and increase my overall muscle mass in a few months prior to filming the pilot was definitely motivating and exciting at the same time. My respect for not only my childhood idol (as well as for the Lee Family), but also for the real life character of "Bolo Young" were exceptionally inspiring as I pushed myself to the limits while prepping and filming Season 1 of "Warrior."

Though times have changed – is it easy to play a Chinese character fighting a Japanese or the other way around, when you come from Chinese/Japanese household? Does that bring any sort of conflict?
Growing up as an 4th-generation Chinese/Japanese American, my parents were both very Americanized, and as a result, there was an absence of Asian influence in our household and overall family culture. My parents always stressed the

importance of academics, but actually emphasized and focused more on my athletic career as a football, basketball, track, and baseball player as well as my martial arts. Because of this, there was never an emphasis on being more Chinese or more Japanese since they raised me as an "American" kid. Because they always placed me in multicultural environments, I honestly never focused on race or ethnicity and as a result, never saw any color lines whatsoever among my teammates and peers. I remember all of this in order to stress that my upbringing as a 4th-generation racial American has allowed me to approach each and every character I play, regardless of race and ethnicity, without any conflicts or preconceived notions.

Speaking of conflicts between nations, let's talk about The Man in The High Castle – what was the audition process like?
The audition process for "The Man in The High Castle" was just as intense and significant as any other audition. The only difference was that it was the first time in which I was auditioning for a show where I was already a true fan since the first season. Because of this, I was already in sync and articulate on each character as well as the overall direction and story of the previous three seasons. I had the privilege of auditioning in person with Dan Permut, the show's former executive producer and director of the show. I vividly remember Dan passionately discussing and sharing with me the potential storyline and direction of Season 4 along with all the new twists and turns and developments of the main characters. This only added to my overall excitement and enthusiasm for possibly joining the High Castle family for the first season.

Were you familiar with the show prior to signing?
As I mentioned earlier, "The Man in The High Castle" was the first show that I have ever auditioned for in which I was already a huge fan. It was honestly surreal to arrive on set and meet "Chief Inspector Takeshi Kido" (Jon Da La Fuenta), "Chief Inspector James Smith" (Rufus Sewell), "Juliana Crane" (Alissa Davalos), "Helen Smith" (Chelsea Hornell), "Robert Childen" (Brennan Brown), and "Wynett Price" (Lason O'Keefe). It felt as if I had been transported directly from my youth at home to the High Castle alternate world/universe in the 1950-60s.

When studying and getting ready for the role – did you get to revisit and focus more on Takeshi Kido in order to understand his better?
Even though I had previously watched and rewatched all three seasons of the show multiple times, I did go back and revisit specific scenes in order to focus on certain details and behavior of Chief Inspector Takeshi Kido. Having studied and observed him as a fan of the show in the first three seasons, I felt that I had done my due diligence and research on him prior to being cast for Season 4.

Is it much harder for you as an actor to jump into a pretty prominent role from a show that has been on the air for a while now? Does the preparation process and approach as a whole is much different?
I approach and prepare for each and every project as if it were my last regardless of the role or character I am playing. Whether it is a brand new television series or a show that has already had multiple seasons, I approach my role and character with a clean slate and mentality always treating each project as an opportunity to learn and grow as an artist in the industry.

Without giving anything away, what can we expect in this final season?
I approach and prepare for each and every project as if it were my last regardless of the role or character I am playing. Whether it is a brand new television series or a show that has already had multiple seasons, I approach my role and character with a clean slate and mentality always treating each project as an opportunity to learn and grow as an artist in the industry.

What else is happening next in Rich Teng's world?
In 2020, I will be playing the character of "Li Chang" on the first season of CBS's new show called "Tommy," starring Oscar and Emmy award winning actress, Erika Falco. I was recently cast for the lead of a sci-fi feature film, "Roma 96," which will be produced later this year.

Also I will be seen in the character of "Thai Ngue" Washington, D.C., who including the Vietnam I conversations continue to repair recovery and assimilation I issues of revenge, hope, religion.



Editor in Chief
RJ Frometa
Writers
Rich Teng

Pic by Ryan West

NALUDA

MAGAZINE

November 6, 2019



Interview with Amazon's "Man in The High Castle" actor Rich Ting

Check out our interview with Amazon's "Man in The High Castle" actor Rich Ting.

Rich is best known for his breakout role as Bolo on Bruce Lee Cinemax series *Warrior*. He is starring in Amazon's Emmy-nominated show *The Man in The High Castle*. Rich plays Sergeant Iijimia who is Inspector Takeshi Kido's (Joel de la Fuente), right hand man. The season four premiere is set for Friday, November 15th.

Actor and martial arts expert, Rich Ting, continues to expand his talents and gain impressive new followers on social media based on his diversity. Rich studied martial arts and received his Black belt at the age of 13.

Describe yourself in 3 words?

Persevered, loyal, and trustworthy.

Who was your role model as a child?

Bruce Lee.

Full Article Link: <https://bit.ly/2NLbpmo>



Rich Ting On The Nine

September 5, 2019



Rich Ting, who stars in the Brue Lee Cinemax series “Warrior,” joins The Nine to talk about playing “Bolo” on the show.



HOME / ENTERTAINMENT / TV

'Warrior' actor Rich Ting says playing the character named after his childhood hero Bolo Yeung brings him 'full circle'

'Warrior' actor Rich Ting, who played the role of Bolo, spoke to MEA WorldWide (MEAWW) about how he was inspired by his character's namesake and what an honor it was to be part of Bruce Lee's vision

By Priyanka Sundar on August 30, 2019



Cinemax's series 'Warrior' is based on a script developed by Bruce Lee for television in 1971. The show, which premiered in 2019, received critical acclaim and enjoys a loyal fanbase for the stunning depiction of Chinese immigrants in San Francisco in the 1870s and the portrayal of how Chinatown's reputation came to be during the Tong Wars.

Each character in the show was fleshed out effectively and performed brilliantly. One such character, that of Bolo, played by Rich Ting plays an important role in the first season and in this exclusive interview with MEA WorldWide (MEAWW), Ting spoke about what inspired him to play the role, why Bolo's character is a reflection of him and how that influenced his performance.

Rich explained that his tryst with martial training in sport forms such as taekwondo was a result of being inspired by watching Bruce Lee on screen at the age of four. His introduction to the real Bolo Yeung, a martial arts film actor also happened through Bruce Lee's film 'Return of the Dragon'.

Ting plays Yeung's namesake in the series and landing the role turned out to be perfect for Ting because of how much he was influenced by this actor. Ting was teased as a young boy and often called Bolo because "I was actually bigger than a lot of kids when I was young."

