

丝绸 之路 功夫 友谊 之旅

by 石龙



Silk Roads Kung Fu Friendship Tour



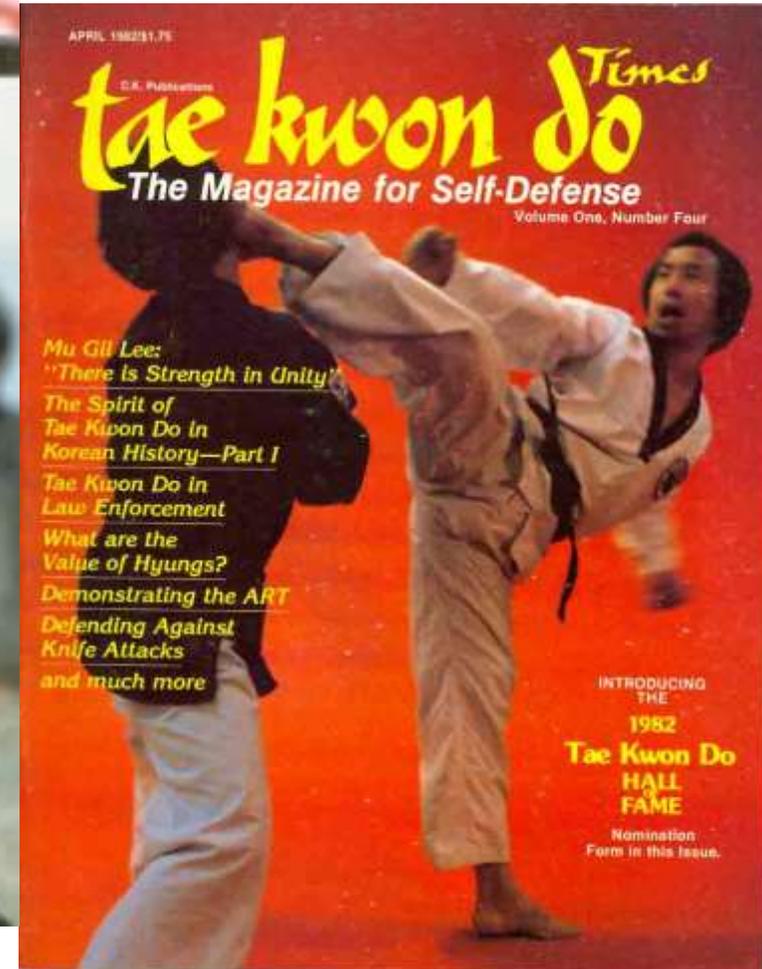


Why make this PPT?

1. To introduce the fabulous Silk Road countries to those not familiar with them and show they really are exciting, fun and colorful, with friendly good welcoming people everywhere.
2. To introduce Silk Road tourism and sports journalism, and show how popular Wushu is everywhere, &
3. Just for fun!

5. Oh yeah,
I was also writing
series of articles
for two American
magazines:

- Kung Fu Taiji
Magazine &
- Taekwondo
Times Magazine



Does the phrase “Silk Roads” bring a yawn...

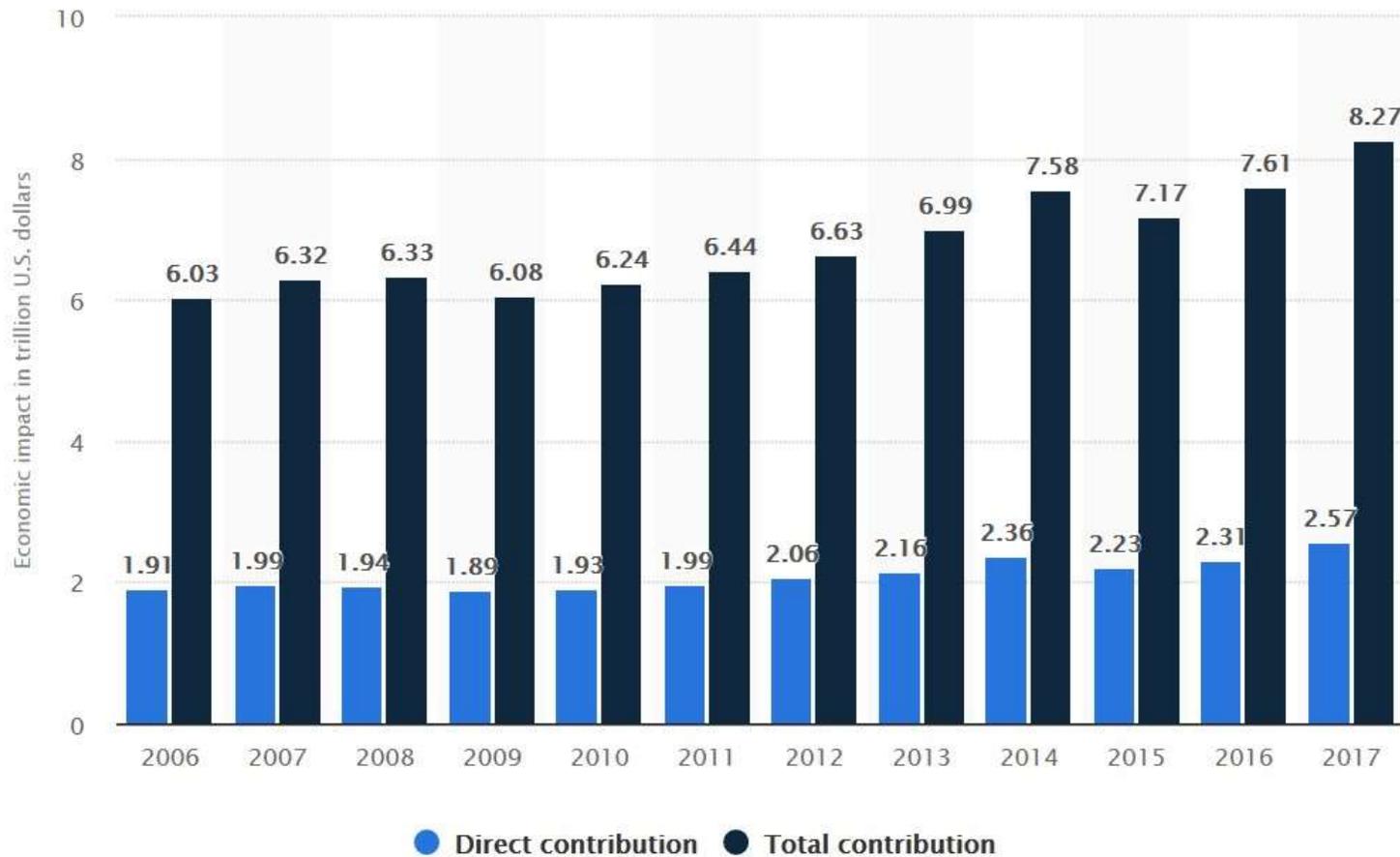


- To some of the younger people in this audience?
- If yes, please remember the number:

8.27

- What does 8.27 mean?
- Ha! Check out the next slide.

Direct and total contribution of travel and tourism to the global economy from 2006 to 2017 (in trillion U.S. dollars)



DOWNLOAD

SETTINGS

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PNG



PDF



XLS



PPT



DESCRIPTION

SOURCE

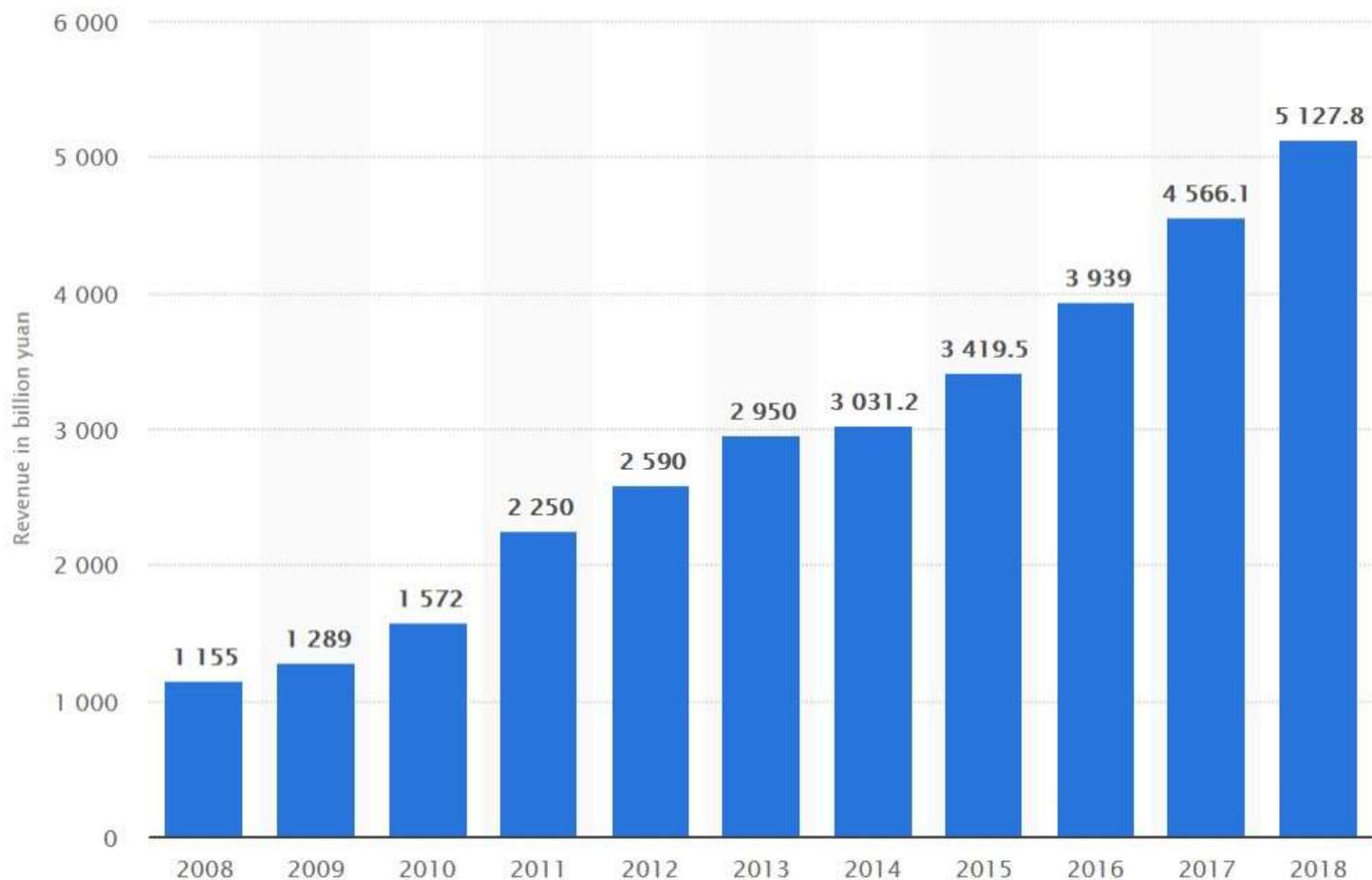
MORE INFORMATION

This statistic shows the direct and total economic impact of travel and tourism on the global economy from 2006 to 2017. The direct economic contribution of travel and tourism amounted to approximately 2.57 trillion U.S. dollars in 2017.

Global travel & tourism industry - additional information

A highly valuable industry to the global economy, travel and tourism's contribution has steadily increased for over a decade. [North America](#) makes the largest contribution in this area, closely followed

China's revenue from tourism from 2008 to 2018 (in billion yuan)



DOWNLOAD

SETTINGS

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DESCRIPTION

SOURCE

MORE INFORMATION

The graph shows revenues of the Chinese tourism industry from 2008 to 2018. In 2018, revenues from tourism had amounted to about 5,128 billion yuan.

Tourism industry in China - additional information

The [global tourism industry](#) had generated between six to seven trillion U.S. dollars in revenue over the past years. The term tourism in this context includes travel for recreation, leisure, business or other purposes. As an interlinked industry, tourism has an impact on several other industries such as retail, accommodation and transportation. In 2013, China

[About this statistic](#)

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[Show source](#)

[Show more](#)





FACTS & FIGURES

- ▶ Exponential growth of Sports Tourism as the World Is **“Sports Mad”**
- ▶ Sport is considered a **DESTINATION** while sporting facilities are considered **TOURIST ATTRACTIONS**
- ▶ Fans/Spectators are travelling specifically to attend sporting events
- ▶ 3 Different types of Sports Tourism:
 - ▶ **Sport Event Tourism** - Olympics, World Cup Rugby, Cricket, Soccer, WTA
 - ▶ **Active Sports Tourism** – individuals actively participate or engage in sports related travel as a form of leisure
 - ▶ **Nostalgia Sports Tourism** – Travellers visiting sport related attractions

FACTS AND FIGURES

CONT

Global Sports Market Total revenue:

- ▶ 2005 - 46.5 Billion USD
- ▶ 2017 - 90.9 Billion USD
- ▶ Past 5 years 75.3 Million US Adults attended organized Sports events
- ▶ 2/5ths of US adults are Sport travellers
- ▶ Sport event travellers are spending as much as the total spend of all types of travellers



GLOBAL WELLNESS
INSTITUTE™
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Global Wellness Economy Monitor

OCTOBER 2018



Thematic Tourist Promotion of Trans-Saharan Trade Route & Niche Market Tourism Database for Five North African Nations

By Gregory Brundage
Silk Road Virtual University

What's this about? There are ways to make those huge numbers \$\$\$\$ even BIGGER!

My Silk Roads Martial Arts Journey



THE SILK ROAD
KUNG FU
FRIENDSHIP
TOUR

AND SILK ROAD
TAEKWONDO
QUEST

WITH WRITER G. ABDUL RASHID

LIVE YOUR

DREAMS

For more than 2,000 years the Silk Roads connected the east and west. **It has always been the economic, social, educational and artistic heart of the world.** This is where the world's oil, gold and other natural resources reside. Outside powers rise and fall regularly, but the Silk Roads remain....



