**Summary of Silk Road (Kung Fu and Taekwondo) Friendship Tour 2015-2019**

**丝绸之路功夫和跆拳道**

**Nations, Cities, Martial Art Masters, History/Culture, Distances and Times**

**国家，城市，武术大师，历史/文化，距离和时代**

***Updated: 8/18/2019***

**Traveler 游客:** 石龙 (Gregory Brundage)

**Summary**

Silk Road Kung Fu Friendship Tour traveler Gregory Brundage, interviewed, photographed and in many cases trained with Chinese Wushu and indigenous martial artists from China to Turkey, several Maritime Silk Road countries and in Ethiopia Africa. He also visited and photographed the National Museums, other museums and Silk Road archeological sites and reviewed the histories and cultures of those nations.

**Seeds of the Silk Road Kung Fu Friendship Tour**

* Before the idea of the *Silk Road Kung Fu Friendship Tour*, and *Silk Road Taekwondo Quest* appeared, I visited Kabul Afghanistan to interview their Kung Fu masters and photograph their training. Four articles were published based on this visit.

**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>

**Land Silk Road** (10 countries - 14,000 kilometers)

China, Afghanistan, Pakistan, Kazakhstan, Kyrgyzstan, Uzbekistan, Turkmenistan, Azerbaijan, Georgia, Turkey

**Maritime Silk Road** (four countries) **Vietnam, Japan, Indonesia, Ethiopia**

* In 2018 I started the Trans-Saharan Kung Fu Friendship Tour in Ethiopia. This is a Maritime Silk Road country and along the even more ancient transit and trade routes of Africa

**2015** - inspired by President Xi Jinping’s One Belt One Road initiative, I’ve continued traveling on vacations from school through many land Silk Road countries, interviewing and photographing their masters and teams of Wushu Kung Fu, Taekwondo, other indigenous martial arts, as well as directors of Silk Road research centers, museums, and so on.

**SILK ROAD KUNG FU/WUSHU FRIENDSHIP TOUR**

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

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

Aug. 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>

Sept. 4, 2015 Silk Road Kung Fu Friendship Tour Part 3: Turpan: Flaming Mountains, Eid Al-Fitr

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 (The Wushu Federation Headquarters are way far north in Astana and I haven’t visited them yet.)

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

Oct. 7, 2015 Silk Road Kung Fu Friendship Tour Part 6: Kazakhstan continued, Master Yuriy Vyalkov and Vinh Xuan Dang Gia, Vietnamese “Buddha style” Wing Chun Kung Fu <http://www.kungfumagazine.com/ezine/article.php?article=1256>

Oct. 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 And a Visit to the Barakh-khan Madrasah
<http://www.kungfumagazine.com/ezine/article.php?article=1260>

Oct. 29, 2015 Silk Road Kung Fu Friendship Tour Part 9: Kung Fu Magazine and International Diplomacy at a Kyrgyzstan International Bus Station on the way to Uzbekistan

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

Mar. 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>

Oct. 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>

Jan. 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>

April 3, 2017 Silk Road Friendship Tour Part 17: Amazing Pakistan: Interview with Wushu Master Noor Ahmed Saqib & Visit to the Ancient Metropolis and Silk Road Junction of Taxila <http://www.kungfumagazine.com/ezine/article.php?article=1350>

May, 2017 Silk Road Friendship Tour Part 18: Kung Fu Federation of Pakistan in Lahore – Interview with Grandmaster Malik Iftikhar Ahmed, President & Founder of the Pakistan Wushu Federation and Interview with Muhammad Shah Bukhari, Director of the National Museum of Pakistan <http://www.kungfumagazine.com/ezine/article.php?article=1355>

August 17, 2017 Silk Road Friendship Tour Part 19: Ancient Martial Arts of Gansu Province, China

Through the Eye of the Camel - The Secrets of Ancient Kung Fu in China’s Mogao Caves, Western Frontier Fortress and the Gobi Desert

<http://www.kungfumagazine.com/ezine/article.php?article=1365>

Oct. 5, 2017 Silk Road Friendship Tour Part Part 20” Through the Eye of the Camel – Dunhuang Museum and Mosque, and White Horse Temple <http://www.kungfumagazine.com/ezine/article.php?article=1373>

Jan. 3, 2018 The Silk Road Kung Fu Friendship Tour Part 21 - The Noble Martial Art Legacy of Qatar

<http://www.kungfumagazine.com/ezine/article.php?article=1379>

Jan. 4, 2018 The Silk Road Kung Fu Friendship Tour Part 22 - The Noble Martial Art Legacy of

Qatar Continued

<http://www.kungfumagazine.com/index.php?p=article&article=1394>

* During the summer of 2018 I started **The Trans-Saharan Kung Fu Friendship Tour** in Ethiopia, East Africa

The Rainbow Continent Kung Fu Friendship Tour Part 1: Welcome Home to Ethiopia

A.K.A. the Land of Cush and Abyssinia, the Amazing 3-million Year Old Lucy, the Kung Fu of Master Teshome and the Art of Life