When Ting was at Yale University, he played football and this time coincided with the release of Yeung's film 'Bloodsport' in which he played the antagonist, Chong Li. "Being the only Asian football player, I think, in the country at the division one level when I was playing between 1998 - 2002 and also the biggest ... naturally, people started calling me Chong Li because I was not only the only Asian football player a lot of my teammates had ever played with but I was the biggest Asian person they had seen, muscle-wise and athletic-wise."

Full Article Link: <https://bit.ly/2LeXfIO>

Rich Ting: Onwards and Upwards with Warrior

By Kurtis Fujita



Rich Ting has the kind of story that appears to be composed of seemingly random threads, separate incidents ranging from his time as a collegiate football player at Yale to his time acting as the menacing, yet tragic character, Bolo on the Bruce Lee inspired Martial Arts epic WARRIOR. That is until you take a step back and witness how those interwoven threads form an amazing tapestry that is his life's journey.

On a sunny Los Angeles morning, I fought traffic to the doorstep of a Starbucks on La Brea which seemed more like a Cathedral dedicated to the patron saint of caffeine than a pedestrian coffee shop for our interview. Arriving early, I was concerned that I would miss his entrance amongst the spectacle of vaulted ceilings, lavish oak decor laden with bronze accents, and countless patrons scurrying about to get their morning fix. However, Rich was instantly recognizable from his formidable presence and friendly demeanor once he strolled in and exchanged pleasantries with me.

Failure Is Not An Option

As Rich reflected on his formative years, he shared some insight into his unique experience. Being an American with both Chinese and Japanese ancestry, one might make assumptions as to what his upbringing was like. But he was quick to point out that as both sides of his family had already established their roots in the U.S. generations before him, so this was no tale of an immigrant's son. Both of his parents had a strong background and appreciation for athletics which they instilled in their children whether it was Rich's Martial Arts training or his first love: Football.

"Besides taking your shoes off in the house and having a rice cooker, there wasn't a lot of Asian culture. I think a lot of families that have those Asian cultural roots in the house, there's a huge stress towards academics and arts at an early age. With my brothers and I, it was the mentality of my parents saying 'You're going to excel in academics and we are not going to waste any extra time on that. You're going to go to class, you're going to get your A's, and you're going to come home having already done your homework at school so that you can focus on the extracurricular athletic activities.'" he noted.

Full Article Link: <https://bit.ly/2MFTeQH>

BuzzFeed

Here's What Everyone Wore To The EW Comic-Con Party
They came. They saw. They slayed.

By Morgan Murrell on July 22, 2019

Rich Ting



Digital Link: <https://bzfd.it/2JYv2W3>



EDGE | STAR | POWER

AIN'T NOTHING BUT A TING

Warrior's Rich Ting aims to use his platform to inspire a new generation of Asian American fans.

Rich Ting had just two months to gain as much muscle as possible to play Bolo in the new Cinemax show *Warrior*, a crime drama based on the 1970s writings of Bruce Lee. That may sound like plenty of time, but this wasn't just a role for Ting—it was a dream personified. The pressure was definitely on.

As a kid growing up in Torrance, CA, Ting was drawn to anything that starred Bruce Lee. The legendary martial artist's sharp tongue and slick fight moves captivated fans across the globe, but Ting's fixation goes deeper.

"I'm a fourth-generation Asian American," says Ting, who's half-Japanese and half-Chinese. "I related to Bruce Lee because we had the same color hair, same color eyes. [It was cool] to see a male Asian actor play the hero."

Fast-forward a couple of decades, and now it's Ting who's suiting up to inspire as Bolo, a character based on the perpetual badass Bolo Yeung, in *Warrior* (which aired from April to June). For those who aren't in the know, here's a quick primer. Yeung is a Chinese-born martial artist, a former bodybuilder, and



an actor known for his villainous roles in cult classics like *Bloodsport* and *Enter the Dragon*. He was also a co-star and friend of Bruce Lee's, so it makes sense that he's characterized in a six-episode stint in *Warrior*.

That Ting would depict Yeung onscreen is a comical twist of fate. "When I was younger playing sports, I was usually the only Asian kid on the team," says Ting, who was a four-sport athlete in baseball, football, track, and basketball. "My friends would poke fun at me for being bigger than them, like, 'Rich, you're like that Bolo guy.' That used to piss me off because I always idolized Bruce Lee."



Ting began his eight-week program at 180 pounds (at left) and ended up tipping the scales at a lean 190 (above) to play Bolo in *Warrior*.

TAURIN DOLLERY/RYAN WEST



CATCH UP
Watch Season 1 of *Warrior* on Cinemax's streaming service, Max Go.



HERO/DAVID BLOOMER; TAU NIG DOLLEY

Ting could rap forever about the details of the eight-week transformation he underwent to pack on 10 fat-free pounds—his bodybuilding split, his six daily meals of fish and veggies and rice (and the occasional burger), and how hoisting heavier weights was his secret sauce. It was hard work, he says, especially limiting himself to only four days of training per week for recovery purposes. (Ting loves to train.) As an actor in Hollywood looking to transform from svelte to brawny, Ting is transparent about the options he had. “[Taking steroids] is always in the discussion,” he admits. “It never crossed my mind, though, to enter into

substances or enhancers. I don’t know what that would do to me, and I’m a huge control freak about my body.” The most enjoyable part of shooting for the “control freak” was the creative freedom he was given on set. “The first thing that [executive producer] Justin Lin and [creator] Jonathan Tropper told me was, ‘We don’t want you to replicate Bolo Yeung. We want you to bring your own style to the camera as Bolo,’” Ting says. “As an actor, that’s the best thing you can hear.” Ting’s take on Yeung is emotionally layered, portraying him as “a guy who puts on this powerful, tough-guy image, but that’s not really him.” But

By Andrew Gutman

he still attempted to pay homage to the hardened real-life Bolo during one particular scene. “We were filming this one fight, and I was flexing my pecs in the standoff, as Bolo is famous for doing,” Ting says. “I must’ve flexed them a dozen times, and they didn’t use one of those damn pec flexes! That was my biggest bummer.”

Regardless of that letdown, getting to play a hypermasculine Asian character, according to Ting, has empowered him to empower others. “If I can affect one young third- or fourth- or fifth-generation Asian American kid who is maybe getting bullied at school or having a tough time...if they can see me and be affected the same way I was when I saw Bruce Lee, that’s the ultimate win.”

WORKOUT
TING’S BOLO YEUNG CHEST WORKOUT

A mammoth in his day, Bolo Yeung was known for his developed chest. Here’s how Ting pumped up his pecs to bring that look to his own Bolo.

