TV Host/Hunk Allan Wu Doesn't Think Muscles And Bikes Make The Man

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BY TEAM SERIOUSLY MAN (HTTP://SERIOUSLYMAN.COM/AUTHOR/NICTSECM/) NOVEMBER 14, 2014 0 COMMENT (HTTP://SERIOUSLYMAN.COM/5-MINUTES-WITH-ALLAN-WU/#COMMENTS)



If the so-called 'bad boys' always get the girls, then you would need to start shopping for your go-to bad boy paraphernalia, right? Wrong. Or at least, that is the sentiment echoed by Allan Wu; you have probably seen him host three different editions of The Amazing Race, or you have probably seen him on the cover of a men's magazine. But on one particular night last week, we saw him elsewhere: at Singapore Indoor Stadium, right after the ONE Fighting Championships mixed martial arts (MMA) event. And from what we gleaned from the quick chat we had while on an adrenaline high, Wu hardly thinks you have to resort to Harleys or sculpting an eight-pack to be The Man.

It has to come from somewhere... deeper.

SM: Hello there, Allan! Great meeting you post-ONE FC. Tell us more about what's going on with you nowadays.

AW: I've been quite busy at the moment. 'Mata Mata 2: A New Era' is currently screening on Mondays at 8PM on Channel 5, and the cast is busy promoting the show. I'm also working each day on a new Starhub show called 'MIK: Men in Kindergarten', where I get to be a teacher at a preschool and see what it's like to work with children all day long.

Finally, I am also trying to wrap up filming for 'The Amazing Race China Celebrity Edition' for the China market so I'm excited to be hosting the third version! It's already the second highest rated show in all of China! This might mean I'll need to head over there more often to flex my Mandarin speaking skills. Hah!

SM: You look to be in great shape. Do you practise MMA or any other combat sports yourself? If so, how often?

AW: I have always enjoyed being active and working out, but I have never dabbled in MMA as much as I would have liked. I used to do a bit of *Wushu* when I was younger, but now I've been swimming and going to the gym more. As I get older, I realized it's more about maintenance and doing exercises which I'm less likely to get injured because everything just takes so much longer to heal.

SM: On a scale of I-IO, how important a role does fitness or looking ripped play in a man's quest for confidence?

AW: I would say about a '5', because I think a man's confidence is not necessarily directly correlated with how fit or ripped he looks. Being in great shape will take you halfway to '5', but it's that inner belief and one's ability that will propel him the rest of the way to a potential '10'.

SM: We notice you have a thing for bikes. What's your take on the supposed 'badass' edge that bikes give us guys?

AW: Hah! I love riding a motorcycle. Actually, for this ONE FC event, I drove because it was raining cats and dogs. But usually, I prefer to ride a motorcycle because I truly enjoy the freedom and sense of adventure that you get on a bike. You never have to worry about traffic and finding parking, and nothing beats having the wind blow on your face.

I don't think being a biker necessarily makes you a 'badass', but it certainly gives people the impression that you might be somewhat of a risk taker and definitely have the potential to be a 'badass'!

SM: Whether a man is 'badass' or not, and whether it is personal style, career or dating and relationships, what is the one big life tip you would dispense to the guys?

Listen. Too many men these days spend too much time trying to look this way or talk that way, so much so that they fail to realize that in the end it's all about not hearing what others has to say, then responding accordingly. Sure, it doesn't hurt that a man is well groomed, well dressed, articulate, fit, and has a great sense of humor. But it all begins with simply listening and understanding what he/she needs and wants. From there, the man will have a good starting point as to what's important and not important so that will save a lot of time, effort, and energy.

SM: Over here at SERIOUSLY MAN, we love to hear people give their unique take on what it means to be the ultimate modern day man. What is it to you?

Treating anyone and everyone with the same respect that you would like them to treat you. And from there, the world becomes a much better place...

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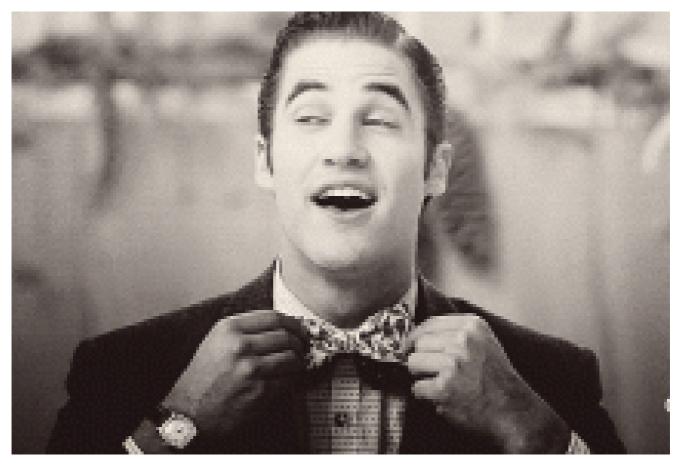
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