<http://www.kungfumagazine.com/ezine/article.php?article=1444>

The Rainbow Continent Kung Fu Friendship Tour Part 2: Ethiopia

The Kung Fu of Master Tofik, the Beautiful University Town of Mekelle, the Ancient Cities of Nejashi and Axum and Interview with Ethiopian Wushu Federation President Abdurahman Alakil, Museums, Suri Stick Fighting

<http://www.kungfumagazine.com/ezine/index.php?p=article&article=1452>

May, 2019 The Silk Road Kung Fu Friendship Tour Part 23

Ancient and Modern Wushu in Maritime Silk Road City of Hanoi, Vietnam

Hanoi and Loc Yan (a gem of a gem mining town) - Interview with Vietnamese Wushu Federation Secretary General Hoang Quoc Vinh, visit with three of their National Teams, Interview with Bui Dang Van, Master Instructor of Nam Hong Son Martial Art, Visits to the Ancient Thang Long Citadel (capital city of the Great Viet during the Ly, Tran and Le Dynasties, 11th – 18th Centuries), National Museum of History, a Church, Taoist Temple, and Masjid, and Gem and Marble Mountains of Loc Yan

<http://www.kungfumagazine.com/ezine/article.php?article=1490>

Jan. 2, 2019 Silk Road Kung Fu Friendship Tour Part 24: Nam Hong Son Bac Ninh Martial Arts in Hanoi

Interview with Bui Dang Van, Master Instructor of Nam Hong Son Martial Art in Hanoi in Quan Thanh Temple and a trip to Luc Yen - a gem mining and trading town in the far north

<http://www.kungfumagazine.com/ezine/article.php?article=1493>

Jan/Feb 2019 Silk Road Kung Fu Friendship Tour Part 25 - Wushu in the Land of the Rising Sun

Interviews with Japan Wushu Taijiquan Executive Director Hiroo Kawasaki, International Exchange Committee Vice-President Seiichi Agarihama, and media director Kazumasa Nagae at their national headquarters; interview with National Team Head Coach Sun Jian Ming and several national team members

<http://www.kungfumagazine.com/ezine/article.php?article=1502> *(Published Aug. 2019)*

Jan/Feb 2019 Silk Road Kung Fu Friendship Tour Part 26 - Wushu in the Land of the Rising Sun

Continued

Kyoto Imperial Palace and Kyoto Ginkakuji Zen Temple and in Nara (ancient Silk Road city) Nara Horyuji Temple Fujinoki Tumulus Tomb with swords from ancient Balkh - Afghanistan - and China and Todai-Ji Temple. Also visited Himeji (town) with its amazing castle Himejijoh . In Tokyo National Museum, Samurai Museum, Kodokan Judo headquarters where I did competition with some awesome players and Kyumeikan Kendo Dojo where I was honored to compete with some truly great swordsmen

Awaiting publication

July/Aug 2019 Silk Road Kung Fu Friendship Tour Part 27 – Wushu in Indonesia

Visit with the National Wushu Team in Jakarta, Meeting Hobbits, Buddhas and Hindu Gods in the National Museum, Introduction to Pencat Silat and Journey up Kawah Putih, or White Crater Volcano

Awaiting publication

July/Aug 2019 Silk Road Kung Fu Friendship Tour Part 28 – Wushu in Indonesia Continued

Visit to a countryside Pencat Silat (martial art) School in South Kalimantan Island in Indonesia, dig and pan in the traditional ways in Indonesia’s second largest diamond fields at Cempaka, followed by a spectacular Pencat Silat martial art festival, and then a few beautiful days at the National Pencat Silat Training Center in Jakarta called Padepokan Pencak Silat Indonesia.

Awaiting publication

**Silk Road Taekwondo Quest - Taekwondo Times Magazine (USA)**

July 28, 2015

TKD Quest Part 1 - 7/2015 Interview with Kyrgyzstan ITF President Vitalii Oleinichenko, Bishkek, Kyrgyzstan, and visit to ancient Silk Road site called Suyab in ancient times and Ak-Beshim in more recent history

August 1, 2015 TKD Quest Part 2 Uzbekistan ITF Chairman Master Han

Tashkent, Uzbekistan, Interview with Chairman of the Board of Federation of Taekwon-Do ITF Uzbekistan and Senior Vice-President of Asia Taekwon-Do ITF Federation, Master Han

Feb. 1, 2016 TKD Quest Part 3 Uzbek Jhoon Rhee Taekwondo, World Taekwondo Federation

HQ Tashkent Uzbekistan, Interviews with

Mirzahid Mirdjalalov, Vice President of JhoonRhee Taekwondo of Uzbekistan, WTF GMS Event Assistant Sarvar Shamusarov, Dr. Abbos Latipov, Secretary General of the Uzbekistan WTF Association, Farrukh Usmanov, Director of the Academy of Art of Uzbekistan International Caravanserai of Culture of Ikuo Hirayama, and Sheyko Constantine, Chief Supervisor Archeologist of Silk Road sites in Uzbekistan working out of the Uzbekistan International Caravanserai of Culture