EXERCISE	SETS	REPS
HOIST MACHINE CHEST PRESS	4	15
HOIST MACHINE CHEST FLYE	4	12
FLAT BARBELL BENCH PRESS	5	15, 12, 8-10, 8-10, 8-10
INCLINE DUMBBELL PRESS	4	8-10
CABLE FLYE	4	12
SINGLE-ARM HAMMER STRENGTH PRESS	4	10-12
PUSHUP	3	50





Photos: Walter Piers
 Interview: Jodi Sells
 Edit: YSL

You're one of the rare actors that's actually from Los Angeles. Did you always know that you would be in the entertainment industry?

Yes, that is very true! I had two childhood dreams growing up: (1) play Division I collegiate football and (2) be a Hollywood actor. Even though I thought the second dream was more of a fantasy rather than a potential reality, I pursued my love for sports accomplishing my first goal of playing football at Yale University and winning an Ivy League Championship in 1999. However, wanting to be an actor in Hollywood and actually working as an actor in Hollywood are two completely different things. Having been born and raised in Los Angeles, I definitely believe that the surrounding "Hollywood" environment influenced me to want to pursue a career in acting. I remember seeing huge billboards for films, TV shows, concerts, brand names as well as attending school with children of famous celebrities. As a child, I often asked myself (1) why there was not a famous "Asian American" leading man and (2) why were all Asian actors (like Bruce Lee and Jackie Chan) martial artists or characters that could only fight and fly through the air. Legends like Bruce Lee definitely inspired and motivated me to pursue my study of martial arts but I was always curious why there was never an Asian American "dad," "boyfriend," "policeman," "firefighter," "lawyer," or "hero." All of my childhood friends told favorite actors that they could relate to ethnically and racially, however, I could never find that one Asian American leading man that represented my "hero." As a result, the dream and pursuit of becoming not only an Asian American actor but a leading man in Hollywood began. I am truly blessed and humbled for all the relationships, life lessons, and cultural experiences that I have been able to experience thus far in my acting career.

How did you initially get your start?

Having played Division I college football at Yale University, I continued to maintain my physical weight training and conditioning workout regimens as well as my martial arts while after graduating from college. Throughout my undergraduate and graduate school careers, I trained (as a hobby) at different acting studios as a way of pursuing my childhood dream of being a Hollywood actor. After graduating from both law school and business school, I was considerably approached and passed by stunt coordinators in Hollywood if I would be willing to do stunts in some upcoming feature films. With absolutely zero knowledge or experience in the film making industry, I decided to take this challenge as an opportunity to learn and educate myself on set etiquette, film and television culture, as well as just putting right me first. I promised myself (and also notified my close friends and family that were in the start business) that I would work in stunts until I was able to completely cross over to the acting side of the industry. As a result, I was fortunate enough to work on various major Hollywood feature films, gaining and obtaining an immense amount of knowledge and insight about the film making industry.

My career as an actor began in Los Angeles, cast for "Lenny" in the TV series, "Boyz n the Bask" (2007-2009) and "Headshot" in the Warner Brothers (Cartoon Network) feature film, "Ben 10: Race Against Time" (2007). That same year, I was also cast in the feature film, "Deadly Impact" and in 2009, I debuted on the big screen alongside Angelina Jolie in the film entitled, "Salt." It has been an absolute dream come true for me to be working in Hollywood as an actor, and I continue to live the dream every day I go to set and perform my craft in front of the cameras.

What actors had a positive impact on your own career and which ones would you want to work with if given the opportunity?

I had the opportunity to work with Angelina Jolie in "Salt." She was an absolute pleasure to meet, work, and train with. I will never forget when I lined her in a reserved suite at the Waldorf Astoria Hotel in New York City, in which was converted into an entire workout studio for us. I was patiently waiting for her alone in the suite when her security informed me that she would be arriving soon. Dressed in a long sleeve black turtleneck, black leggings, and black boots, Angelina entered the room, smiled, and extended her hand to me. "Hi, I'm Angelina, thank you so much for coming and helping me out in this scene." Dumbfounded by her genuineness and overall kindness, I simply replied, "It's my pleasure." After working with her on "Salt," I cannot put into words how incredible, professional, and loving she is as a person. I remember telling my mom after wrapping the film, "I now know why every woman wants to be like Angelina Jolie." I will never forget this memorable time working with her as an actor but more importantly getting to know her as a person.

Even though I have already had the opportunity to work with Angelina Jolie, it would be a dream of mine to work with her again as either a fellow actor or under her direction, as she is bringing more of her recent projects. Besides her obvious beauty and skills, I have come to respect and truly appreciate her more current films that she has directed and developed behind the camera. I think she is an extremely creative and brilliant filmmaker, and I would jump at the opportunity to work with her again in the future. It would be such an honor to say that I have not only worked with her as a fellow actor but have also been directed by her. Other actors that I would love to work with if given the opportunity are Dan Chee, Matt Damon, Mahershala Ali, Michael Pena, and Dwayne Johnson.

You're on the Cinemas series, Warrior. How were you first introduced to the series and what made you decide to jump on board?

Prior to being cast for Warrior, I had always heard from past documentaries and interviews of Bruce Lee that he had written a treatment for a potential television series called "The Warrior." I remember watching one interview in which Bruce discussed the notion of "The Warrior" and how it will never be made because it starts an Asian leading man. He continued to explain how Hollywood was not ready for an Asian leading man at the time (1970s) and as a result, the project would never be made. Once the audition process began for Warrior, I remember telling myself that this was the project I had been waiting for. It has been such an honor to be not only cast but also to be playing the real character of martial arts legend and close friend of Bruce Lee, "Bobo Yeung." This project has impacted me in so many ways due to my childhood connection with Bruce Lee, as he was the sole reason for why I began studying martial arts at the age of 4 years old and continues to be one of my lifelong idols. Having the opportunity to work with his daughter, Shannon Lee, as well as director/executive producer, Justin Lin, executive producer, Danielle Woodrow, and writer/showrunner, Jonathan Tropper, words cannot express how honored I am to bring to life an idea, vision, and dream of the legendary martial artist and my childhood idol, Bruce Lee.

On the show, you play the role of Bobo. What can you tell us about his personality and what you enjoy most about bringing his character to life?

Known for his notorious characters in "Enter the Dragon" and "Blood Sport," Bobo Yeung has been someone I have also idolized due to his muscular physique and overall strong character acting. In our initial meeting at HBO headquarters in Santa Monica, CA, Shannon Lee (executive producer), Justin Lin (executive producer), Danielle Woodrow (executive producer), and Jonathan Tropper (writer and showrunner) all emphasized that they were impressed with my martial arts background but cast me based on my audition performance. While the character of "Bobo" is a tribute to the real "Bobo Yeung," long time friend and co-star of Bruce, they wanted me to bring my own character and depth to "Bobo." In prep for this project, I did extensive work and training combining character choices and context for my character as "Bobo."