Isn't it dangerous?

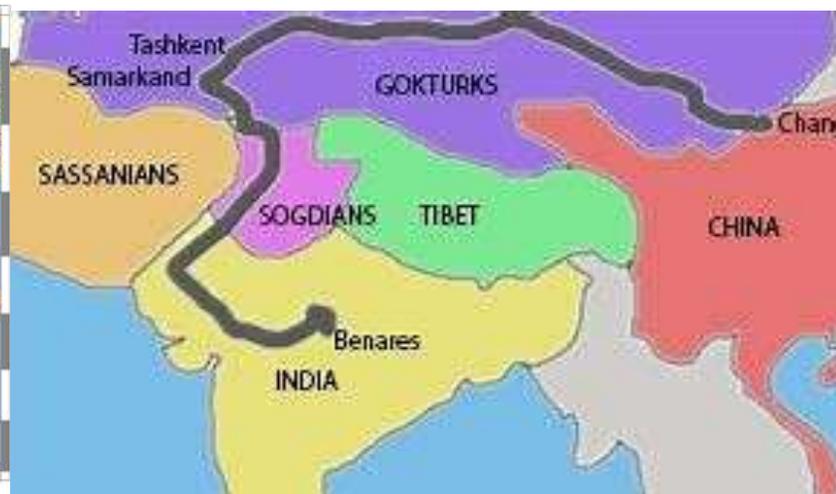
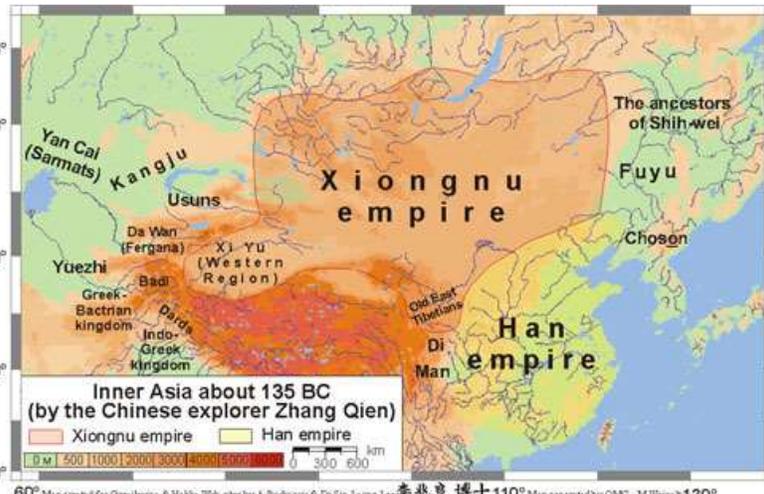
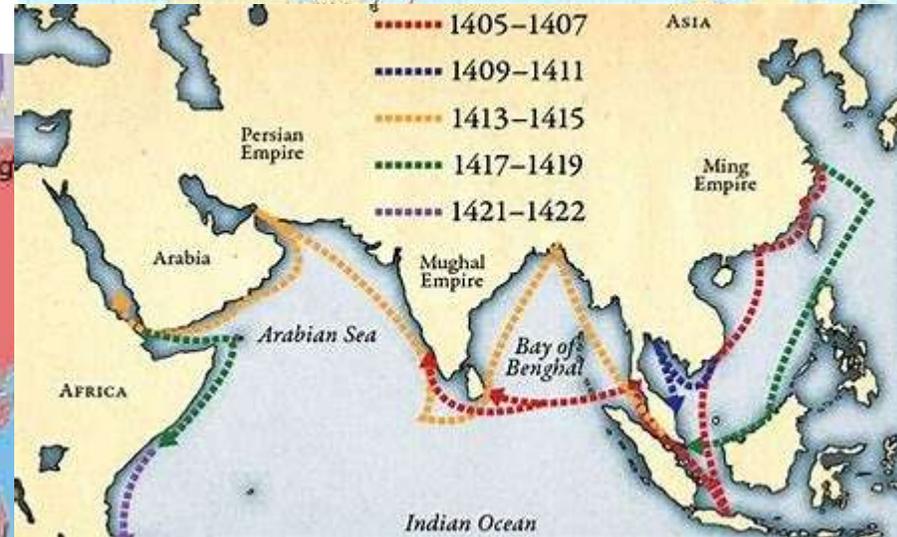
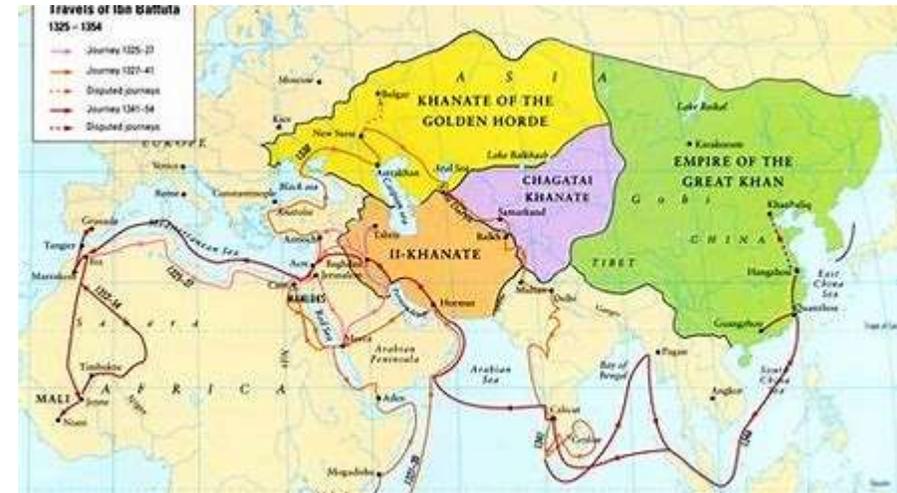


Not really, just be yourself;
dress appropriately and
don't act like an IDIOT.



During my travels I traveled many of the same routes:

- Zhang Qian (Western Han Dynasty 206 BC-24 AD)
- Xuanzang (Tang Dynasty 618-907)
- Ibn Battuta (Yuan Dynasty 1325-1354) and
- Zheng He (Early Ming Dynasty 1405 to 1433)



Where have I gone on this Silk Road Kung Fu Friendship Tour? Pretty many places...



Why?



Yeah, that was me when I was a kid going to schools in different countries. Something like that anyways. But, I didn't meet any cool wise master like Jackie Chan to teach me martial arts when I was a kid. And, I learned real quick running didn't help. I had to learn to fight gangs of usually much bigger boys.

It almost always started like this:

Bully: Wot's your name?

Me: My name's Greg.

Bully: I don't like your name!



That started in 1963 when I was six...

1969 I started Judo & Taekwondo



Two years later I was State High School and Junior Olympic Judo champion fighting in regional and national tournaments regularly...

I also became the unofficial bodyguard for some of the nerds in high school, because some of the jocks liked to pick on them and beat them up. I put a stop to that.

In 1972 I started Kung Fu training



At the university club taught by two Chinese university students from Hong Kong named Simon Chen and Jimmy Young. They charged \$1 for each class, but would take a piece of fruit if someone didn't have a dollar.

少林

They taught Shaolin, Tai Chi, and Wing Chung. There were a lot of students from Hong Kong back then and those classes were GREAT!

太極拳

TAI

CHI

CHUAN

I earned my 1st and 2nd Dan – Black Belt in Kempo-Goju Karate in 1980 & 1981



That was a tough school with hard training and sparring. But, we did well in tournaments, very well.

My Unofficial Silk Road Martial Arts Tour began in 1993...

...started at St. John's school in Kuala Lumpur.

- I trained with their National karate team.



It was hard sparring, but they were cool guys



In 2001 I moved to South Korea



Koreans do love martial arts...

Yeah, that was me in 2007

...having a really bad hair day!



In 2009 I moved To Beijing

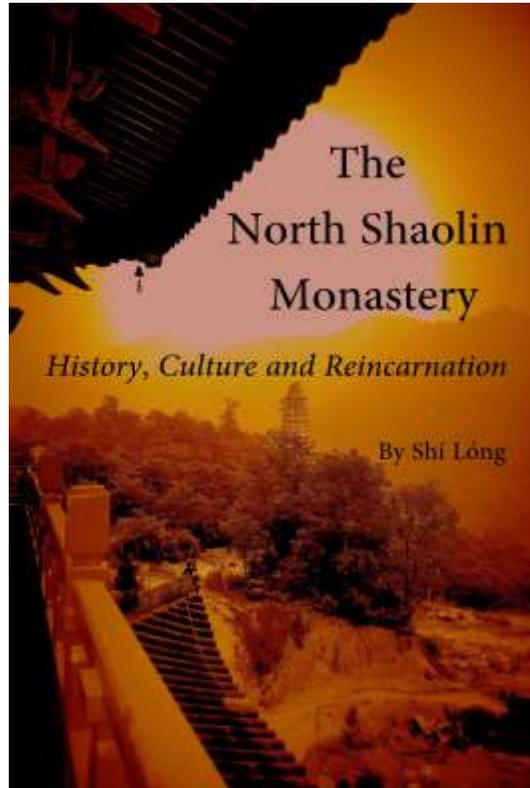


Taekwondo at Peking University



One thing I have liked about living in Beijing is I'm close to North Shaolin Monastery (北少林寺). I even wrote a book about it.

When I first visited it in 2010 the only survivor was only an old white tower (白塔) full of bullet holes from the War of Resistance Against Japanese Aggression. 抗日战争 Now the ancient monastery, with a history going back to the Yuan Dynasty has been mostly rebuilt.



In nine years it's changed a lot... me too...



Silk Road Kung Fu travels

In 2012 I visited Tibet and met with the Wushu Master in Lhasa.



I made other friends too.





Back in the Changping District of Beijing in 2012, Master Fu Biao of Beijing Shaolin started a new Annual International Wushu Competition.



That's me with the Russian team... Great friends and dauntless fighters! I still have the Russian Kung Fu hat they gave me.





In Changping they have some lovely hills too!



July 2012

Songshan Shaolin

Shaolinsi has been the moral and spiritual backbone of China since the Tang Dynasty. It has sent monks to fight to protect China on many occasions and fronts.

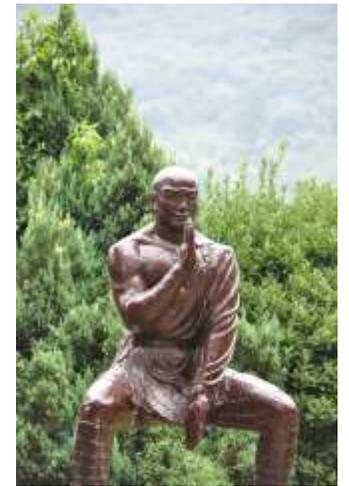
In ancient times monasteries were also centers of law, safety, education, medicine, and even functioned like hotels for dignitaries and scholars, hospitals for the sick, elderly and wounded and universities for those who wished to learn and travel. And they were orphanages for the homeless and needy.



The old gate of Shaolinsi



Medicine Buddha



The Peace and Wisdom of Wudangshan

Daoist capital of Tai Chi

2012
August



In 2015 my daughter got married so I decided to have some fun... and travel far! My first visit to Afghanistan. Guess what I did there?



February 2015





I visited many clubs and trained with the masters! Afghans love Kung Fu!



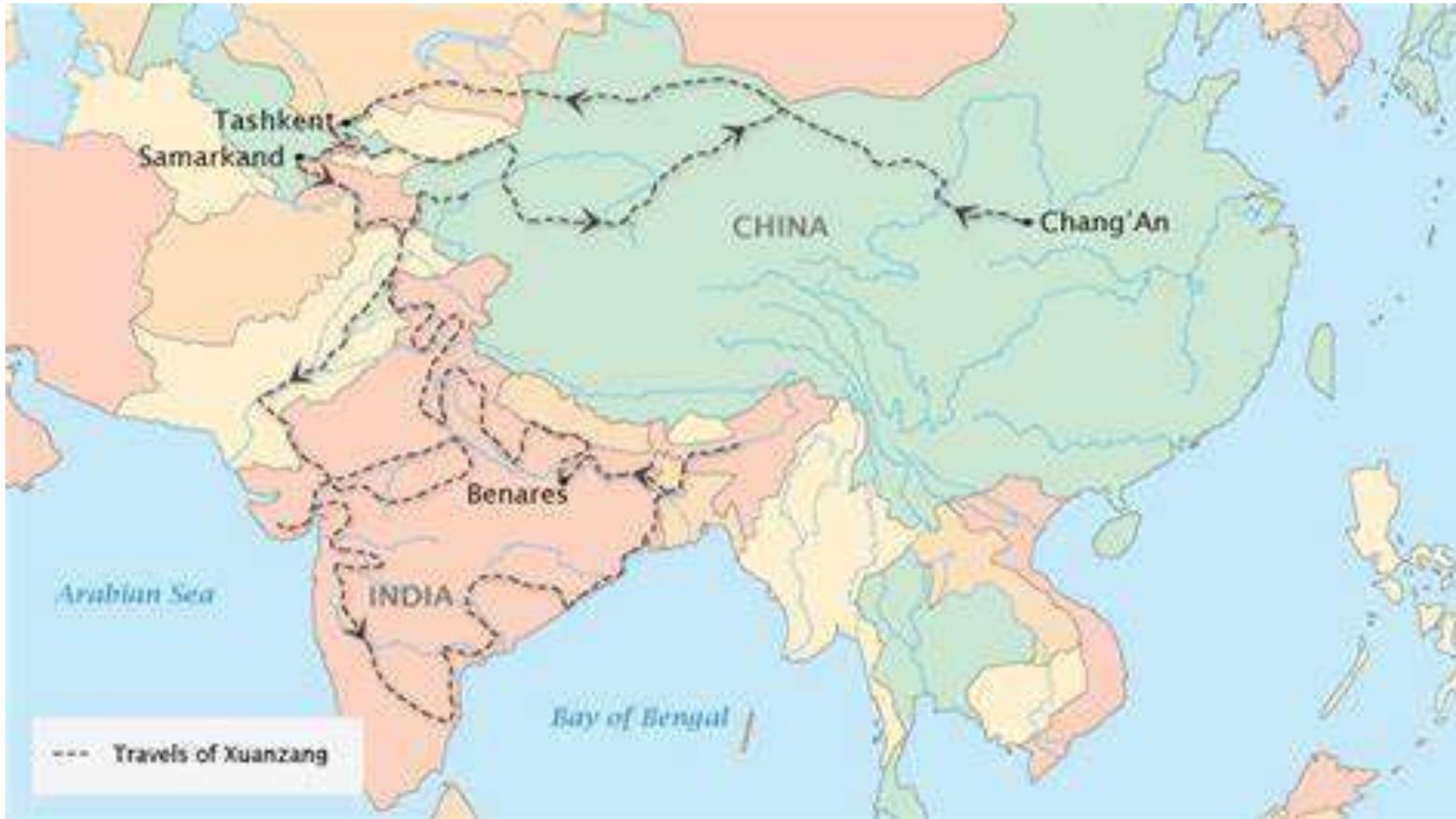
Visited a Refugee
Camp too...