Feb. 6, 2016 TKD Quest Part 4 Bukhara Uzbek ITF World Champion Umida and Furkat

Bukhara, Uzbekistan - Umida & Furkat’s Taekwondo - Love in Action and visits to the comic iron statue of Nasridin Afandi , followed by Magoki-Attari Mosque (sacred to Zoroastrian religion, Buddhism and Islam), the colossal Citadel of the Art, the museum therein, and Zimdan, the medieval Amir’s gruesome prison behind the Citadel

Feb. 11, 2016 TKD Quest Part 5 City of Mary, Turkmenistan, ITF 7th Dan Master Ayhan City of Mary/Merv, Turkmenistan, Interview with Master

Atabayev Aydogdy (Master Ayhan) Vice President of the Turkmenistan International Taekwondo Federation and National Team Coach, fabulous ancient oasis city in the Karakum Desert, and major stops along the Ancient Silk Roads: Dayahatyn Caravansarai - One of the most completely intact un-reconstructed Silk Road trading centers, Gosha Gala IC, twin fortress, Astanababa Mausoleum and Akmuhammet Isan Madrassa along the ancient caravan route leading from Babylon to the city of Hamadan.

Feb 12, 2016 TKD Quest Part 6 Ashgabat, Turkmenistan, Interview with WTF Federation

President Master Gurbanov Yazmyrat - Harmony of Ancient and Modern in Ashgabat, Turkmenistan - This National WTF Taekwondo Team’s Rocks!

Visits to the National Museum of History and Ethnography of Turkmenistan, Interview with Master Gurbanov Yazmyrat President of National Taekwondo WTF Center of Turkmenistan and Coach of the Turkmenistan National WTF Team and, visit to the Turkmenistan National Junior Kurash (traditional wrestling) Team

July 17, 2016 TKD Quest Part 7 Georgia ITF Levan Tsaretashvili

Tbilisi, Georgia - Interviews with Georgian International Taekwondo Federation President Mr. Levan Tsaretashvili and founder and General Secretary of the Israel Taekwon-Do Association Leo Oros Duek, and visits to the Georgian National Museum and Mtskheta, Georgia’s former capital city

July 18, 2016

TKD Quest Part 8 WTF Georgia WTF Trainer Ioseb Osidze, Tbilisi Georgia, Interview with WTF National Team and Trainer Ioseb Osidze and at least part of their national team and visits to their National Museum, Narikala Fortress, Black Sea and the Mother of Georgia, Kartlis Deda

July 28, 2016 TKD Quest Part 9 Azerbaijan WTF International Relations Chief and National

Team Manager Jalal Safarov Baku, Azerbaijan, Interview

with Azerbaijan’s WTF International Relations Chief and National Team Manager Jalal Safarov and a brief tour of the Azerbaijan National Museum of History, introduction to Zorkana, the House of Strength and Power, and the Old Town “Icheri Sheher,” including Maiden’s Tower, and the exquisite Palace of Shirvanshah

Aug. 2, 2016 TKD Quest Part 10 Turkish WTF President Ali Sagirkaya Ankara Turkey, Interview

with Turkish WTF President Ali Sagirkaya in Ankara, visit to the training center of their national team, interview with senior coach Cihat Kutuca as well as several of their team members, and an Interview with Ancient History Professor Gregory McMahon, visit to Bursa, and the Sea of Marmara.

Dec. 27, 2016 TKD Quest Part 11 Pakistan WTF Federation, Interview with Pakistan WTF

President Lt. Col. Waseem, Ahmed Janjua in Islamabad, visit to one of their National Junior Team Training Centers, a National Team Training Center and interviews with Coaches Muhammad Hanif and Najia Khan & Silk Road Sights in Pakistan including Ancient Metropolis of Taxila, Lahore Fort, Mohenjo Daro and Karachi

July - Aug 2017 TKD Quest Part 12 Qatar WTF Secretary General Eid Ali Al-Muraikhi & 7th Dan

Master Jae Kun Shin Visit to the Qatar Taekwondo,

Judo and Karate Federation and interview with WTF Secretary General Eid Ali Al-Muraikhi, as well as interview with Master Jae Kun Shin, the head instructor, 7th Dan from Jeonju South Korea at Korean Taekwondo Center and many other Maritime Silk Road Sites including Al Ruwais, numerous ancient forts including Al Zubarah, and the ancient Souk Wakif in Doha, finishing with a Sword Dance at a wedding.

Some pdf. files for some of the Taekwondo Quest series posted on:

<http://www.silkroadvirtualuniversity.org/publications-by-gcb.html>)

(Unfortunately, Taekwondo Times magazine seems to be having some difficulties and fallen behind in publications. So sad, it was/is a great magazine.)

