

One of the great, founding heavy metal bands is profiled on the MVD release **MC5 Kick Out the Jams** (UPC#022891444893, \$15). The 33-minute program is a wonderful collection of rare clips from the late Sixties, in viable but grainy color, which capture the band in all of their glory. There are a dozen numbers in the collection, performed at various festivals and concerts, and intercut with the usual Sixties lightshows and political inserts, as the band's music drifts from a hard rocking blues into something more abstract and daring, which would eventually grow into the heavy metal everyone knows and loves. The full screen picture is tolerable, considering its antiquity, and the 5.1-channel Dolby Digital sound, though a touch tinny, is still fairly satisfying. There is no captioning. Also featured is an intriguing but rambling 2003 interview running 22 minutes with former band member John Sinclair.