In July, 2015 the Silk Road Kung Fu Friendship tour was born. It started at the Bell Tower in Xi'an, the official beginning of the Silk Roads.



On this trip I closely followed the route of Xuanzhang from Xi'an to Tashkent Uzbekistan



At Samarkand he turned south and went through Afghanistan to get to India. I'd already been there, and kept heading west to the eastern end of the Silk Roads in Istanbul.

In Xi'an

I met and interviewed the real
MASTERS OF CHINESE KUNG FU at
Xi'an Physical Education University



Met and interviewed their most excellent
Sanshou/Sanda Team



Beautiful people



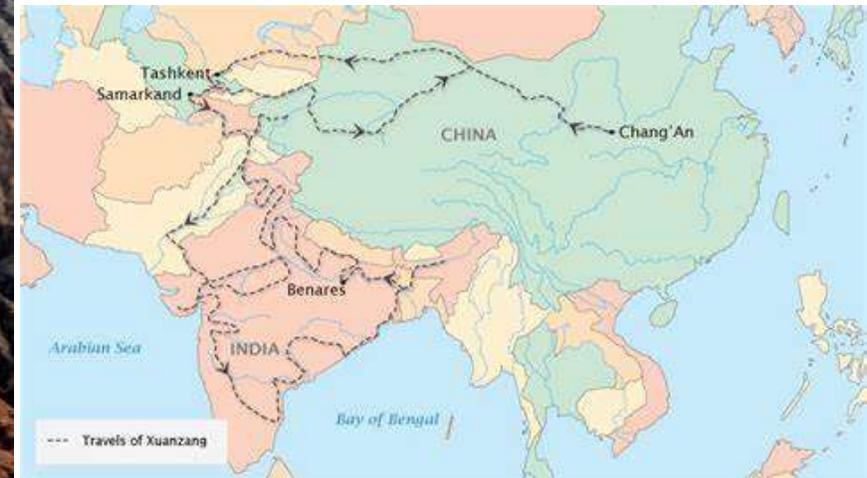
Visited the Terracotta Warriors



Inside the Great Masjid of Xi'an



From Xian I took busses north through Turpan





Imin Minaret Turpan



After the burning desert arriving at Turfan was a happy relief.

Turpan is located at the center of a fertile oasis with water from the Karez canal system. It was and is still an important trade center – a crossroads in time and the Silk Roads. Today it is most famous for its splendid grapes and raisins. In ancient times other kingdoms of the region included Korla and Yanqi.

It was the Eid Celebration – the biggest holiday of the year and I was warmly adopted by a totally wonderful loving family there.



They reminded me of a word I'd forgotten:

Serenity



Passing through the 45 Degree heat of the Flaming Mountains I stopped at...

Bezeklik Thousand Buddha Caves 柏孜克里千佛洞



Little has changed here since Xuan Zhang's journey in the 7th Century...

From there it was a bus to Urumqi where I met Master Ai Li at Urumqi Jingwu School



Then it was back on the bus – making new friends
- first through desert then astonishingly surreal
mountain passes – across the border to
Kazakhstan and then Almaty.



Kazakhstan is one of
the biggest, most
beautiful and
potentially richest
countries in the world.

Almaty - Back in the big city again!



The first martial artist I met there was Mike Adams, an American that teaches – Wing Chun!



Then I found Master Vyalkov's (Vietnamese) Wing Chun (咏春拳) Studio



After a very enjoyable few days there it was back on the bus for Kyrgyzstan...!



Land border between Kazakhstan and Kyrgyzstan.



The capital city of Kyrgyzstan is Bishkek

There I met Kyrgyz Kungfu Fed Pres Dmitrushenko Yuriy Vladimirovich who, though on summer vacation so kind as to invite me to his house, and lunch... we had an interview and he shared splendid photos from his computer for my article for Kung Fu magazine in the U.S.



The next day I was so fortunate to meet with International Taekwondo Federation (ITF) President and National Team Coach Master Vitalii Oleinichenko



Master Vitalii Oleinichenko was then so kind as to take me to his club, and a tour of the archeological site of the ancient city of Ak-Beshim.

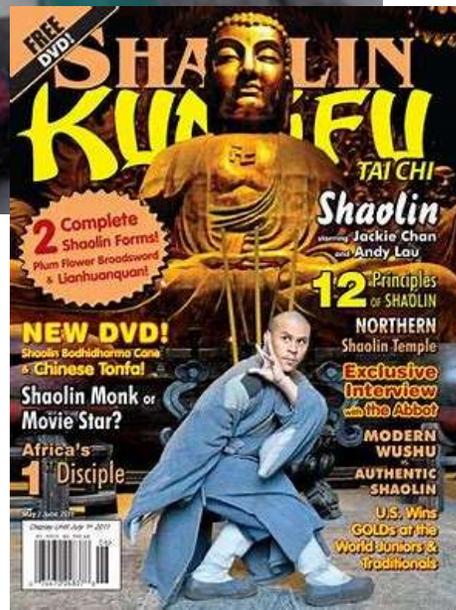


In fact, everyone I met in Bishkek was so friendly I felt right at home there.

Photo outside Bishkek bus station on the way to Uzbekistan



Ah yes, the glamor of a road trip... that fellow with the cigar was watching me pretty closely! But, that's OK, I'm happy these Central Asian countries take security seriously. We chatted later on though he spoke no English. He was a bit suspicious of me, but lightened up a lot when I mentioned Bruce Lee and showed him a copy of Kung Fu magazine! Then we were like old friends...



This photo won't mean much to the casual observer but to me it's special.

To get to Uzbekistan from Bishkek Kyrgyzstan I had to bus through another section of Kazakhstan, and the land border from Kyrgyzstan to Kazakhstan was a bit “complicated” there in the middle of the night. But, I met Ali here. He speaks English well and showed me the way. He was a huge help. We stayed in touch for a while via email and last I'd heard he was a student in Turkey.



Uzbekistan – The Heart of the Silk Roads



During the Soviet Era, Uzbekistan was the capital of a huge country called Turkestan. Tashkent was the banking capital of the entire region, and wow! I never so many lavish banks in my life. Uzbeks love sports and it's a modern, cosmopolitan upbeat nation.

In Tashkent Uzbekistan

I was surprised to find out my visa was only good for three days! OMG! But, it had been a long trip already and my summer vacation was nearly at end. None-the-less I had martial art masters to meet!



Mr. Ganiev Ravshan, President of the Wushu Federation of Uzbekistan was ever so kind as to come to my hotel for an interview...

Many thanks for the Interview with Chairman of the Board of Federation of Taekwondo ITF Uzbekistan and Senior Vice-President of Asia Taekwondo ITF Federation, Master Han who also visited my hotel for an interview.



There was one day left for some touring and photos of Tashkent!



The Roman Catholic Church of Tashkent

Lunch at a Buddhist Temple





Dome of Masjid in Barakh-Khan Madrasah

In 1219 Genghis Khan led the war against the Khwarezm Empire in what is now Turkmenistan, Uzbekistan, Iran, and Afghanistan. Still these monuments survived.



Get to know
the people –
and you'll
have a home
everywhere.



3 months later, in January 2016 I came back!



Back, center is Tashkent Traditional Wushu Association Master Arteom



In Tashkent I also made friends with Master Mirzahid Mirdjalalov of the Jhoon Rhee School of TKD



He was so kind and helpful, for example he translated when I visited the Academy of Art of Uzbekistan International Caravanserai of Culture of Ikuo Hirayama



Tashkent Left to right Mirzahid Mirdjalalov, writer, Farrukh Usmanov Director of Academy of Art of Uzbekistan and Master Chief Archeologist Sheyko Konstanteen Alexan

International Taekwondo Federation (ITF) in Bukhara, Uzbekistan

Many thanks to World
Champion Umida 5th
Dan & her husband
Furkat



Bukhara is totally AWESOME



Caravan trading houses called 'Tok' which means arch and dome





On left is Madrasa Miri Arab. On the right is Kalyan Minaret - The symbol of Bukhara

Nasridin Afandi on his donkey – The hero of this city is a historic comedian.



It was Umida and Furkat that gave me tours of Bukhara and helped me feel right at home. One couldn't ask for better friends.

I gotta love a town who's hero is a funny guy!



Citadel of the Arc – one huge and amazing fortress!

After Bukhara it was Samarkand – A wonder of the world.. but... OH NO! They had no martial arts I could find! Just time enough for some amazing photos and →



Darned good food!

Where to eat in Samarkand? Behind Bibi Khanum Mosque!



Like many places on the Silk Roads, on the outside it's very humble. But inside it's a posh garden, beautiful, exceptionally clean and nice!

Bus to border of Turkmenistan

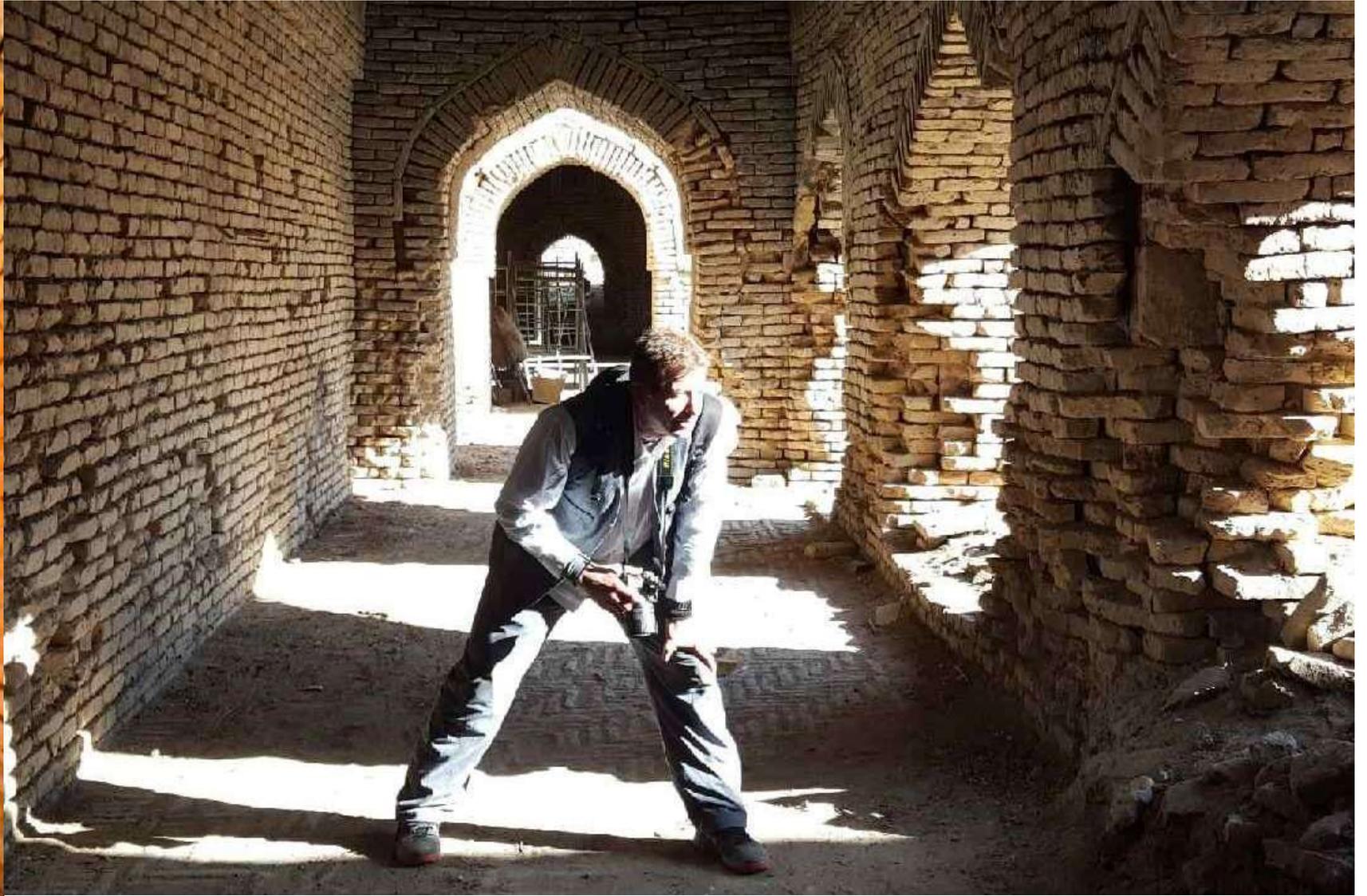
- Turkmenistan was and probably still is a high security county. Foreigners must have a guide – with a car at all times. The guide will meet you at the border. You'd better have his phone number in your phone to get through customs.