In Warrior, Bobo is the universally feared fighter and top lieutenant of the Hop Wei Tong. Despite being an exceptional martial artist, his loyalty and dedication to his tong is second to none as he is willing to sacrifice anything to protect his leader and savior, Father Jun. Without giving away any secrets of Season 1, the most rewarding part of being cast as "Bobo" was the fact that all the producers and writers told me that I did not have to mimic or imitate the real "Bobo." They stressed that I was cast for this particular role because of who I am and what I could bring to the character as "Rich Ting." I had the freedom to interpret and create a version of "Bobo" that was very true to me as well as attributing certain qualities to the original Bobo Yeung.

Typically throughout my acting career thus far, I have always trained and worked out in the gym to maintain certain physical size and physique. As with any project that involves fighting or physical training requirements, I believe that my background in sports and athletics as well as martial arts represents an additional tool and skillset that I am able to bring to the character. Focusing primarily on the character and depth of the character, I believe that my athletic background serves as a bonus. For Warrior, I remember Justin Lin asking me if I could put on about 10lbs of extra muscle without losing flexibility or fluidity of motion. It was the first time in my acting career that a producer asked me to gain weight and gave me the freedom to work out and train in the gym. It was music to my ears. Since playing Pop Warner football at the age of 9 years old to winning an Ivy League Championship at Yale University, I have always enjoyed working out and being in the weight room. It is my "iron paradise." I began to shift and adjust my weight training as well as physical conditioning in the gym immediately. I began to feel the effects of working out with heavier weights

almost instantaneously as it definitely affected my mental state as well. I felt stronger, healthier, and just overall more balanced in my life. I felt like I was training back in the day during my collegiate football days. I not only enjoyed this shift in my physically but it definitely impacted and added to my character analysis and portrayal of "Bobo."

I also enjoyed focusing on the specific Hungar Kung Fu style that stresses the principle of "minimum movement for maximum impact." Only a select few of the characters in Warrior have a backstory of being trained martial artists, each with their own specific style of fighting. This combination of unique martial arts styles throughout Season 1 provides the audience with an amazing arc and variety of fight choreography and action sequences that we are all extremely proud of.

What can you share about what will happen with Bobo and the rest of the cast in this first season?

Again, without giving away any spoilers or secrets about Season 1, all I can share is that Bobo and the Hop Wei Tong will encounter various positive and negative situations throughout their domination and control of San Francisco that will ultimately affect their presence and influence as the most powerful tong in the city. Conflicts from not only their rival tongs but also from the governing powers of San Francisco as well as the Irish community will force the Hop Wei to implement new strategies and objectives as they continue their dominance throughout Chinatown. Viewers can expect to see a great deal of blood, sex, drugs, and war as well as an array of cultural, political, and economic issues that will affect not only Chinatown but the greater city of San Francisco.

When it comes to fashion, which designers and styles appeal to your personality?

Throughout my life, I have always been drawn to the fashion world. In another lifetime, I would have loved to be a fashion designer and establish a global brand name and culture. Fashion trends come and go, but I have definitely been loyal and continue to support avant garde and high fashion designers, such as Rick Owens, Boris Bidjan Saberi, Prada, Balenciaga, Thom Krom, Greg Lauren, Ksubi, and Balmain.

What other projects do you have coming up in the near future?

In 2019, I will be seen on the final season of Amazon's "The Man in the High Castle," as well as ABC's new legal drama, "The Fix."

Twitter & Instagram: @RichTingWorld
 Facebook: Rich Ting World





Rich Ting Is Keeping The Legend Of His Martial Arts Heroes Alive In 'Warrior'

By Patrick Green on April 24, 2019



Like most Asian American boys of the strip mall-dojos generation, Rich Ting grew up wanting to be Bruce Lee. Before he knew how to read, the future taekwondo black belt learned how to operate a Betamax so he could watch "The Chinese Connection" and "The Big Boss" over and over again.

Ting now finds himself carrying on the legacy of Lee by stepping into the role of another kung fu film great. The Japanese/Chinese American actor plays Bolo, a character based on actor Bolo Yeung, in "Warrior," a new Cinemax show based on a long-lost treatment written by Lee himself. Yeung, the yoked "Enter the Dragon" baddie, was a good friend of the late, great martial arts legend, who wrote a part for his former student to play in his television project. And now that idea has been brought to life by Lee's daughter Shannon, executive producer Justin Lin and showrunner Jonathan Tropper.

"Now is the time to tell an Asian American story like it's never been seen before," says Ting, who described the experience as surreal. "I would never imagine myself helping to continue the legacy of Bruce Lee."

For an industry that often portrays Asian males as meek and effeminate, Lee was a living, breathing, ass-kicking superhero who Ting looked up to as a kid. "Just the way he's sitting in interviews," says Ting, while lounging inside the lobby of his downtown Los Angeles loft building. "A typical Asian would sit up like, 'I have to be respectful to this white interviewer,' but Bruce was confident in who he was. He was so ahead of his time."

Born in Southern California and raised in the Bay Area, Ting followed a path his parents had set for him and his brothers that deviated from the Asian American norm: They often stressed athletics over academics. His father is a well-known orthopedic surgeon and his younger twin brothers ended up playing football at USC under head coach Pete Carroll. Ting says, "Other Asian kids who had to do violin were like, 'Why don't you have to take music lessons?'"

Full Article Link: <https://bit.ly/332gsWj>



Cinemax's 'Warrior' Adds Rich Ting

By Mary Grace Costa on October 27, 2017



Actor Rich Ting has joined the cast of Cinemax's "Warrior," [according to Deadline](#).

Inspired by material written by Bruce Lee, "Warrior" is to be a 10-episode historical crime drama executive produced by "Star Trek: Beyond" director Justin Lin. The story will focus on the Chinese American community in late 1800s San Francisco and the growing tension between the city and the local Tongs, criminal organizations with tight holds on Chinatown.

Ting has had guests roles on "Supergirl" and "Rush Hour." He is set to play a notorious street fighter and a feared lieutenant of the Hop Wei Tong.

Full Article Link: <https://bit.ly/31aA2xY>



Get to Know 'Warrior' Actor Rich Ting with These 10 Fun Facts! (Exclusive)

April 5, 2019



The new Cinemax series *Warrior* is premiering tonight (April 5) and we caught up with actor Rich Ting to learn more about him!

The actor, who has also been seen in ABC's *The Fix* and Amazon's *The Man in the High Castle*, plays the role of Bolo on the new show based on an original concept by **Bruce Lee**.

Watch *Warrior* on Friday nights on Cinemax and check out the 10 Fun Facts below:

1. I always watch an hour of television prior to going to sleep no matter what time it is.
2. I am a huge fan of actors: Don Cheadle, Michael Pena, and Joel Kinnaman.