**SILK ROAD LAND DISTANCES TRAVELED - 丝绸之路土地距离旅行**

**Part 1 – July/August 2015 - 第1部分 - 2015年7月/ 8月**

**🡪 China, Kazakhstan, Kyrgyzstan, Uzbekistan**

* **中国，哈萨克斯坦，吉尔吉斯斯坦，乌兹别克斯坦**

|  |  |  |  |
| --- | --- | --- | --- |
| **Cities** | **Kilometers** | **Miles** | **Days** |
|  |  |  |  |
| Beijing to Xian | 1,151 | 715 | July 14, 2015 |
| Xian to Turpan | 1,959 | 1,217 |  |
| Turpan to Urumqi | 191  | 118 |  |
| Urumqi to Almaty, Kazakhstan | 1,014 | 630 | July 23, 2015 |
| Almaty to Bishkek, Kyrgyzstan | 235 | 146 | July 26 |
| Bishkek to Tashkent, Uzbekistan(Flew back to Beijing) | 583 | 362 | July 31Aug 2, 2015 |
| **Total** | **5,133** | **3,188** | **21 Days** |

**Part 2 – January/February 2016 - 第2部分 - 2016年1月/ 2月**

* **Uzbekistan, Turkmenistan 🡪乌兹别克斯坦，土库曼斯坦**

|  |  |  |  |
| --- | --- | --- | --- |
| **Cities** | **Kilometers** | **Miles** | **Days** |
| Flew from Beijing to Tashkent, Uzbekistan |  |  |  |
| Tashkent to Samarkand | 290 | 180 | Arrive Tashkent Jan 29, 2016Arrive Samarkand Feb 3, 2016 |
| Samarkand to Bukhara | 270 | 167 | Arrive Bukhara Feb 4, 2016 |
| Bukhara to Farab Border | 80 | 49 | Feb 7, 2016 |
| Farab Border to Turkmenabad | 45 | 27 | Feb 7, 2016 |
| Turkmenabad to Dayahatyn (and back) | 340 | 211 | Feb 7, 2016 |
| Turkmenabad to Astanababa (and back) | 420 | 260 | Feb 8, 2016 |
| Turkmenabad to Mary | 249 | 154 | Feb 10, 2016 |
| Mary to Ashkhabad | 364 | 226 | Feb 11, 2016 |
| **(Return to Beijing)** |  |  | **Feb 14, 2016** |
| **Total Part II** | **2,058** | **1,278** | **17 days** |
| **Cumulative Total** | **7,191 km.** | **4,466 Miles** | **38** |

**Part 3 – July/August 2016**

* **Georgia, Azerbaijan, Turkey 🡪 格鲁吉亚，阿塞拜疆，土耳其**

|  |  |  |  |
| --- | --- | --- | --- |
| Flew from Beijing to Tbilisi Georgia | **Kilometers** | **Miles** | July 18 |
| Train from Tbilisi to Baku Azerbaijan | 568 | 353 | July 23 |
| Train from Baku to Tbilisi | 568 | 353 | July 29 |
| Tbilisi to Kobuleti, Batumi, Sarpi Border | 3392519 | 2111612 | July 30 |
| Sarpi border to Hopa & Erzerum | 280 | 174 | July 31 |
| Erzerum to Ankara | 877 | 545 | Aug 1 |
| Ankara to Bursa | 389 | 242 | Aug 7 |
| Bursa to Istanbul (boat) | 91 | 56 | Aug 8 |
| Flew from Istanbul to Beijing |  |  | Aug 14 |
| Total Part III | **3,156** | **1,962** | 27 days |
| **Cumulative Total** | **10,347****Kilometers** | **6,428****Miles** | **65 Days** |

**Part 4 – December/January 2016/2017 🡪 Pakistan 巴基斯坦**

|  |  |  |  |
| --- | --- | --- | --- |
| Arrived in Islamabad from Beijing | Kilometers | Miles | Dec. 25, 2016 |
| Islamabad to Taxila  | 39.5 | 24.5 | Dec. 27 2016 |
| Islamabad to Lahore | 380  | 236.1 | Dec. 28 2016 |
| Lahore to Sukkur (in Larkana -) | 806.6 | 501.2 | Dec. 31-Jan 1 |
| Sukkur to Mohenjo Daro | 104.1 | 64.7 | January 2 |
| Mohenjo Daro to Karachi | 433  | 269 | January 2 |
| Flew from Karachi to Dubai |  |  | January 6 |
| Dubai to Beijing arrived pm |  |  | January 7 |
| Total Part IV | 1,736.2 | 1078.7 | 13 Days |
| **Cumulative Total** | **12,083.2****Kilometers** | **7,508.1** | **78 Days** |