But then - WOW – Truly beautiful and extraordinary country and people!

Archeologists Fantasy Land – Untouched history

Dayahatyn Caravansai



And yep... the Karakorum Desert – Surreally beautiful – a world beyond imaging



Friendly people to be sure!



Restaurant owner where we had lunch... He wouldn't let us pay. Good, sincere and kind people there. I love it!

Turkish people love wrestling... so I visited a wrestling club on the way to the ancient city of Mary/Merv...



We also stopped at a farm and had a splendid dinner

That's Guvanch on the left, my guide, traveling companion, friend and driver.



Mary/Merv is one of the oldest cities on the Silk Roads - the capital of an ancient empire

Gyaur Kala (Pagan Fortress) is the second oldest surviving city-state 3rd C BC Each side of the walls was 2 Km. It was Zoroastrian, Buddhist and Nestorian Christian

Just my luck, there was a snow storm – a very rare event in one of the driest places on earth. The locals were happy though, and said I brought it with me.



ITF 7th Dan Atabayev Aydogdy (Master Ayhan) Coach of the National ITF Team



I asked him why he likes the national team training in a small town like Mary. He answered: "I like it here, and not so many distractions." Maybe another reason too I think. Perhaps the spirits of ancient masters live here. A wise man I think.

Whenever we stopped I'd type notes...

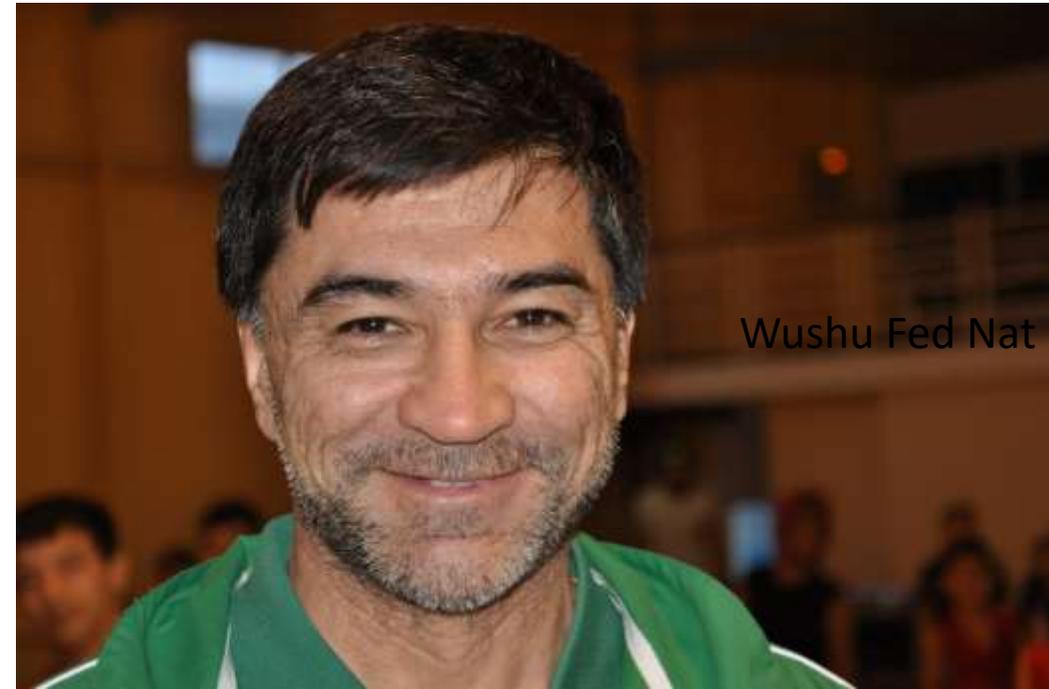


...and sort and edit photos.

A
painting
in the
most
excellent
museum
in Mary



Master Yazmyrat Annamyradov President of the Wushu Fed of Turkmenistan in Ashgabat



Wushu Fed Nat Olym train center Ay Gul 18 Chang Shu



Wushu Fed Nat Olympic training center Ay Gul / Chang Shu

I trained with one of his junior teams for a while.



Also in Ashgabat I met their junior Kurash – Turkish wrestling team...



Even though they were on their way to the airport for a competition, they stopped just to put on a demo for me, let me win a competition, and then gave me a most excellent team jacket! So kind!

After Turkmenistan I wanted to keep going west... but couldn't get the Iran visa

Anyways, my winter vacation was just about finished, so I flew back to Beijing to continue this journey in the summer of 2016.

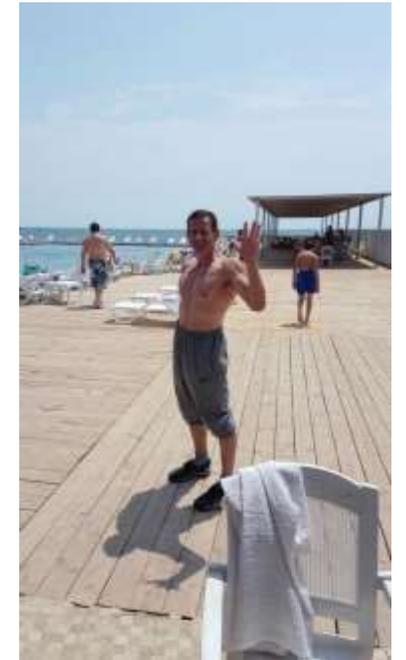
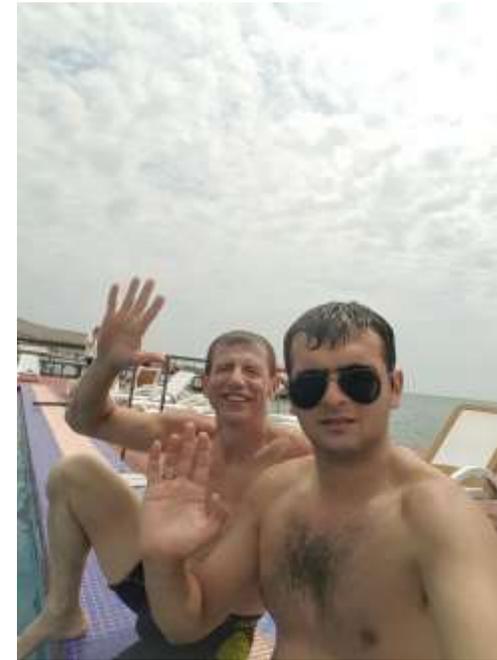


View from my hotel window. Ashgabat at night. What a beautiful city!

July 2016 – Baku, Azerbaijan



Interview with Azer Hassansoy President of the Azerbaijan Wushu Federation – who was so nice as to meet me at my hotel.



That interview was right after a swim in the Caspian Sea with good friend Mustafa I met at a restaurant called Bukhara Caravanserai (in Baku)

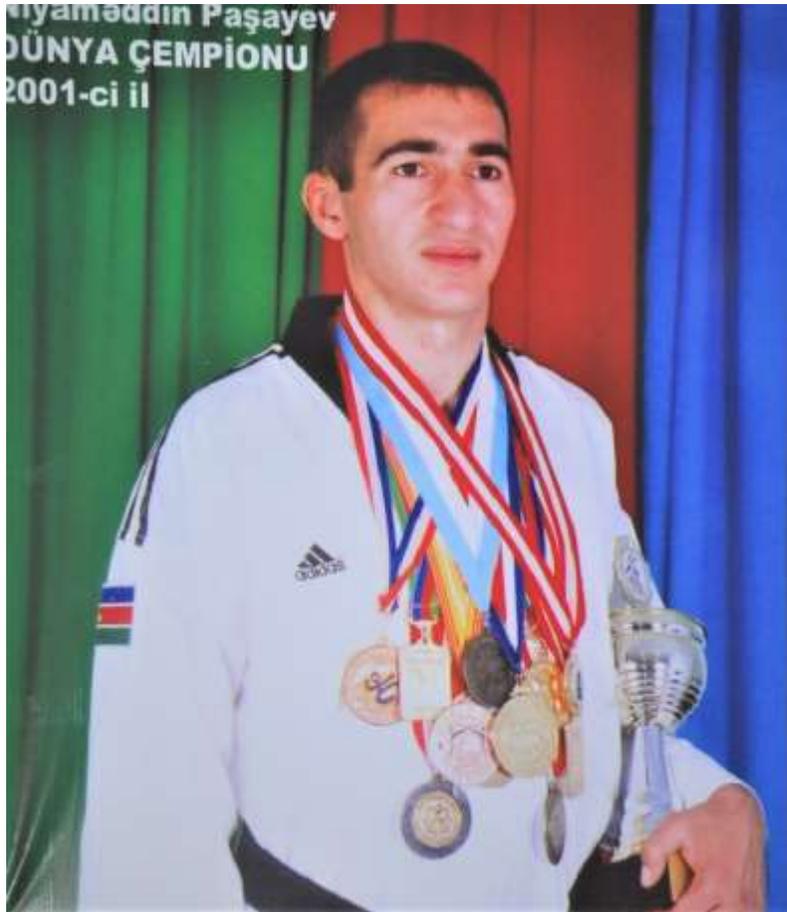
WTF Taekwondo in Baku Azerbaijan



Azer WTF Left to right: Jalal Safarov, Niyamaddin Pashayev & writer G. Brundage



The WTF Team has incredible champions, training center and a super hotel & restaurant

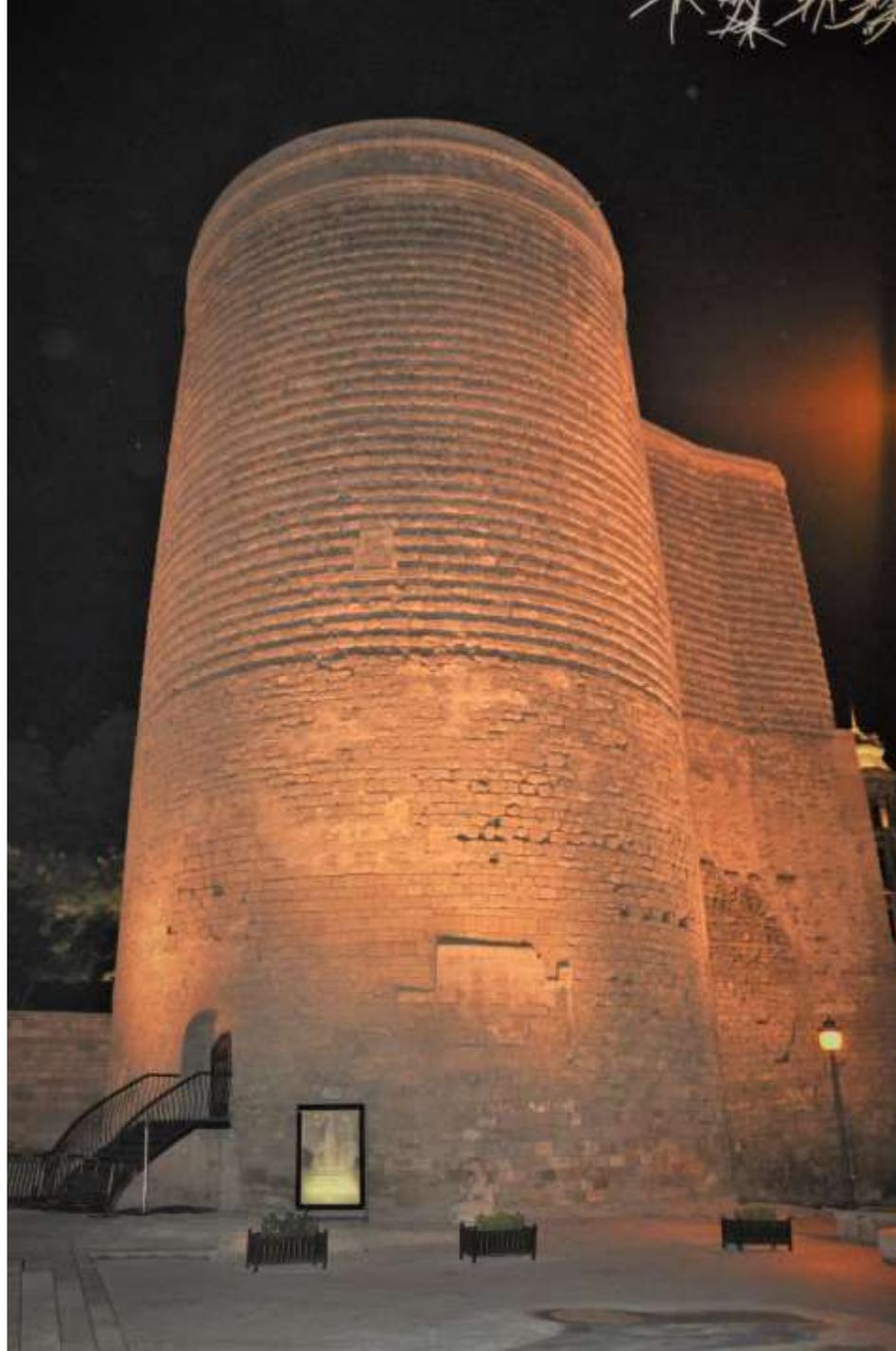


Jalal Safarov also bought me lunch! What a gentleman!



The team had just finished training for the day when I got there, but I did get a few photos of some of their champions. That's superstar Farida Azizova. A national champion she competed twice in the Olympics.

If ever
there was
a time
machine
... it's in
Baku



Zoroastrian Maiden
Tower in Baku –
even the world's
foremost experts
cannot fathom it's age.
From the outside,
perhaps nothing so
special, but on the inside
it's huge and tall as a
mountain.
So many thousands of
years of history, legends,
and spirits. Definitely
otherworldly.