3. Even though I am not Korean, I can read, write, and speak Korean.
4. If I was not an actor, I would have liked to be a fashion designer.
5. I have always had a desire to be a professor and teach at the college/university level.
6. I prefer desserts, like cake, pie, ice cream, and pastries, over alcohol.
7. I am super OCD and always have to have clean shoes, whether they are sneakers, boots, loafers, or dress shoes.
8. My favorite country to visit is Japan because of the amazing food, fashion, and culture.
9. I am a proud dad of a 3.5lb teacup Maltese dog named Bada.
10. My pet peeve is dirty sunglass lenses.

Watch *Warrior* on Friday nights on Cinemax!

Article Link: <https://bit.ly/2LTyXqC>

backstage★

The Best Actors Don't Get Ready, They Stay Ready

March 29, 2019



The following Career Dispatches essay was written by [Rich Ting](#), who can currently be seen starring on [Cinemax's "Warrior,"](#) from the mind of Bruce Lee and creator Jonathan Tropper.

Every day, actors are judged, criticized, and rejected. It can be very intimidating and overall discouraging. The industry continues to test our commitment, willingness, self-sacrifice, and level of perseverance that we are

able to uphold and exercise in order to pursue our dreams as artists.

My journey thus far represents one in which I have refused to give up and stop. There have been numerous times in my career that I have hit a dead end or did not know what to do or what to focus on. These times have always tested my faith, courage, and belief in what my parents installed me as a child: to always keep working and never quit. Constant rejection and failed auditions have motivated me to continue to work on my craft but to focus on different aspects of the training, such as my physical health and scene study classes. I have found that by staying in top physical shape as well as working with other actors in my acting studio has provided me with the positive distractions from the everyday grind of auditioning and stressing about the next job. I pride myself on the notion of always "being ready," so I never have to "get ready" for the next potential role or project. The most detrimental thing any actor can do to sabotage their career is to literally stop.

Throughout my early life, I was always searching for something that would wake me up in the morning and get me out of bed. In college, I heard all of my classmates discussing their future plans and career goals, but I still had not pinpointed exactly what I wanted to do. I always knew regardless of what I chose as a future career that I would need to absolutely love it, be it, and live it every day of my life. From being a history major at Yale University while completing all of my pre-med requirements to earning a joint J.D./MBA dual degree in graduate school, I still did not know what I wanted to do with my life.

THE 
HEDONIST

"YOU CAN BE, DO, AND HAVE ANYTHING YOU WANT."
- ABRAHAM HICKS

Interview with RICH TING | A True Warrior

By Armand Alvarez on April 9, 2019



Since we are all unique human beings, we all have our own perception of things and ways of living. A true Warrior is often defined by physical actions, but beyond that, it is also a mindset which one united with another will bring the highest results. When we do and act from an inspired action, which always starts from within, you

will manifest the best version of yourself in a physical form. When we believe in our unlimited power, the outcome will continuously expand into limitless possibilities of our becoming.

In this inspiring interview, you will discover that actor Rich Ting is a true Warrior. Not only because he is portraying *Bolo*, the real-life character close friend of martial arts legend Bruce Lee in the new series *Warrior*, but because through his real-life experiences he uses his soul and mind as one.

Introduction

Please introduce yourself briefly. Who, in your own words, is *Rich Ting*?

Rich Ting is a 4th generation Chinese-Japanese American who was born in Torrance, CA, and grew up in both Southern and Northern California. At the age of 4-years old, he began his training and studying of Tae Kwon Do, earning his 1st-degree black belt at the age of 13-years old. Raised in an athletic family, Ting earned Varsity letters in all four sports in high school: football, basketball, baseball, and track. While his parents stressed the importance of balancing both academics and athletics, Ting's childhood dream was to earn an athletic scholarship and play Division 1 college football. That dream became a reality when he was recruited by various Pac 10 (currently the NCAA Pac 12 Conference) and Ivy League colleges, ultimately committing to play football at Yale University. The son of a sports orthopedic surgeon, Ting fulfilled all of his pre-medical requirements but his true academic interest lay in the humanities. He graduated from Yale University with a B.A. in History/American Studies continuing his academic studies in graduate school, where he earned both J.D. & M.B.A. degrees.

Rich Ting is a Gemini. While many judge a book by its cover, Ting's closest friends would say he is not only the comic relief of the group but a humble and appreciated person.

Full Article Link: <https://bit.ly/2Ka1mFm>



INTERVIEW: RICH TING, actor, martial artist, "BOLO" from WARRIOR

May 16, 2019

Actor, martial artist, model, athlete, RICH TING joins me to talk about his role as BOLO in the Cinemax series based on Bruce Lee's notes, WARRIOR. Rich shares his journey from academic to athlete to actor, making his mark in the industry, plus embracing the role of Bolo in Cinemax's WARRIOR, where Rich comes full circle with a part he may have been destined to play. PLUS, Rich shows off his K-Pop knowledge and tells you who in the Warrior cast would win a twerking contest! We discuss, debate and dissect kung fu movies and martial arts cinema past, present, and future!

Digital Link: <https://bit.ly/316x25o>



Rich Ting Interview

January 29, 2018



AfterBuzz TV's Mini Spotlight edition, is a short form interview series featuring actors & artists discussing their roles and shows as well as their thoughts, passions and journeys. In this episode host Morgan Willett interviews Rich Ting.

Digital Link: <https://bit.ly/2YhUUUpY>

UNCLEAR
MAGAZINE

Rich Ting Interview

By Tiffany Arunarsirakul on February 13, 2018



Born in Los Angeles with a Chinese and Japanese descent, actor Rich Ting is featured in Paramount Network's "Waco," which looks into the 1993 standoff between the FBI, ATF, and Branch Davidians. "Waco" premiered January 28, 2018, and in Fall 2018, Ting will be in the Cinemax drama series "Warrior;" this will be a series inspired by Bruce Lee, taking place in the late 1800's San Francisco Chinatown. In addition, Ting will have his short drama "Prisoner of Mind" in 2018 film festivals. Ting has roles in a variety of films, whether in the United States or Asia. He also carries a 1st degree black belt in Tae Kwon Do and modeled for various companies such as Chase Credit Card, Gucci, Louis Vuitton, Dolce & Gabbana, and Giorgio Armani.

What do you remember from your first audition and the experience from it?

RICH: *"The only thing I remember from my first audition was how nervous and scared I was to read for the casting director. Having prepped all of my lines well in advance, I suddenly became so anxious waiting in the lobby that I started blanking on all of my scenes. Long story short, I honestly do not remember exactly what happened inside the casting room but definitely know I did not deliver the scene as I had prepared it at home. I used this uncomfortable and frightening audition as a learning experience to prepare and train from for potential auditions in the future."*

Do you think where you grew up and who you grew up with influenced your decision to be an actor in any way?