**Part 5 – April 2017 - Gansu, China - 甘肃，中国**

|  |  |  |  |
| --- | --- | --- | --- |
| **Cities** | **Kilometers** | **Miles** | **Days** |
|  |  |  |  |
| Fly Beijing to Jiayuguan |  |  | April 22, 2017 |
| Jiayuguan to Jiuquan 1st visit to Jiayuguan Castle1st visit to Silk Road Museum | 40 (round-trip) | 24 | April 23, 2017 |
| 2nd visit to Jiayuguan Castle2nd visit to Silk Road MuseumWei-Jin Period TombsBus Jiayuguan to Dunhuang | 40 (round-trip)370 | 24230 | April 24, 2017 |
| Mogao Grottos (Caves)Mingshashan (Yueyaquan National Park), Half Moon Lake | 50 (round-trip) | 31 | April 25, 2017 |
| Dunhuang Museum, Dunhuang Shi Qingzhensi (Dunhuang Mosque) |  |  | April 26, 2017 |
| Dunhuang to “Ancient” Town of *Gu* Cheng (movie set), to Western 1000 Buddha Caves (*Xi Qian Fo Dong*), and after that Yangguan Pass | 140 (round-trip) | 87 | April 27 |
| Dunhuang to Yadan Landforms, then Hecang Fortress, continued southeast to Yumenguan Pass (Jade Gate), and then back to Dunhuang. | 240 (round-trip) | 149 | April 28, 2017 |
| Interviewed/photographed Taekwondo Instructor Lu Yi (contact information for 3 Taekwondo schools in Dunhuang)Baimasi (White Horse Pagoda)Dunhuang to Jiayuguan | 370 | 230 | April 29, 2017 |
| Fly from Jiayuguan back to Beijing |  |  | April 30, 2017 |
| **Total** | **1,250** | **775** | **9 Days** |
| **Cumulative Total** | **13,333** | **8,283** | **87** |

**Part 6 – July/August Qatar, Middle East - 第6部分 - 卡塔尔，中东7月/ 8月**

|  |  |  |  |
| --- | --- | --- | --- |
| **Cities** | **Kilometers** | **Miles** | **Days** |
| Flight to Doha, capital city of Qatar |  |  | July 122017 |
| Doha to Zubara Fort (Round trip) | 207 | 128 | July 17 |
| Doha to Al Ruwais - Al Khuwayr - Qalaat Al Yousefiya Fort - Al Jemail Fort - Khidaj Fort - Qalaat Fariha Fort - Fariq Al Salatah Palace (the Old Palace of Sheikh Abdullah bin Jassim Al Thani – Old Emiri) – back to Doha | 350 | 217 | July 19 |
| Doha to Sheik Faisal b Qassim al Thani Museum (Round trip) | 70 | 44 | Aug 1 |
| Return to Beijing |  |  | Aug 4 |
| Subtotal | 627 | 261 | 23 |
| Cumulative Total | **13,960** | **8,544** | **106** |

**The following are some details (细节) of my Silk Road martial arts Friendship Tour thus far:**

**Summer 2015** started: Beijing, Xian (China), Urumqi (China), Almaty (Kazakhstan), Bishkek (Kyrgyzstan), Tashkent (Uzbekistan).

2015年我开始：北京，西安（中国），乌鲁木齐（中国），阿拉木图（哈萨克斯坦），比什凯克（吉尔吉斯斯坦），塔什干（乌兹别克斯坦）。

During my **winter vacation of 2016** I continued: Tashkent, Samarkand (Uzbekistan), Bukhara (Uzbekistan), Turkmenabat (Turkmenistan), Mary/Merv (Turkmenistan), Ashgabat (Turkmenistan), taking trains, busses and taxis along with considerable walking all the way.

2016年冬天，塔什干，撒马尔罕（乌兹别克斯坦），布哈拉（乌兹别克斯坦），土库曼纳巴德（土库曼斯坦），玛丽/梅尔夫（土库曼斯坦），阿什哈巴德（土库曼斯坦）

**In Baku, Azerbaijan (July 2016):**

* July 27, 2016 Interview with **Azer Hassansoy (“Azer Mallem”), President Azerbaijan Wushu Federation** and Azerbaijan Muay Thai-Thaiboxing Federation
* July 28 Azerbaijan **World Taekwondo Federation** - International Relations **Director Jalal Safarov**, who introduced me to some of their national team currently getting ready for the Olympic Games in Rio.
* Visited the **Museum of the History of Azerbaijan** (July 25), **Palace of Shirvanshah** (July 26) and many other famous historical & Silk Road sites.