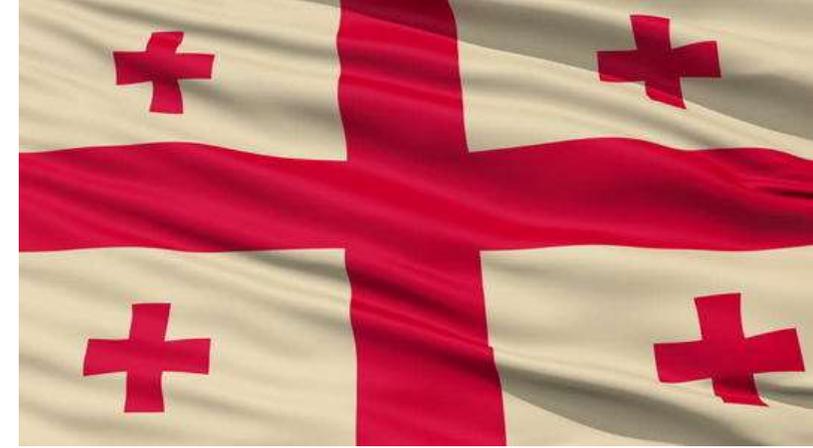
Shirvanshah's Palace Baku

Shirvanshah's family had the longest lasting dynasty in all the world. His palace, on the coast, is heavenly.





Then a bus to Tbilisi Georgia!

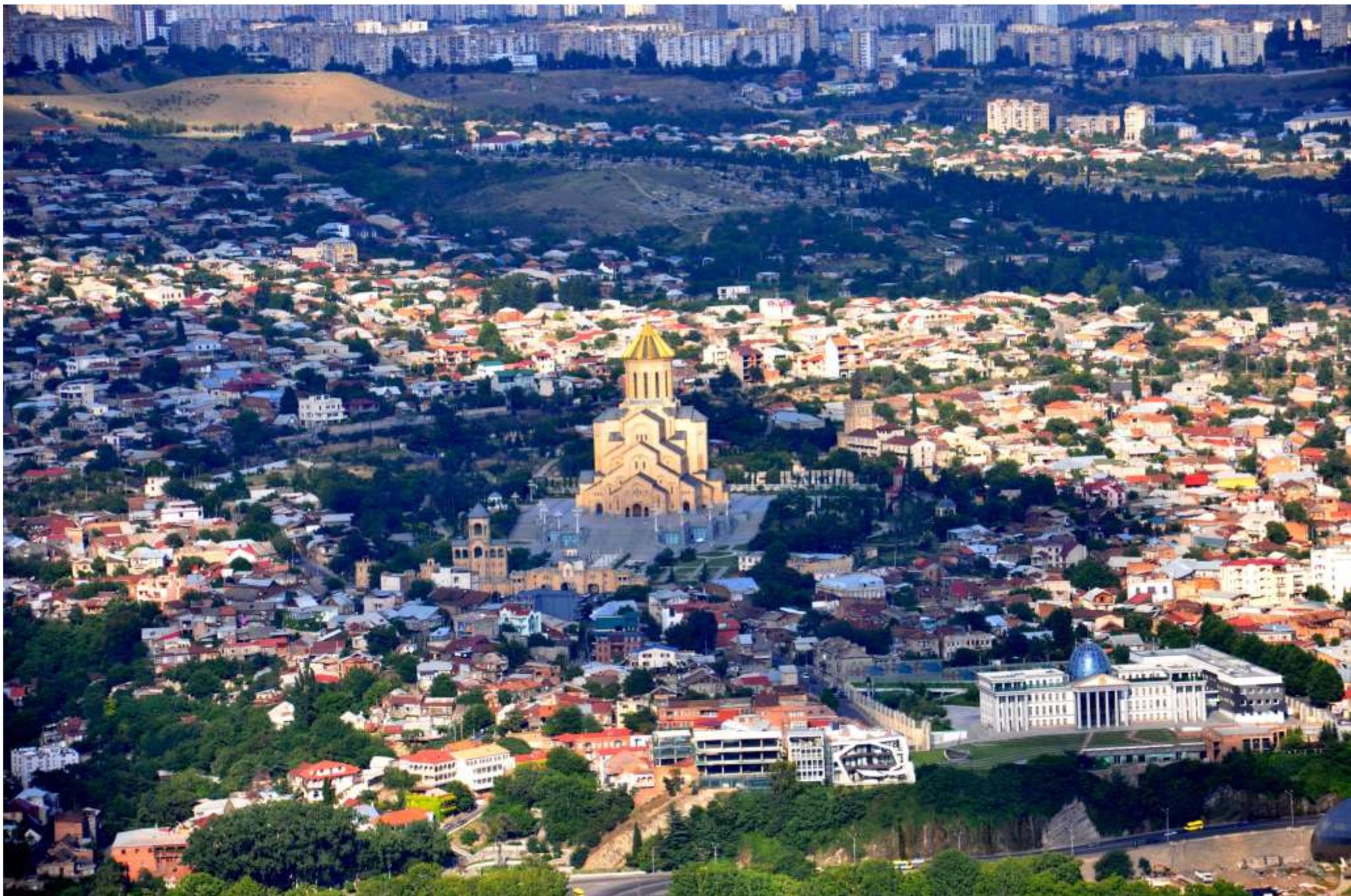


I have to give many thanks to Georgia ITF President Mr. Levan Tsaretashvili who met me at the bus station when I arrived and was a constant friend, tour guide and mentor during my time there. Brothers like him are priceless treasures.





The mother of Georgia Kartlis Deda, the iconic symbol of that lovely nation. She is holding a cup for those who would share it with her, and a sword for those who would not.





ყველი
CHEESE
СЫР

ყველის ასორტი
Cheese Assortment
Ассорти из Сыров
10.00 ლ

იმერული ყველი
Imeretian Cheese
Имеретинский
5.00 ლ

გუდის ყველი
Guda
(sheep cheese)
Сыр Гуда
8.00 ლ

ნადული პიტნით
Curd with mint
Надуги с мятой
4.00 ლ



სულგუნი
Sulguni
(mozzarella type cheese)
Сыр Сулгуни 6.00 ლ

ზეთის ხილი
Olives
Маслины 3.50 ლ



ხინკალი
KHINKALI
ХИНКАЛИ

"ქალაქური"
"kalakuri"
"Калакури"
0.70 ლ მინი 0.55 ლ

"მთიულური"
"Mtiuluri"
"Мтиулური"
0.70 ლ მინი 0.55 ლ

"ფასანაურული"
(დაკეპილი)
"Pasanauruli" (chopped)
"по-Пасанаурски" (рубленный)
0.80 ლ

"საქონლის"
With beef
из Гавядины
0.80 ლ

სოკოს
With Mushroom
с Грибами
0.70 ლ

კარტოფილის
With Potato
с Картофелем
0.45 ლ

"ცხვრის"
With Lamb
из Баранины
0.80 ლ

კიბორჩხალის ხორცი
With Crab meat
из Крабового мяса
1.50 ლ

ხაჭოს
With Cottage-Cheese
с Творогом
0.50 ლ

კახურად
"Kakhetian"
по Кახетински
0.55 ლ

ყველის
with Cheese
с Сыром
0.70 ლ

ბოსტნეულის
With Vegetables
с Овощами
0.50 ლ

აზიურად
(აზიური სოუსით)
Deep fried dumplings
with asian sauce
Хинкали по-Азиатски
(с азиатским соусом)
5 ცალი
pieces
штук
5.50 ლ



Part of Levan's National Team





201



A good day includes
great friends and a
great workout!

Federation President Tsaretashvili was also so kind as to introduce me to Israeli ITF Federation President Leo Oros Duek and we all took a trip to the ancient capital of Georgia, Mtskheta.

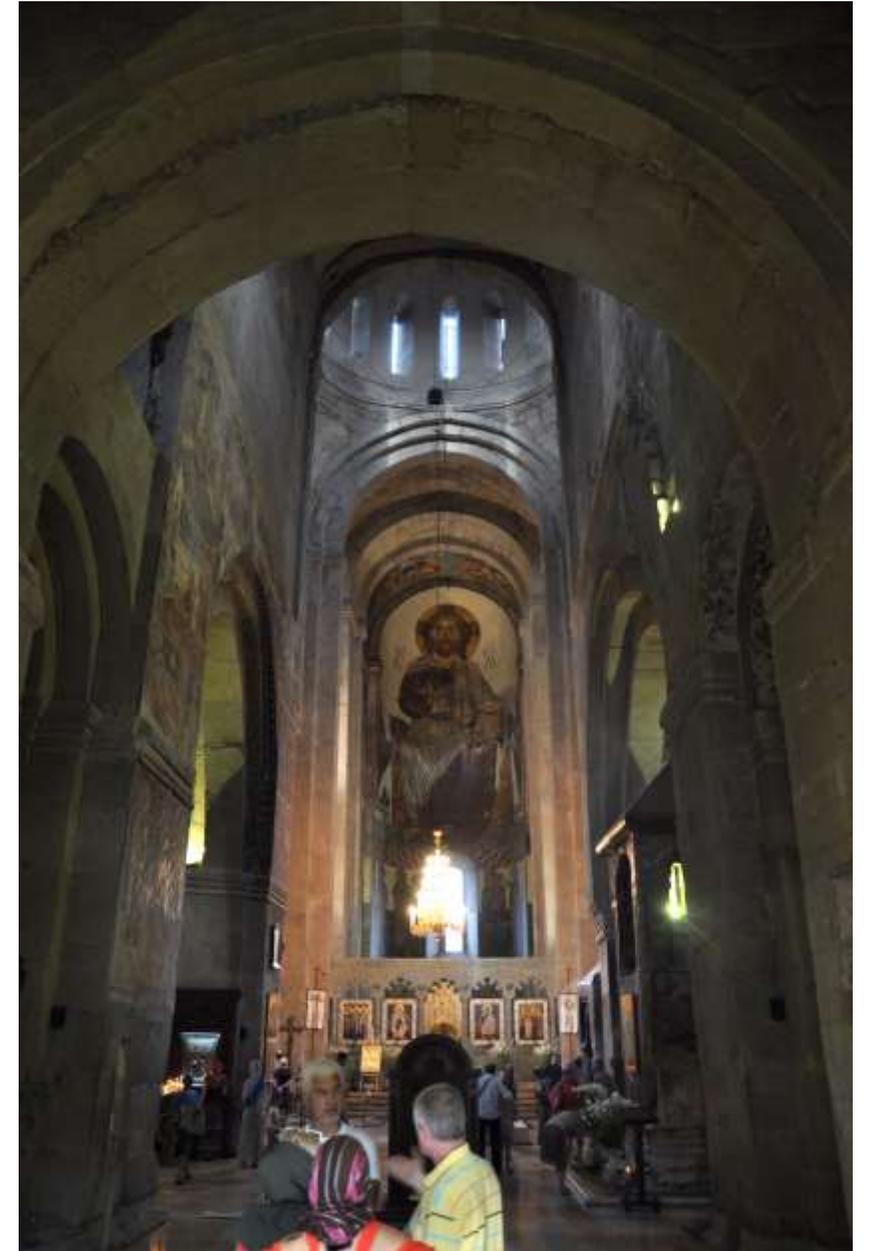
Merging of Aragvi and Mtkvan Rivers in former Georgian capital of Mtskheta





L to R, Georgian Levan Tsaretashvili, writer and Israeli Leo Oros Duek- at Mtskheta - One Taekwondo Family

Svetitskoveli Cathedral in Ancient Georgian Capital of Mtskheta



Back in Tbilisi – one can always find one's way by searching the nearby hills for Narikala Fortress



World Taekwondo Federation (WTF) in Georgia



On right is WTF
National Team
and Trainer
Loseb Osidze
with his Junior
Team



← And me of course, goofing around like usual.

Catching up with the Georgian Wushu Team...

...was something of a challenge, because it turned out they weren't in Tbilisi, but rather at the Georgian Wushu Federation Summer Camp in the resort town of Kobuleti on the Black Sea. I do love beaches! So, after saying farewell to my friends in the Capital city, it was time to head west towards Kobuleti.



After a competition Georgian Wushu Federation President Giorgi Verulidze is sitting front and center



International



Great training at that Summer Camp and a tremendous dinner after!



Wushu Family





They were so kind to drive me to the bus stop and wait with me for the bus to the Sarpi border with Turkey



Day 14 of this trip - July 30. 2016

Turkey is a huge – huge country and taking buses from east to west is a long trip. So, I took it in stages. My first stop was a lovely small town called Erzurum.





A delightful rest stop along the long Silk Roads



Road from Erzurum to Ankara



Carried along by the beauty of the road to the Capital city of Ankara. There I had an interview with World Taekwondo Federation media representative Ali Sagirkaya.



He's an extraordinary man of the world... who was so kind as to call the National Taekwondo Training Center coaches and arranged so I could visit the next day...

Later that afternoon back at my hotel...



Far left is Professor Yilmoz Selim Erdol; center is Professor Gregory McMahon

I met a group of distinguished university professors. One, Professor Gregory McMahon was so kind as to inform me that the “*hans*” or buying houses were the real terminal points of the land Silk Roads. A city called Bursa he said, was the first capital of the Ottoman Empire and the true western end of the land Silk Roads in Asia.

“You might even like to take a boat from Bursa to Istanbul across the Marmara Sea. It would be grand,” he added. Wow!

*** So, I had a new destination on the way to Istanbul, but before that... a bit more fun in Ankara! What a totally excellent adventure, and many thanks to Professors McMahon and Erdol!**

The next day, August 3rd I had the real pleasure of meeting the Turkish WTF National Jr. Team



The two
young ladies
are Elif
Oltabak age
13 and Ikra
Kayir age 15



On left is Coach Kutuca

This team – one and all – is GREAT!