RICH: *"Having been born and raised in Los Angeles, I definitely believe that the surrounding 'Hollywood' environment influenced me to want to pursue a career in acting. I remember seeing huge billboards for films, TV shows, concerts, brand names as well as attending school with children of famous celebrities. As a child, I often asked myself (1) why there was not a famous 'Asian American' leading man and (2) why were all Asian actors (like Bruce Lee and Jackie Chan) martial artists or characters that could fight and fly through the air."*

Actor Rich Ting Talks “Warrior”, Bruce Lee, Martial Arts, and Upcoming Projects in 2018

By Matthew Owen on January 22, 2018



Rich Ting is a multi-lingual and extremely talented actor, rising to the top of nearly everything he puts his mind to. His college years were full of sports accomplishments, and his multiple black belts do more than reinforce his commanding physicality. He has appeared in front of the camera and behind it as well, functioning as an actor, stuntman, director, and more. Starting out in television and appearing on shows such as *NCIS: Lost Angeles*, *Supergirl*, and *Beyond the Break*, Rich's portfolio only grew from there. Since then he's appeared in

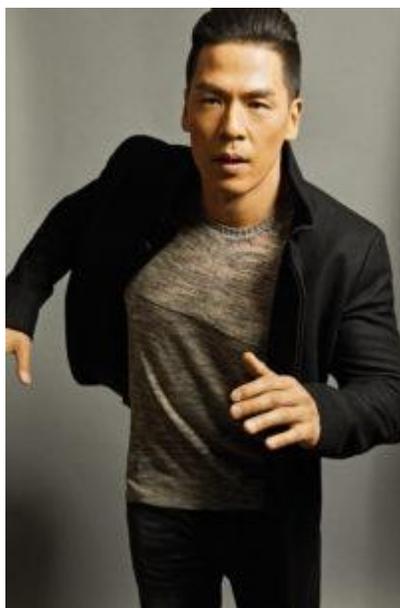
projects around the world, including Korean projects like *Iris 2: New Generation* and the 2013 film *Lone Survivor*. Fans of Rich Ting can look forward to seeing him in the Cinemax series *Warrior*, a gritty crime drama set in an 1800's Chinatown. We got the chance to talk with Rich Ting and ask him a bit about his life, his accomplishments, and his works.

Thanks for taking the time to answer my questions! You've been all over the world, holding a variety of positions in a smattering of entertainment industries. Your newest project, “Warrior”, will be airing on Cinemax in the fall of 2018. The show is inspired by the works of martial arts legend Bruce Lee and aims to tell a dramatic crime story set in San Francisco's Chinatown in the late 1800's. Could you tell me a bit more about your character on the show?

The drama is inspired by an idea from the late martial-arts star Bruce Lee. “Warrior” is an action series set against the backdrop of the Tong Wars of San Francisco's Chinatown in the second half of the 19th century. It tells the story of Ah Sahm, a martial arts prodigy who immigrates from China to San Francisco and becomes a hatchet man for one of Chinatown's most powerful organized-crime families. Based on the real character and close friend of Bruce Lee, “Bolo Yeung”, I will be playing the character of “Bolo,” the universally feared fighter and top lieutenant of the Hop Wei Tong.

**TRUNK
SPACE****Rich Ting**

January 24, 2018



Rich Ting is simultaneously living two dreams.

As an actor, the Los Angeles native is firing off a career catapult, working in projects that are both creatively-fulfilling and watercooler-worthy, such as “Waco,” which premieres tonight on Paramount Network.

As a person, he is furthering lifelong interests. Training in martial arts even before he entered school, Ting has idolized Bruce Lee since he was just a boy and now finds himself starring in “Warrior,” an unfulfilled project of the iconic martial arts legend that is set to debut on Cinemax later this year.

We recently sat down with Ting to discuss his “Waco” journey, how he approaches playing non-fictional characters, and why landing a role in “Warrior” has impacted him so profoundly.

TrunkSpace: You’re set to star in “Waco” for Paramount Network, which premieres tonight. When you’re working on a project that is not only based on actual events but is also telling the story of actual people, does it put you in a position to approach the material in a different way than you would a fictional piece?

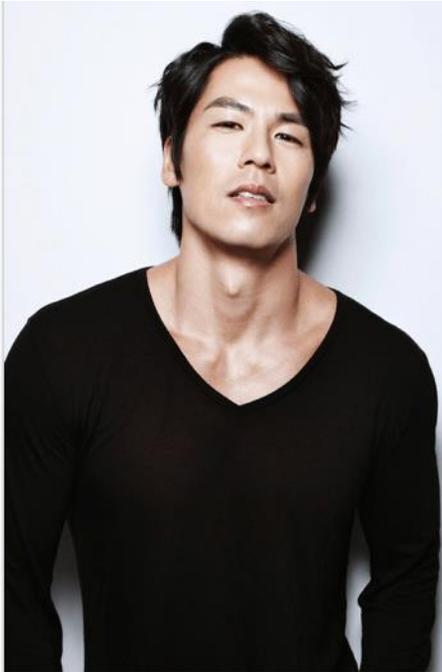
Ting: Yes, definitely. As an actor, I want to embody and completely resemble the real character/individual as accurately and specifically as possible. Having the opportunity to speak with the individual, his/her family members and friends as well as visiting places or locations that are significant to that individual character’s past and/or present life (i.e. schools, neighborhoods, work places, churches, vacation spots, etc.) are all examples of the character developmental process that I focus on. I am not only grateful to be working as an actor in Hollywood but to have the opportunity to be cast as an actual real-life person is truly an experience that ultimately flatters and humbles me. As a result, my detailed prep work and character research as well as my overall commitment in representing these characters on film is my way of honoring them and what they have accomplished and contributed to the world.

CELEBRITYHAUTESPOT

The latest news and interviews about Hollywood's rising stars

Interview with Rich Ting From "Waco"

January 22, 2018



We recently had the chance to chat with Rich Ting from "Waco." Rich talked about getting his start in the entertainment industry, working on "Waco", upcoming projects, and more!

1. How did you get your start in the entertainment industry?

Having played Division I college football at Yale University, I continued to maintain my physical weight training and conditioning workout regimens as well as my martial arts well after graduating from college. Throughout my undergraduate and graduate school careers, I trained (as a hobby) at different acting studios as a way of pursuing my childhood dream of being a Hollywood actor. After graduating from both law school and business school, I was coincidentally approached and asked by stunt coordinators in Hollywood if I would be willing to do stunts in some upcoming feature films. With absolutely zero knowledge or experience in the film making industry, I decided to take this challenge as an opportunity to learn and educate myself on set etiquette, film and television culture, as well as

just "jumping right into the fire". I promised myself (and also notified my close friends and family that were in the stunt business) that I would work in stunts until I was able to completely cross over to the acting side of the industry. As a result, I was fortunate enough to work on various major Hollywood feature films gaining and obtaining an immense amount of knowledge and insight about the film making industry.