**In Tbilisi, Georgia (July 2016) 格鲁吉亚第比利斯（2016年7月）**

* July 17, 2016 **Georgian International Taekwondo Federation President Mr. Levan Tsaretashvili**
* July 18, 2016 **Georgian World Taekwondo Federation Chief Trainer & former National Team Captain Loseb Osidze**
* July 19**,** 2016 **General Secretary to and founder of the Israel Taekwon-Do Association Leo Oros Duek** (who happened to be visiting Georgian ITF President Mr. Levan Tsaretashvili in Tbilisi at that time)
* July 29, 2016 **Georgian Wushu Federation President Giorgi Verulidze**
* Visited the **National Museum of Georgia** & **Mtskheta** Georgia’s former capital (July 19) and many other famous historical Silk Road sites

**In Ankara, Turkey - 在安卡拉，土耳其**

* August 2, 2016 **World Taekwondo Federation Ali Sagirkaya**
* August 3, 2016 **World Taekwondo Federation National Team Headquarters**
* August 4, 2016 **Turkish Wushu Federation President Abdurrahman Akyuz**
* August 2, 2016 Met and interviewed American archeological team working in Turkey
* August 2, 2016 Museum of Anatolian Civilization and Sulu Han
* August 5, 2016 Visited Ataturk Museum & Gordian’s Tomb (August 5)

**In Bursa, Turkey - 在布尔萨，土耳其**

* Interview with Syrian Refugees from Aleppo (August 8)
* Koza Hani & Green Masjid (August 8)
* Turk Islam Eserleri Muzesi (Islamic Museum of Turkey), Emir Sultan Camii & Yesil Camii (August 8)

**In Istanbul, Turkey - 在土耳其伊斯坦布尔**

* Sultanahmet Camii (Blue Masjid), Golden Horn Coast line, Misir Carsisi (Spice Market), Ismail Aga Camii (August 9)
* The Basilica Cistern, Topkapi Palace & Grand Bazaar (August 10)
* Hagia Sophia & Istanbul Archeological Museum (August 11)
* Hippodrome, Egyptian Obelisk, Walled Obelisk, Greek Serpent Column & Turkish and Islamic Museum (August 12)
* Turkish Cagaloglu Hamami and Ataturk International Airport, Dubai to Beijing (August 13)

∞∞∞∞∞

**In Pakistan 在巴基斯坦**

* Islamabad - Interview with Pakistani Taekwondo Federation President Lt. Col. Waseem Ahmed Janjua in Islamabad, Visit to their National Junior Team Training Center (Part 11 of Taekwondo Quest)
* Islamabad – interview with Wushu Master, Trainer and Fighter, Noor Ahmed Saqib (part 17 of Silk Road Kung Fu Friendship Tour)
* Taxila & Taxila Museum
* Lahore Wushu Fed Pres Malik Iftikhar Ahmed (for Part 18 of Silk Road Kung Fu Friendship Tour)
* Lahore Fort, Lahore Press Club
* One night in Sukkur, via Larkana enroute to…
* Mohenjo Daro & Museum
* Karachi - National Museum, Muhammad Ali Jinnah’s House, Masjid Tooba, (swam in the) Arabian Sea, Empress Mall (old and traditional), Dolmen Mall (one of several beautiful new malls there in Karachi) & Port Grand

∞∞∞∞∞

**In Gansu Province, China (April, 2017) 中国甘肃省（2017年4月）**

Day 2, April 23, Sunday - Jiayuguan Castle/Fortress & Museum

Day 3, April 24, Monday - Went to the Silk Road Museum in Jiuquan toured and photographed their exquisite collection, then interviewed the Director, Ms. Mei Qin Yin, mother of Ms. Mei Ping Wu, the amazing lady that gathered this collection mainly from overseas, returning China’s national treasures to China. Then bus to Dunhuang. Also toured one Wei-Jin Period Tomb (A.D. 300-500) with brilliantly painted bricks depicting many aspects of life 1,600 years ago.

Day 4, April 25, Tuesday - Toured Mogao Caves, then taxi to sand dunes of Mingshashan (whistling sand mountains) which is about 105 km. in circumference and as high as 1,715 meters in Yueyaquan National Park, and rode in a camel caravan for a couple of hours through the sand dunes.

Day 5, April 26, Wednesday – Toured and photographed Dunhuang Museum, then taxi to Dunhuang Shi Qingzhensi – Dunhuang Mosque where I interviewed Ma Ruqi Jusef, mosque manager, imam, and teacher, and Ma Xuexing, the Executive Director of the mosque. After this stopped at Charlie Zhong’s Hostel to make arrangements to meet Camel Master Mr. Li the next day for caravan camping high in the sand dune desert of Mingshashan.

Day 6, April 27, Thursday – Dunhuang “Ancient” Town of Gu Cheng. Then with hired car drove to Western 1000 Buddha Caves (*Xi Qian Fo Dong*), and Yangguan Pass and Museum, to Mingshashan (Whistling Sand Desert Mountains) again for a caravan up into the dunes for a night of camping under the stars with camel master Mr. Li.

Day 7, April 28, Friday – Hired car to Yadan Landforms, then due east to the remains of Hecang Fortress, continued southeast to Yumenguan Pass (Jade Gate), and back to Dunhuang.