On left is Talha Shirin age 19 -
dodging that kick is Erdal Tore



On left is coach Gokhan Nazli - right is Elif Oltabak

Interview with Abdurrahman Akyuz President of the Turkish Wushu Federation and Fathomless Histories in Ankara, Bursa and Istanbul

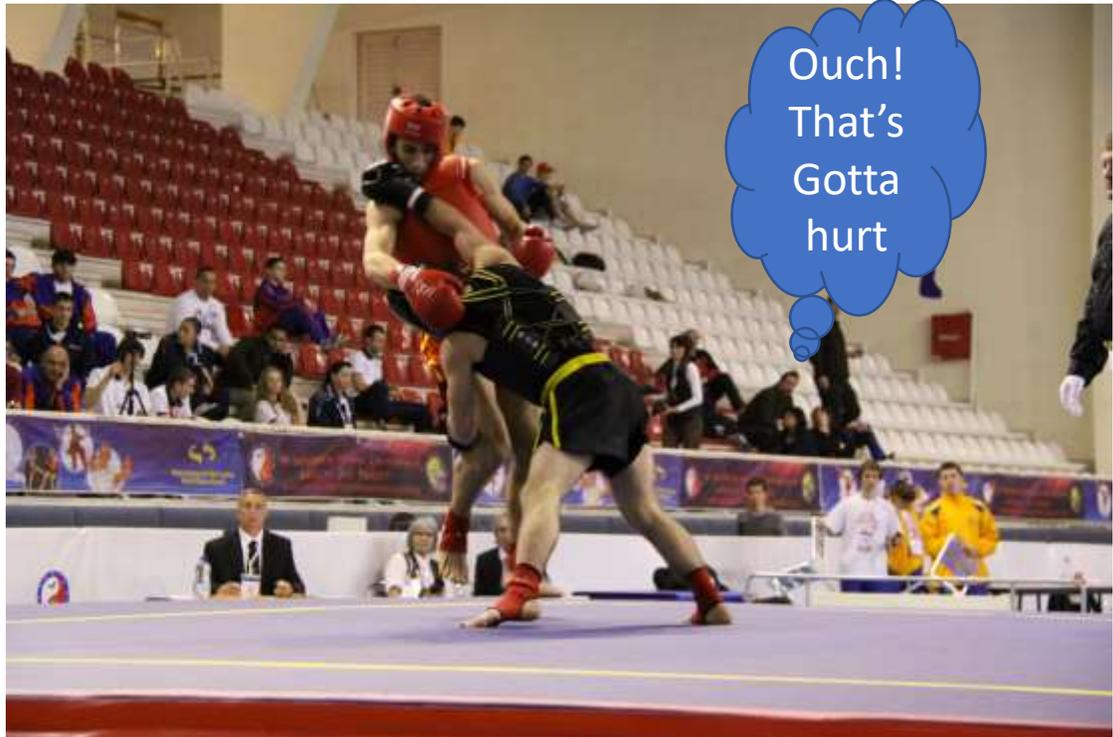


Rarely in my life have I been so fortunate on a trip as in Turkey. The very next day after meeting the WTF team I got to interview the honorable gentleman in the photo to the left, Abdurrahman Akyuz. He was lively and entertaining, and even set up a phone interview with his world Wushu champion daughter, who by the way speaks English like a native. He was also so kind as to share numerous photos from his collection of his team's spectacular performances in international competition. Many, thanks kind Sir!





Elif Akyüz



Turkish Sanda Team



← Harun Yükseksoy - Turkish Tai Chi Champion



Ecrin Çokhamur

The next day I visited the breathtaking Museum of Anatolian Civilization in Ankara



Ancient Peace Treaty



Etched upon this Bronze Tablet is the peace treaty written in Hittite Cuneiform unearthed in Bogazkoy excavations in 1986. It is a treaty between Tudhaliya IV, Great King of Hittite and Kurunta, the King of Tarhuntassa in 1235 B.C.

Military Parade



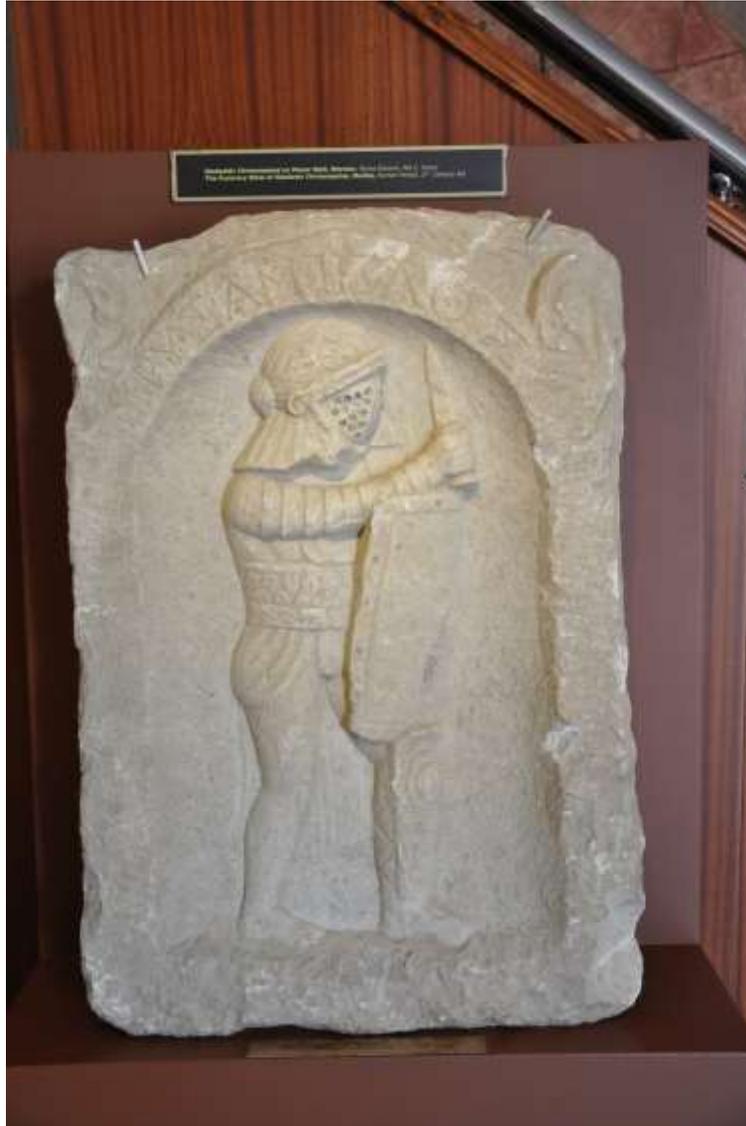
Orthostats of
Herald's Wall -
Limestone,
Kargamis,
Gaziantep,
900-700 B.C.



Chariot with
Archer
These were
the ballistic
missiles of
2,500 years
ago.



The Funerary
Stela of
Gladiator
Chrisampelos,
marble,
Roman
period, 2nd
Century



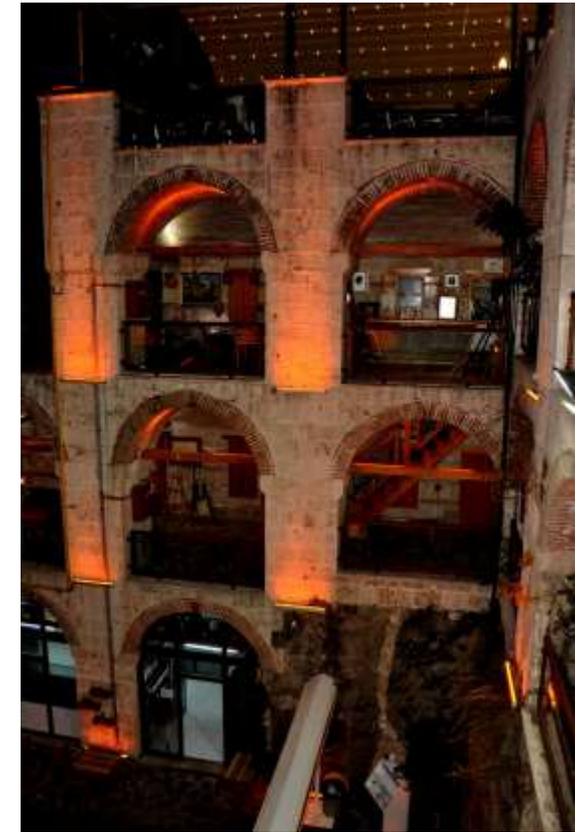
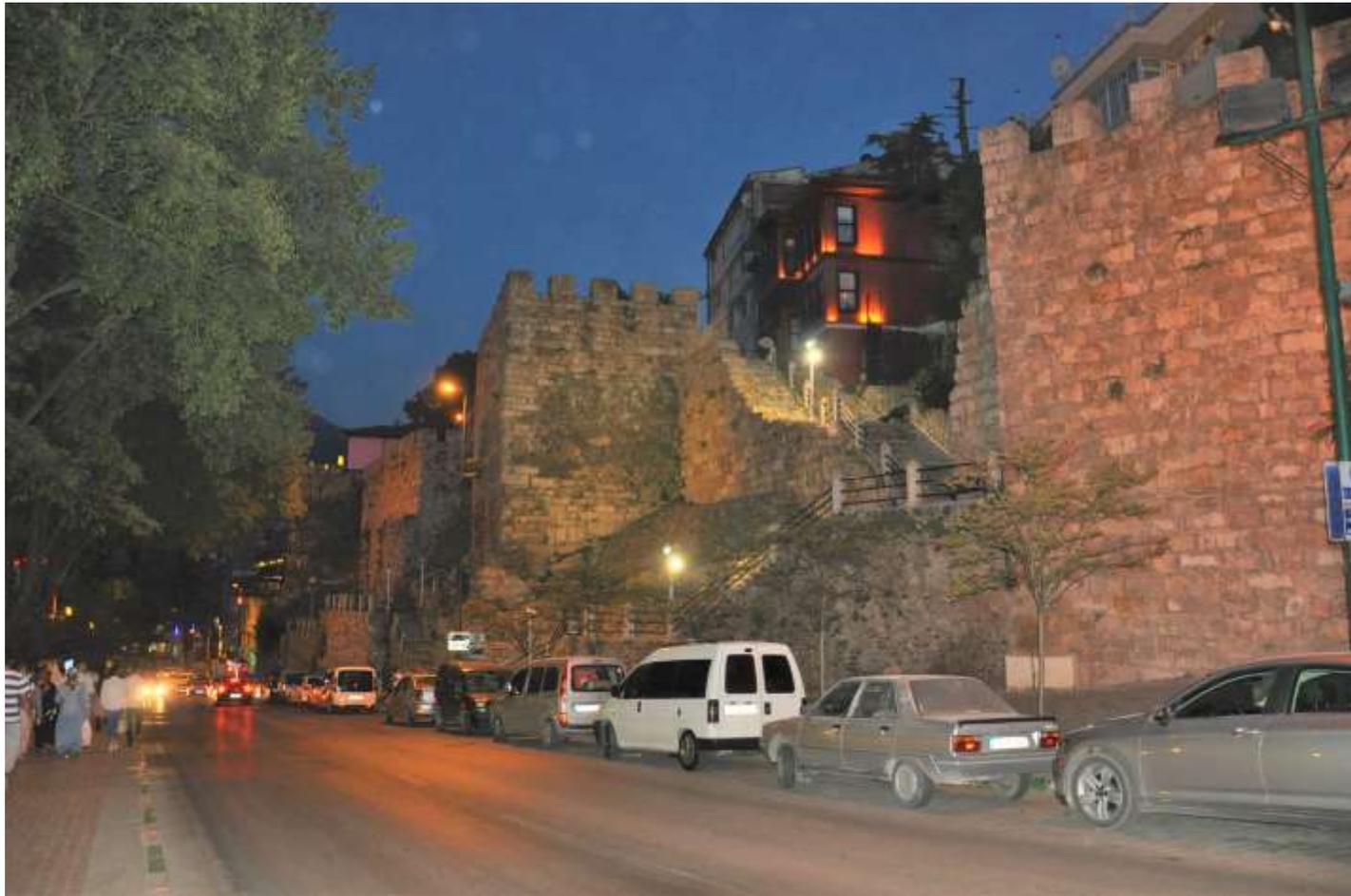
Venerable “*Han*” - Buying houses of Silk Roads Merchandise, in Ankara



Usually I wouldn't photo a bus terminal, but Bersa is special!



Bursa Castle at night. Yes with an apartment building inside. Turkey has so much history.