My career as an actor began in Los Angeles, cast for "Lenny" in the TV series, "Beyond the Break" (2007-2009) and "Heatblast" in the Warner Brothers' (Cartoon Network) feature film, "Ben 10: Race Against Time" (2007). That same year, I was also cast in the feature film, "Deadly Impact" and in 2009, I debuted on the big screen alongside Angelina Jolie in the film entitled, "Salt".

2. How did you land your role in "Waco"?

I was cast for the role of F.B.I. Hostage Rescue Team (H.R.T.) sniper, "Lon Horiuchi", in the Paramount TV series, "Waco." My agent notified me that casting was searching for a Japanese American actor to play the role, and they wanted to find someone who closely represented the real life character. I was cast by director, John Erick Dowdle, as the recurring character of the F.B.I.'s top sniper in the series. Coincidentally, this was my second casting as a true, real life character starring alongside fellow actor, Taylor Kitsch. I previously filmed with Taylor Kitsch in the feature film, "Lone Survivor," where I played U.S. Navy Seal, "James Suh".

Full Article Link: <https://bit.ly/2YHyrSI>



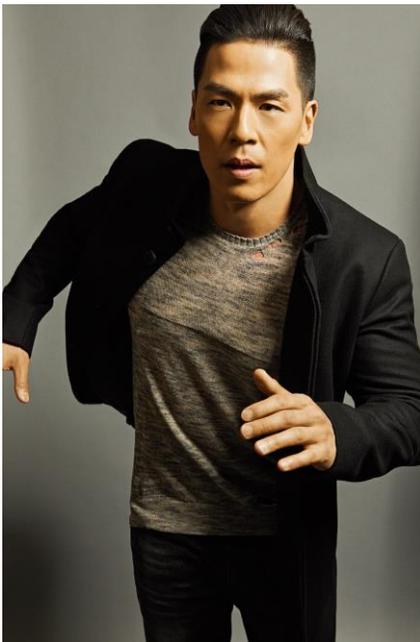
Rich Ting Talks 'Waco,' 'Warrior' and the Inspiration he found in Bruce Lee (Exclusive Interview)

January 24, 2018



Rich Ting's acting career has come full circle in an inspiring way.

You might recognize Ting from his previous roles on *NCIS: Los Angeles* and *Supergirl* as James Suh on the 2013 film *Lone Survivor*. Next up, Ting stars as Lon Horiuchi on Paramount Network's *Waco* and as Bolo on the upcoming Fall series, *Warrior*.



I recently had the chance to chat with Ting about the decisions that led him to become an actor and his roles on both *Waco* and *Warrior*.

"I am a fourth generation Asian American," Ting began. "My grandparents were born in Los Angeles and Oakland California, and so, to say the least, I've been around for a while in the states, growing up in a household where my mom, she's of Japanese descent, and my dad is of Chinese descent, they only spoke English. The only kind of culture we had was eating white rice and removing our shoes before entering the house, and that was more due to my mom's anal retentiveness and not dirtying the floors and all that stuff. That being said, I always was fascinated from a very young age with the martial arts and Bruce Lee."

"At the age of four, I began studying martial arts and training, so what motivated me to start training at the age of four was my exposure to Bruce Lee and his films when I was three," Ting continued.

His focus on athletics continued throughout his childhood. "I was expected to participate in the traditional sports including football, basketball, baseball, and track, and which I continued to do all the way through high school. I lettered in all four sports and went on to play college football at Yale University, which was my first childhood dream," he recalled.

SPOILER TV

Waco – Rich Ting Interview

February 16, 2018



Interview with Rich Ting from Paramount Network's Limited Series, "Waco"

The buzz surrounding Paramount Network's upcoming limited series, "Waco" is palpable and SpoilerTV is beyond thrilled to be conducting an interview with one of the show's stars, Rich Ting!

For those who are not familiar with the events surrounding "Waco," the show will chronicle the 1993 standoff between the Branch Davidians, a spiritual sect led by David Koresh, and the FBI and ATF. The series premiered on the Paramount Network on January 24, 2018.

Rich, we are so glad to have you joining us for your first interview with SpoilerTV! Your background in acting, modeling, and martial arts is beyond impressive. For fans that are just getting to know you, can you give us a quick background on who you are and what you are passionate about?

Hi! My name is Rich Ting, and I was born and raised in Los Angeles, CA. Having been inspired by the legendary martial artist, Bruce Lee, I began my training of martial arts at the age of 4-years old and earned my 1st-degree black belt at the age of 12 years old. I have continued my martial arts training to the present day studying Tae Kwon Do, Jeet Kune Do, Wing Chun, Jiu Jitsu, as well as various weapons, including nunchucks, boa staff, knives, samurai swords, and Filipino escrima sticks. When my family relocated to the Bay Area, I went to high school in San Francisco where I played Varsity football, basketball, baseball, and ran track and field. I went on to fulfill my first childhood dream of playing Division I collegiate football at Yale University where I won an Ivy League Championship in 1999. After successfully graduating with a B.A. in history, I continued my graduate studies by attending law school and M.B.A. school.

Throughout my undergraduate and graduate school careers, I trained (as a hobby) at different acting studios as a way of pursuing my childhood dream of being a Hollywood actor. After graduating from both law school and business school, I was coincidentally approached and asked by stunt coordinators in Hollywood if I would be willing to do stunts in some upcoming feature films. With absolutely zero knowledge or experience in the film making industry, I decided to take this challenge as an opportunity to learn and educate myself on set etiquette, film and television culture, as well as just "jumping right into the fire."

Full Article Link: <https://bit.ly/2My3ucX>



Q&A: Triple Threat Rich Ting Talks Acting, Modeling, and Being A Stuntman in Hollywood

By Christina Jeter on January 22, 2018

Born in Los Angeles, California and of Chinese and Japanese descent, Rich Ting is the quintessential ingredient to movie making success. Landing lead roles in front of and behind the camera, so highly in demand are the expertise of Ting 'Je Ne Sais Quoi' that when not in a movie studio he is on a billboard or magazine feature advertising luxury fashion brands.

In 2013, Ting made his Korean debut in the KBS (Korean Broadcasting System) espionage TV drama series entitled, "Iris 2: New Generation". Shot a short drama film, "Prisoner of Mind" in New Mexico, which is set to be submitted to film festivals in 2018. Stars in Paramount Network 'Waco' on January 24, 2018 and Cinemax drama series "Warrior" Fall 2018.

Did you know how to speak Korean before you worked on projects in the Korea?