Day 8, April 29, Saturday – Interviewed/photographed **Taekwondo Instructor Lu Yi**, who gave me contact information for 3rd Dan Yan Chao, after that drove to White Horse Temple Pagoda, Sha Zhou Market, train back to Jiayuguan for night in hotel.

Day 9, April 30, Sunday – Flew back to Beijing

**GANSU PROVINCE CONTACT INFORMATION**

**Silk Road Museum** (20 km east of Jiayuguan)

No. 177 Xiongguan Rd. Jiuquan City, Gansu Province

735000

Mobile: +86 139 9375 8100

Tel: +86 937 2800088

Email: museum@silkroutemuseum.com

Website: <http://www.silkroutemuseum.com>

M. Ping Wu (Founder and Chairwoman) email: mping@thesilkroadfund.org

Website: <http://www.thesilkroadfund.org>

(Contact me or her mom at the above phone number for M. Ping Wu’s phone number in the U.S.)

∞∞∞∞∞

**Dunhuang Shi Qingzhensi** (Mosque)

Ma Ruqi Jusef, mosque manager, imam, and teacher, and Ma Xuexing, Executive Director

Xinjian Road

∞∞∞∞∞

**Charlie Zhong’s Hostel** (Contact for Camel Master Mr. Li)

22 Mingshan Road

13893763029 (dhzhzh@163.com)

∞∞∞∞∞

**Taekwondo in Dunhuang**

Mr. Yan Chao (3rd Dan)

Tel: 132 3949 6852

∞∞∞∞∞

Other contacts are easy find on the Internet.

∞∞∞∞∞

**In Qatar - 在卡塔尔**

**Souk Wakif** (The large “old market” visited many times), mainly hanging out at the sword shop Ghaith Essence of Swords with Shamsan Algebahy (from Yemen) and Salah (Syria). [www.swordsqatar.com](http://www.swordsqatar.com)

**Museum of Islamic Arts in Doha** – They have a rare book collection and I was assisted by Library Coordinator Soumeya, in finding an ancient book I was looking for called Al Furusiyah a Mamluk manual on martial arts written in 1348 by Muhammad ibn Is ibn Isma’il ibn al Aqsara in Damascus, recorded by the scribe Ahmad ibn Umar ibn Ahmad al-Misri, which covers horsemanship, archery, use of the lance, swordsmanship, mace, the arts of soldiers and cavalrymen, conscription, assembling of troops, arrangements of battle lines, military strategy, and divisions of spoils, along with 18 colored paintings and 25 diagrams.

**Al Zubarah Fort** is at least 250 years old and is one of the best preserved of the traditional pearl fishing and merchant towns in the Gulf. (July 17, 2017)

**Tour of Other Forts and Oasis along the northwest coast** aided by new friend Sheik Fahd Hamad (of the Na’im tribe on his mother’s side), who I met in Abu Dhulouf, adjacent to Al Ruwais at the northern tip of Qatar. (July 19, 2017)

**Katara Village Beach** – This is a new area mostly under construction, however there is a nice beach there where I went swimming a couple of times. Entry ticket 50 Rials or about $13; the taxi fare from my hotel was about $10 each way, and being July, the water was quite hot, so I only went a couple of times. It was clean and beautiful however, and the security staff quite nice. Except for July and August the water quite nice I was told. One has to walk about a mile to the nearby international hotels to catch a taxi back to the downtown area after swimming.

**Hamad Aquatic Center located in Aspire Zone Sports City** – swimming, also $50 Rials, but it’s a beautiful Olympic sized pool and there’s also a diving pool. [https://www.facebook.com/DohaFamilyActivityCenter/#](https://www.facebook.com/DohaFamilyActivityCenter/)

Visited and photographed Fariq Al Salatah Palace (the Old Palace of Sheikh Abdullah bin Jassim Al Thani, the “Old Emiri”) (July 19th)

**Interviewed Master Jae Kun Shin, 7th Dan from Jeonju South Korea**, photographed and participated in Taekwondo class at Korean Taekwondo School in Doha (July 22, 2017)

**Visit to the Qatar Foundation**, a futuristic heaven of education and community (July 25, 2017)

**Interview with Tai Chi Teacher Linda Aarts** in Doha Qatar (July 31, 2017)

**Visited and photographed Sheik Faisal b Qassim al Thani Museum** (August 1st)

**Interview with Mr. Eid Ali Al-Muraikhi – General Secretary of the Qatar Taekwondo, Judo and Karate Federation** at Al Bidda Tower, August 2, 2017

**"The Cage Sport" - MMA, kickboxing and taekwondo** located on Salwa Road, Ain Khalid Area, Khalid Al Ghanim Intersection.