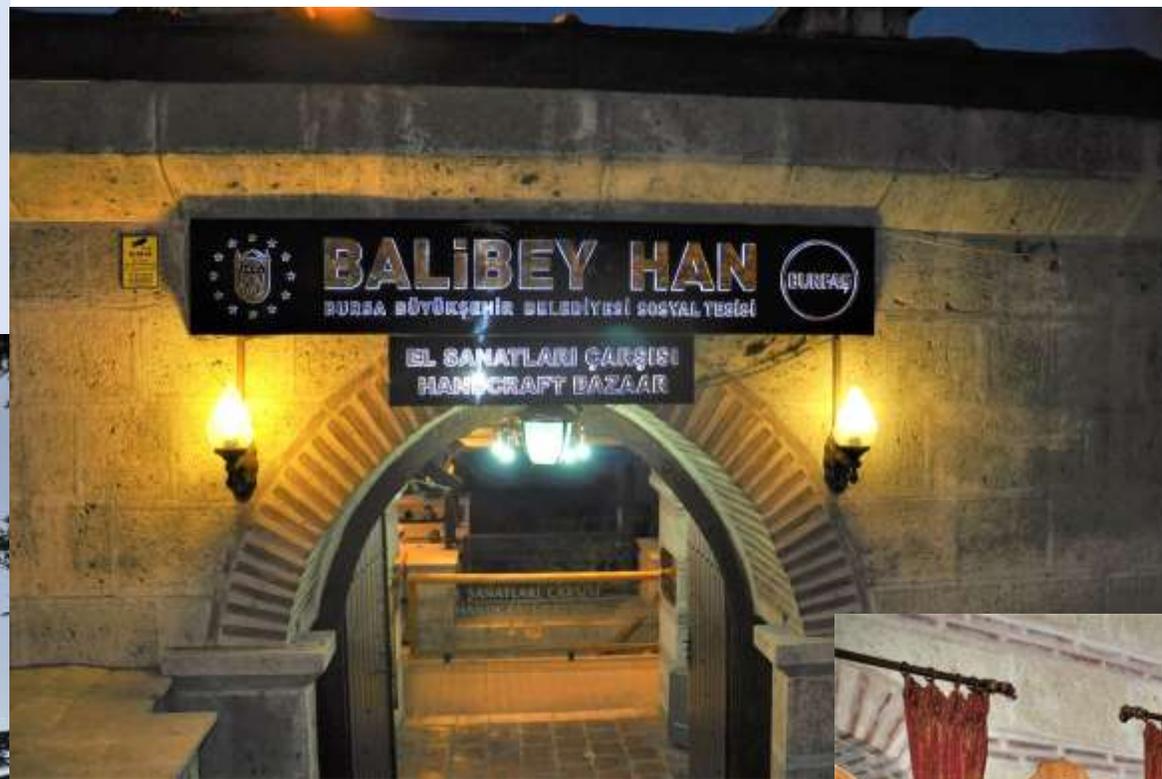


Restored ancient Han in Bursa.

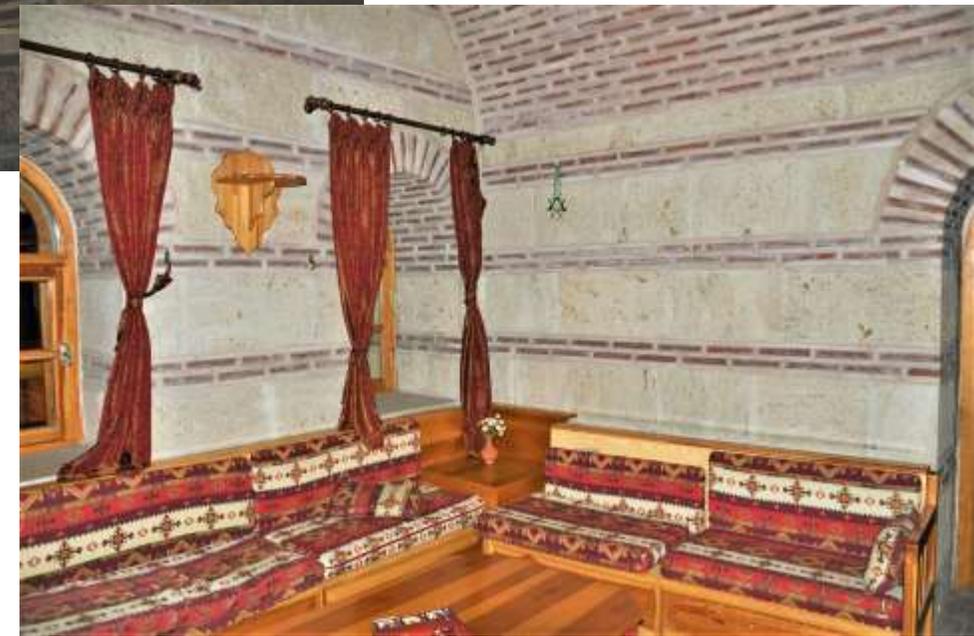
Bursa



First capital of the Ottoman Empire and the true western end of the land Silk Roads in Asia.



← One of dozens of ancient *Han* in Bursa.



Where the business of buying Silk Road goods actually took place

Just another couple of faces in a hotel lobby?



A lot more than that.



Center is Seifeddin in the hotel lobby. He is one of the million plus human beings that found refuge in Turkey after escaping his war-torn home country. Some people call him a refugee, but he's a lot more than that. He has a family, he's an educated man, he's a survivor. On the right is Ahmed.

Koza Hani In Bursa



A Silk
Shop –
In a
“han”
buying
center,
in
Bursa



And this kindly gentleman sells – Silk Cocoons



Trading room in Koza Hani – in Bursa





Chatting
with
friendly
shop
keepers in
Koza Han.

Crossing the Marmara Sea



From Bursa to
Istanbul!



No words can describe the grandeur and history of Istanbul – but MAJESTIC may be close



Sultan Ahmed Camii Blue Masjid in Istanbul



One dome inside Sultan Ahmed Camii – the “Blue Masjid”

Smsm Gimish and new bride from Sudan on honeymoon at Sultan Ahmed Camii



View
through
the old
city wall
of the
Bosporus
Straights.



Picnic at
Surayburnu
where the
Golden
Horn flows
into the
Bosphorus



A normal
thing to
do on a
summer
afternoon



View of
Istanbul
from the
docks

Is it a
dream (?)
I asked
myself
again and
again.



Spice
Market
Misir
Carsisi
built in
1664 AD



Smells go deeper into the brain faster than any other sensory input. This market brings back ancient memories. It's a multi-colored rich and powerful time machine!

We are all genetic mixtures of the whole Silk Roads. There is a part of our DNA that remembers, and resonates to the ancient worlds some of our ancestors inhabited for thousands of years.



Welcome home to a simpler, cleaner and more artistic world than the one we now live in.

Yerebatan
Saray

Roman
Cistern

Built 534
AD by
Emperor
Justinianus





Istanbul
Grand Bazaar
Entrance
Nuruos-
maniye
Camii built
1748-1755

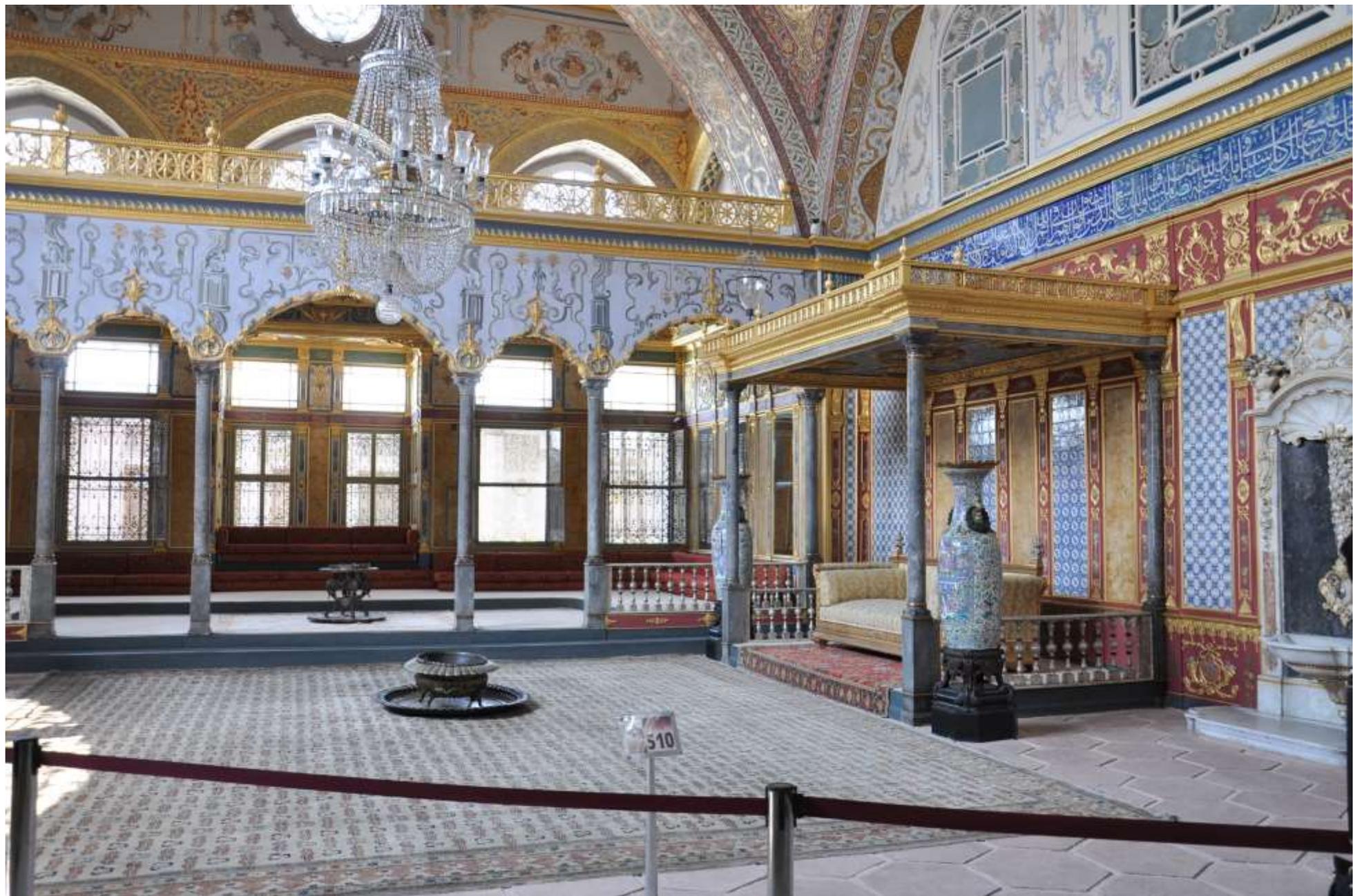
On the outside this ancient bazaar is gray and not so impressive, but on the inside...

This is Aladdin's treasure chest. The bazaar is so huge you can wander for days in there, hypnotized by the gems and jewelries, exotic clothing, anything and everything you ever dreamed of.

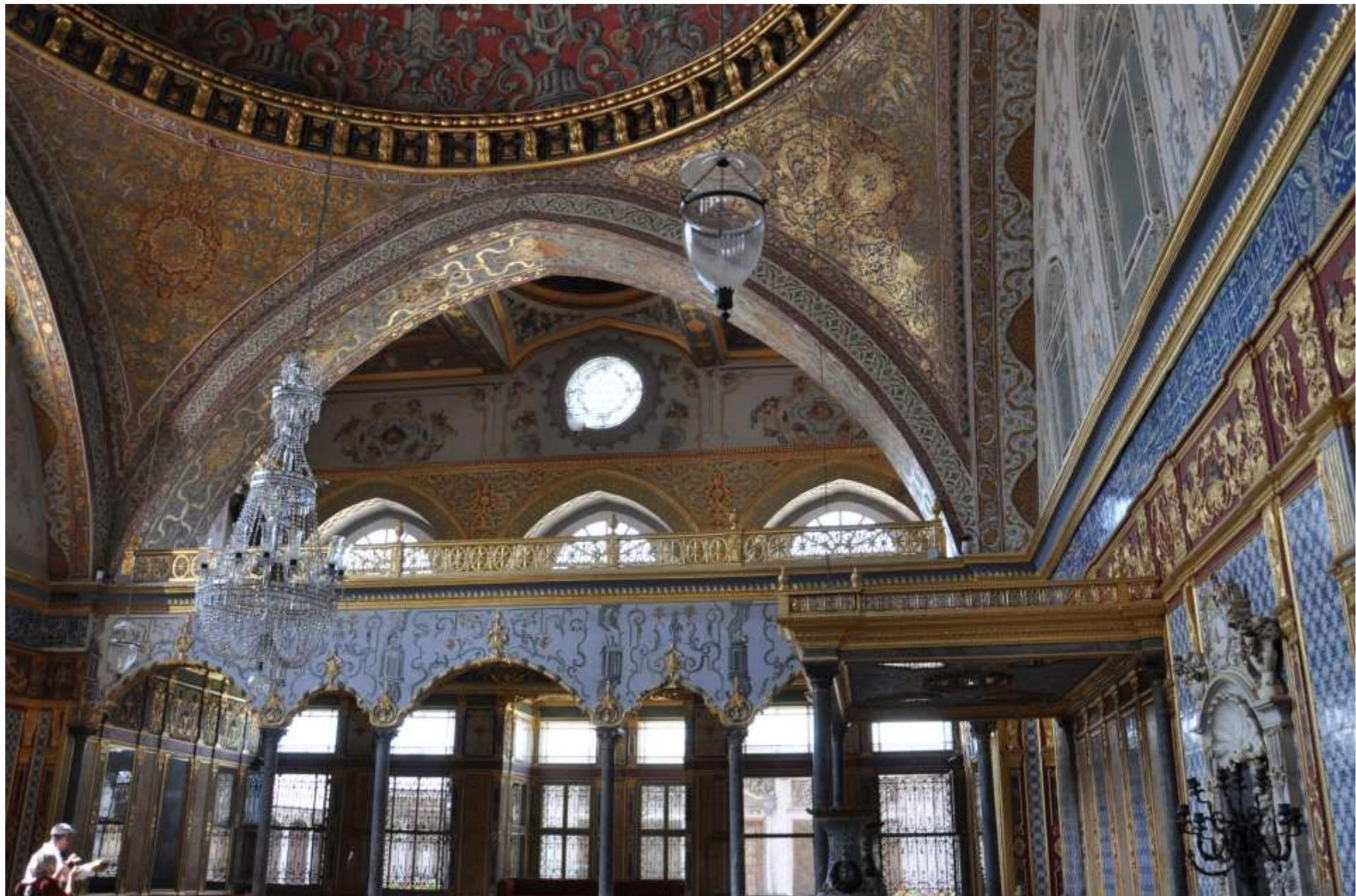


Topkapi Palace – Ultimate tranquility and drama

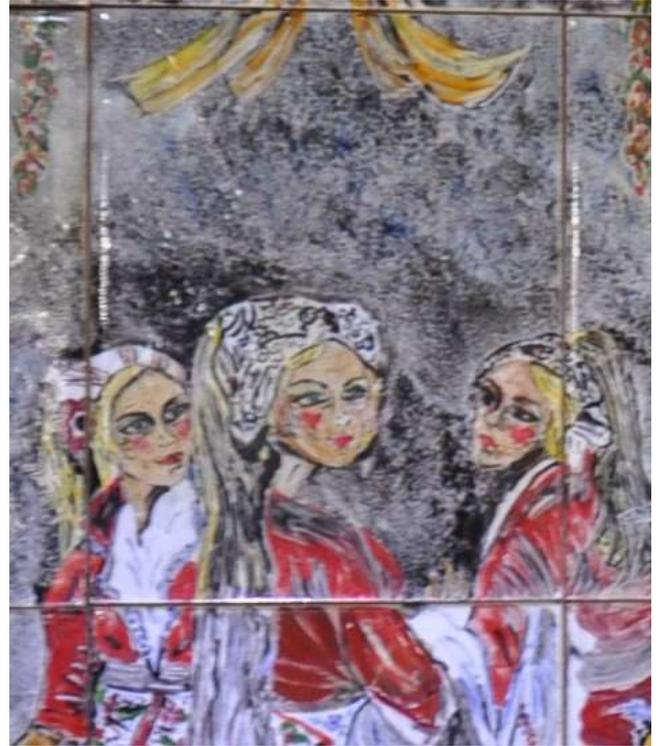




The Queen Mother's Suite



Privy Chamber of Sultan Murad III



Wall tiles in the Sultan's Harem – where his concubines lived.