Yes, I am proud to say that I am conversational in Korean. Prior to working in Korea in 2014, I did not know how to speak Korean at all. As a fourth generation Chinese-Japanese Asian American, Korean has always been a language that interested me. Because I have had a tremendous appreciation of Korean dramas and cinema as well as music, I eventually wanted to have an opportunity to study the language. Having arrived in Korea in the summer of 2014, I quickly submerged myself with the Korean culture and began studying Korean intensely. After a couple weeks, I could read and write and after a few months, I was able to have basic conversations with people. Once I began to understand and interact with my Korean friends, my comprehension and overall vocabulary quickly picked up speed. I always say that "you learn what you love", and I definitely love the Korean language.

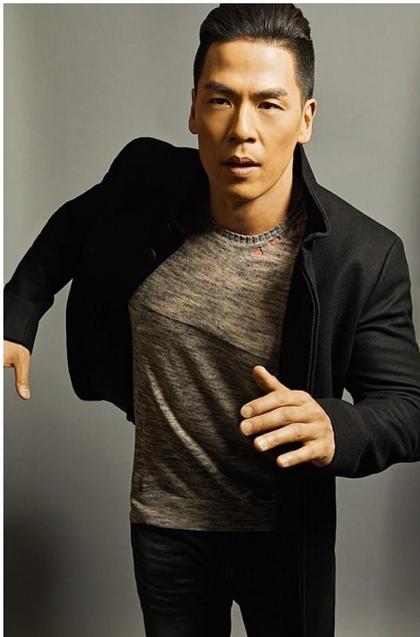
What was your role in the film "Prisoner of Mind"?

I play the character of "Paul Nguyen", a graduate student at Georgetown University in Washington, D.C., who works as a tour guide for people visiting the National Mall, including the Vietnam Memorial. Unbeknownst to Paul, Vietnam War vet, "Sgt. Matthew Medder," has been stalking and studying Paul and his family's background. Sgt. Medder, a Vietnam P.O.W. who was a prisoner in a North Vietnamese prison camp, discovers that Paul is the grandson of the North Vietnamese commander that held him captive.

ICON *vs.* ICON

Warrior's Spirit: Rich Ting on Breaking Into Hollywood and Making an impact!

By Jason Price on January 25, 2018



Hollywood is filled to the brim talented people. However, you'd be hard pressed to find a more diverse resume in the entertainment industry than the one belonging to Rich Ting. His journey to stardom began a few decades back, as an Asian-American kid growing up in Los Angeles, California. He spent his formative years as a five-sport athlete (including football, basketball, baseball, track and field, and martial arts). His competitive spirit allowed him to fulfill his childhood dream of playing collegiate football at Yale University, winning an Ivy-League Championship and graduating with a B.A. It was at Yale that Ting began to explore and develop himself creatively as an artist in the theatrical world. Following graduation, Ting decided to continue his pursuit of academics and attended law school and business school graduating with a dual J.D./M.B.A. degree. It was after graduate school that he decided to switch career paths and venture into the entertainment world.

Ting returned to Los Angeles to pursue his career as an actor, being cast for the role of "Lenny" in the television series, "Beyond the Break" (2007-2009) as well as "Heatblast" in the Cartoon Network movie, "Ben 10": Race Against Time (2007). With a strong foundation and background in a variety of martial arts, Ting began to learn the art of movie-making from the ground up as a stunt performer. This work in the trade includes stunt work in "Stand Up Guys", "The Green Hornet", "Salt", "Ben 10: Race Against Time", "Gamer", "G.I. Joe: Rise of Cobra", "Deadly Impact", "Crank 2: High Voltage", and "Mask of the Ninja".

His hard work and dedication to his craft didn't go unnoticed. Ting then went on to film in Asia when cast for the lead role of "Xon Sa Ma" in the historic film, "Huyen Su Thien Do", commemorating one thousand years of Thang Long – Hanoi. He also starred as "Michael" in a Korean-based drama television series, "Two Families". In 2013, Ting made his Korean debut in the KBS (Korean Broadcasting System) espionage TV drama series entitled, "Iris 2: New Generation". It wasn't long before Ting was cast for the role of Navy Petty Officer 2nd Class, James Suh, in "Lone Survivor" (2014). Directed by Peter Berg and starring Mark Wahlberg, Taylor Kitsch, and Eric Bana, "Lone Survivor" is based on the true story and events of SEAL Team 10 and their mission, "Operation Red Wings," targeting the capture and/or kill of Taliban leader, Ahmad Shah.

BRIDGET CAMPOS NEWS FEATURES

Rich Ting: Interview with the Co-Star of the TV Miniseries 'Waco'

By Bridget Campos on January 31, 2018



Tall, athletic, handsome, funny and smart....what more could you ask for?

This triple threat is making heads turn whether he's on the set, working out, or strutting the runway. Born and raised in California, Rich Ting is living his childhood dream of making it in Hollywood and it all started just by chance. After working briefly at a law firm, Rich decided to try out acting and landed his first role as 'Heatblast' in the Cartoon Network movie, *Ben 10: Race Against Time* and hasn't looked back since. So far he has an impressive resume both

in modeling (Dolce & Gabbana, Gianni Versace, Adidas, Bvlgari, etc.) and the entertainment world (*Make Your Move 3D* and the Korean-based drama series, *Two Families*).

BCNF spoke with Rich about his latest project, *Waco*, starring a slew of talented stars such as John Leguizamo, *Supergirl's* Melissa Benoist, *Birdman's* Andrea Riseborough, and two-time Oscar nominee Michael Shannon; as well as who he looks up to as a martial artist and what's his workout regime to staying in top notch shape.

Bridget Campos News Features: Tell us about your role in the new TV miniseries, *Waco*.

Rich Ting: *Waco* is the events leading up to the 51-day-siege of the Waco, Texas compound occupied by David Koresh and his followers. The six-episode series opens up with the events actually starting at the Ruby Ridge incident in Naples, Idaho in 1992. It was a similar situation where individuals were stockpiling heavy arms and artillery. They ended up being reported to the authorities. Eventually, the FBI and ATF had to step in with an arrest warrant to take away their arms and arrest those people at Ruby Ridge. I play Lon Horiuchi a former FBI HRT sniper agent. The reason why he is significant in the story is that he was the key sniper that the FBI brought in to take out the two Weaver brothers that were taking refuge at a cabin area in Ruby Ridge. This incident in fact inspired David Koresh in the early stages when he was forming his own followers at his Waco compound. It motivated him to go against the Feds and US government at that time. Another reason why Lon Horiuchi is of interest is that not only was he involved in the controversial deployment at the 1992 Ruby Ridge standoff, but also, ironically the 1993 Waco siege.

Full Article Link: <https://bit.ly/2KhISD0>



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