The huge scale, the exquisite craftsmanship, the harmony of western and eastern art is beyond compare



The Janissaries were the toughest of the tough slave warriors – in some ways like the Spartans and Mamluk; they were an elite corps in the army of the Ottoman Empire from the late 14th century to 1826. The Janissaries ultimately became a very powerful political force within the Ottoman state. When they wanted more pay, they tipped this cooking pot over. In some ways perhaps they were not so different from the Unsullied in the TV drama Game of Thrones.



**Topkapi
Palace is
the place of
dreams and
endless
intrigue and
drama.**



The Hagia Sophia is the oldest standing building in history. It's utterly awesome. Though somewhat converted into a Masjid, it's still a phenomenal wonder of the world.



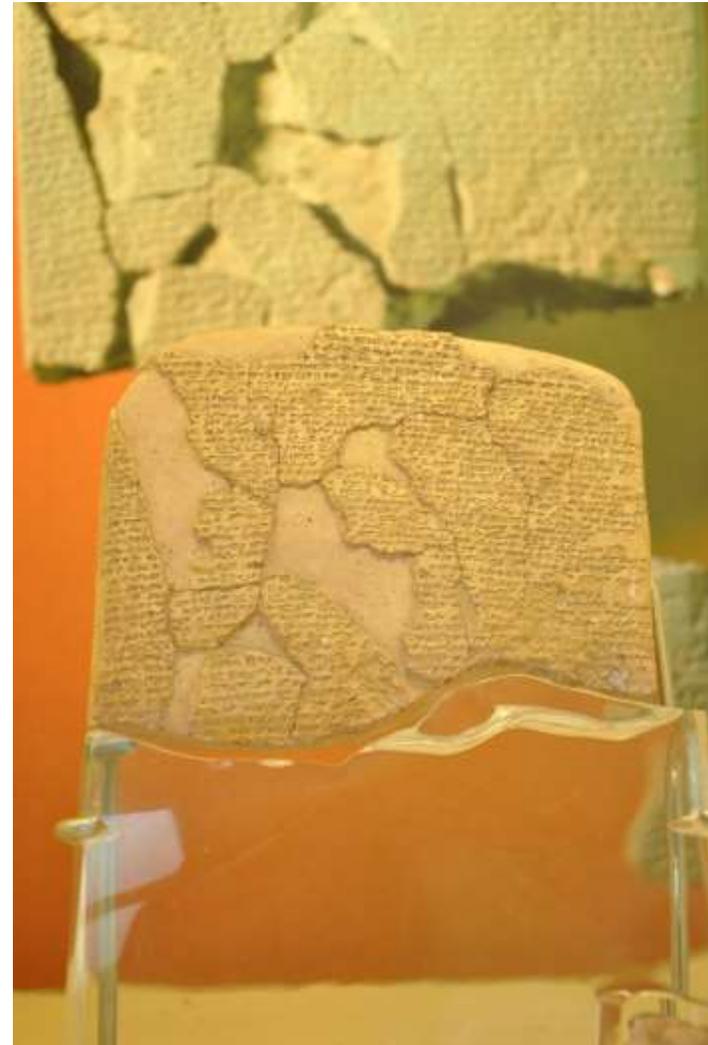
Hagia Sophia is a
time tunnel.
On right is the
passageway to the
upper floors.



And then there's the Archeological Museum
With one of the largest and finest collections
in the world.

**The Treaty of Kadesh is the
earliest known peace treaty. It
was between the Hittite King
Hattusilisis III and the Egyptian
pharaoh Ramses II, written in
Akkadian, the international
language of 1269 BC.**

By accident I caught it out of the corner of my eye in a
corner of a large display hall. What is that(?) I wondered.
Then I looked... omg! So beautiful and profound! Joy!!!





The Archeological Museum is the resting place of empires and emperors; the repository of the most powerful and noble in history.



- No tour of Istanbul is complete without visiting the Hippodrome. In the early years gladiators fought to the death for the amusement of the crowd. Then, it was outlawed, however the chariot races continued.



Incidentally, the Western Roman Empire continued gladiatorial “games” till the end. The Eastern Roman Empire headquartered in Constantinople (now Istanbul), lasted 900 years longer than the Western Roman Empire.



On every street and corner is an astonishing human story.

During my last morning in Istanbul I went to a Hamami – the traditional hot baths of Turkey



Oh! That
felt good.

This was about the end of this segment of the Silk Road Kung Fu Friendship Tour for me as I flew back to my home in Beijing after this.

But, it was decidedly NOT the end of my Silk Roads traveling or the end of the Silk Roads. These continue on in Asia, Africa, the Middle East, Greece, Rome and beyond.



In Part II of this Silk Road Kung Fu and Taekwondo Friendship Tour, I explore...

- **Pakistan** – the ancient cities of Mohenjo Daro and Taxila, also of course hooking up with the best of the best Kung Fu and Taekwondo teams...
- The ancient Silk Roads as they meander through the mysterious Chinese province of **Gansu**
- **Ethiopia** and the ancient Empire of Axum, and superstar Kung Fu and Taekwondo teams...
- The Maritime Silk Road country of **Vietnam** which has an ancient and fascinating history and culture, and phenomenal Kung Fu and Taekwondo teams as well as astonishing indigenous martial arts... and
- **Japan**, where I photographed artifacts from burial mounds that were originally from ancient Balkh, known today as Afghanistan, and Europe; in addition to premier Kung Fu, Taekwondo, Judo and Kendo super-teams

Indeed, the Silk Roads have no beginning or end, just graceful loops encircling “the heart of the world.”

Hopefully this Presentation Inspired you...

- Travel the Silk Roads
- To study Kung Fu(!)
- Read history and news about the Silk Roads countries, and
- Remember the number...?

8.27

- Yeah, that's 8.27 trillion dollars annual revenue from world-wide tourism.
- That's \$8,270,000,000,000.00 every year spent on tourism!



Lastly, I need to say THANK YOU(!)

- To the thousand or more people along my Silk Roads journeys that made my travel meaningful.
- This includes people on streets, busses and trains, and yep, camel drivers too, also people in hotels and restaurants and most especially all of the Kung Fu and Taekwondo people everywhere.
- A place is just a place, it's the people that make it special. I owe you all a huge debt of eternal gratitude.

谢谢

Also I need to say thank you to...

- The bullies who really taught me to fight and inspired me to become strong, fast and tricky for without you all who knows... I might have grown to become just another weakling or worse.
- My most excellent martial arts teachers and brothers down through the decades,
- My dad who opened and illuminated the hallways of western European history to me from very early ages on, and
- My mom who taught me the romantic and compassionate side of history.

谢谢

How do I feel after finishing this China to Istanbul Tour?



←Something like that.

But, I know despite the 14,000 kilometers on the ground traveled thus far, I've only just begun and there's still a long road, seas and oceans in front of me!



Published Kung Fu Tai Chi Magazine Articles

March - May 2015 Kung Fu in Kabul, Afghanistan

<http://www.kungfumagazine.com/ezine/article.php?article=1213>

<http://www.kungfumagazine.com/ezine/article.php?article=1214>

<http://www.kungfumagazine.com/ezine/article.php?article=1219>

<http://www.kungfumagazine.com/ezine/article.php?article=1223>

June, 2015 Ramil Allahverdiyev - "Professor of the Ring" in World Sanda Championship

<http://www.kungfumagazine.com/ezine/article.php?article=1229>

SILK ROAD KUNG FU FRIENDSHIP TOUR

August 18, 2015 Silk Road Kung Fu Friendship Tour Part 1: Introduction

<http://www.kungfumagazine.com/ezine/article.php?article=1239>

August 27, 2015 Silk Road Kung Fu Friendship Tour Part 2: The Kung Fu Masters of Xian

<http://www.kungfumagazine.com/ezine/article.php?article=1241>

September 4, 2015 Silk Road Kung Fu Friendship Tour Part 3: Turpan: Flaming Mountains, Eid Al-Fitr with a Uyghur Family and

Bezeklik 1000 Buddha Caves <http://www.kungfumagazine.com/ezine/article.php?article=1243>

Sept. 16, 2015 Silk Road Kung Fu Friendship Tour Part 4: Turpan to Urumqi Jingwu School

Interview with Faculty Member Young Master Ali and other Kung Fu schools in Urumqi

<http://www.kungfumagazine.com/ezine/article.php?article=1245>

Sept. 30, 2015 Silk Road Kung Fu Friendship Tour Part 5: Road to Almaty Kazakhstan

Interview with Shifu Mike Adams that teaches private classes in Wing Chun and Tai Chi in Almaty

<http://www.kungfumagazine.com/ezine/article.php?article=1250>

October 7, 2015 Silk Road Kung Fu Friendship Tour Part 6: Master Yuriy Vyalkov and Vinh Xuan Dang Gia, Vietnamese "Buddha style" Wing Chun Kung Fu

<http://www.kungfumagazine.com/ezine/article.php?article=1256>

October 15, 2015 Silk Road Kung Fu Friendship Tour Part 7: Bishkek Kyrgyzstan and an interview

With Dmitrushenko Yuriy Vladimirovich, President of the Kung Fu Federation of Kyrgyz Republic

<http://www.kungfumagazine.com/ezine/article.php?article=1258>

Oct. 23, 2015 Silk Road Kung Fu Friendship Tour Part 8:

Interview with Mr. Ganiev Ravshan, President of the Wushu Federation of Uzbekistan & a Visit to the Barakh-Khan Madrasah

<http://www.kungfumagazine.com/ezine/article.php?article=1260>

October 29, 2015 Silk Road Kung Fu Friendship Tour Part 9: Kung Fu Magazine and International Diplomacy

<http://www.kungfumagazine.com/ezine/article.php?article=1261>

March 19, 2016 The Silk Road Kung Fu Friendship Tour Part 10: Shifu Arteom and the Tashkent Traditional

Wushu Association & The State Museum of the History of Uzbekistan

<http://www.kungfumagazine.com/ezine/article.php?article=1287>

April 8, 2016 The Silk Road Kung Fu Friendship Tour Part 11: The Wushu of Young Master Anar Budagli,

Tashkent's City Center's Chorsu Bazaar & a Visit to the International Caravanserai of Culture in Tashkent

<http://www.kungfumagazine.com/ezine/article.php?article=1291>

June 14, 2016 The Silk Road Kung Fu Friendship Tour Part 12: The Road to Ashgabat: Interview with

Yazmyrat Annamyradov & a Visit to the National Turkmen Kurash (Traditional Wrestling) Training Center

<http://www.kungfumagazine.com/ezine/article.php?article=1292>

June 15, 2016 The Silk Road Kung Fu Friendship Tour Part 13: Silk Road's Northeast Terminal Beijing, the Niujie Masjid, China's Islamic Association and Wang Zheng Yi, also known as Great Broadsword Wang the 5th

<http://www.kungfumagazine.com/ezine/article.php?article=1301>

October 14, 2016 The Silk Road Kung Fu Friendship Tour Part 14: Interview with Azer Mallem, President of the Azerbaijan Wushu Federation & Azerbaijan Muay Thai/Thai Boxing Federation and "Zorkana" – The House of Force and Strength

<http://www.kungfumagazine.com/ezine/article.php?article=1320>

Oct. 19, 2016 The Silk Road Kung Fu Friendship Tour Part 15: Visit to the Georgian Wushu Federation Summer Camp in Kobuleti & Interview with Federation President & Taolu Head Coach Giorgi Verulidze, their Sanda Head Coach Lasha Sumbulashvili and some Junior National Team Members

<http://www.kungfumagazine.com/ezine/article.php?article=1321>

January 5, 2017 Silk Road Friendship Tour Part 16: Interview with Abdurrahman Akyuz, President of the Turkish Wushu Federation and Fathomless Histories in Ankara, Bursa and Istanbul

<http://www.kungfumagazine.com/ezine/article.php?article=1334>

And, others... that will be on Part II of this great adventure.

Silk Road Tourism

- Education
- Planning
- Promotion &
- Travel

Niche marketing sector: Martial Arts Tour of the Silk Roads:

Silk Road Kung Fu Friendship Tour – Part 1: Background & Xi'an to Istanbul