**Attended, photographed and participated in Arabic Sword Dance** at a wedding on the western side of Doha. (August 3)

∞∞∞∞∞

**DETAILS**

**Before the beginning (of my Silk Road Martial Art Tours)**

**AFGHANISTAN (阿富汗)**

Kabul: February 12, 2015 – February 19, 2015

喀布尔：2015年2月12日 - 2015年2月19日

This is a series of interviews with living legends of Wushu and Kung Ku in Kabul, Afghanistan, including Masters Abdul “Rahim Kung Fu,” Khawani Amiri, Mohammad Fahim, Abbas Alizada, and Sayed Rahman Youresh, as well as interviews with some refugees at the SHADO - Charahi Qambar Refugee Camp in Kabul, an interview with Mrs. Dastgirzada, teacher of girls and woman, small business developer and owner of and trainer in a women’s gym, all before an interview with Rafi Ferdous, CEO & Secretary General of the Afghanistan National Olympic Committee. There were also side trips to the National Museum, and District 17, the up and coming educational district of Kabul and the Panjshir Youth Wrestling Club, owned and operated by Abdullah Big Waziri, as well as a meeting with two senior editors at Khaama Press.

**Land Silk Road - Part 1 - Wushu Contacts - 土地丝绸之路 - 第1部分 - 武术联系**

**CHINA**

**Xi’an** Physical Education University – Interviews with Sanda Team Coach Zhao Xue Jun and Shifu Ma Wenguo Director of Chinese Martial Arts Institute and PhD of Chinese Martial Arts (July 14, 15, 2015) <http://www.xaipe.edu.cn/English/> Best international contact at Xian Sports University Administrative Offices (and speaks English well: Mr. Lei Qiang 1223180762@qq.com; Nickname: 西安老猴王)

**Urumqi** Jingwu School – Young master Ai Li (July 20, 21, 2015)
Address in Chinese: 新疆自治区乌鲁木齐市沙依巴克区宝山路5号
Address in English: Xinjiang Urumqi Shayibake Baoshanlu, Number 5

532040634@qq.com

<http://baike.baidu.com/view/5982848.htm>

**KAZAKHSTAN (哈萨克斯坦)**

**Almaty**, Interview with Wing Chun Shifu Mike Adams (July 24, 2015)

+7 702 231 4829

e-mail: kzmyvingtsun@gmail.com

**Almaty**, Vietnamese Buddha Style Wing Chun Kung Fu, Master Yuriy Vyalkov (July 25, 2015)

Address: Gogol Dzhumalieva 40 g, 4th Floor. Behind the Manga Sushi restaurant. He speaks a little English and is kind hearted gentleman. +7777 355 0203

Mr. Ruslan who trains with Master Yuriy Vyalkov and helped as translator for most of the interview with Master Yuriy: e-mail: TIZZAR@mail.ru His English is pretty good and he is also a very sincere kind gentleman.

Aslan is associated with the Olympic Committee in Almaty: Tel: 8727 3975221

**KYRGYZSTAN吉尔吉斯斯坦**

**Bishkek,** Interview with Dmitrushenko Yuriy Vladimirovich, President of the Kung Fu Fed of Kyrgyz Republic (July 27, 2016)

Master Dmitrushenko Yuriy Vladimirovich Contact:Tel: 0 555 93 14 48

He speaks Kyrgyz and Russian, no English

[www.kungfu-kyrgyzstan.ru](http://www.kungfu-kyrgyzstan.ru)

kungfu-kyrgyzstan@mail.ru

The Kyrgyz State Academy of Physical Education and Sport

<http://ksapcs.kg/?lang=en>

**Bishkek – President of ITF Taekwondo, Kyrgyzstan**

A day with Vitalii Oleinichenko, President ITF Kyrgyzstan (July 28, 2015) itf.kgz@gmail.com (itf.kgz@gmail.com)

**UZBEKISTAN (乌兹别克斯坦)**

**Tashkent,** Interview with Uzbekistan Wushu Federation President Ganiev Ravshan (August 1, 2016)

Tel: (+99871) 236 06 97; (+99871) 233 42 30; Fax: (+99871) 236 14 54

**Tashkent**

Interview with Chairman of the Board of Federation of Taekwon-Do ITF Uzbekistan and Senior Vice-President of Asia Taekwon-Do ITF Federation, Master Gennadi Han itfuzb@gmail.com

*Departed Beijing for Tashkent International Airport January 29, 2016*

**UZBEKISTAN (乌兹别克斯坦)**

**TASHKENT:** Arteom: Tashkent Traditional Wushu Association; he teaches Wudang Tai Chi and Shaolin Taolu. His teacher was Dr. V. G. Borzov, President of Association. I found Tashkent Traditional Wushu Association on Facebook. I participated in 6:30 pm Saturday class. Tel: +99891 1646687

**TASHKENT:** Anar Budagli: Formerly of Silver River Dao school in Tashkent: Xing-Yi, Bando (ancestor of Muay Thai kickboxing), Sambo, Tantric Yoga, and others. His master was Boris Vasilevich in Tashkent. abugagli@mail.ru +998977081308 Also available on Facebook

**TASHKENT:** Mirzahid (5th Dan) of Jhoon Rhee Taekwondo style. His Master was Im German, a Korean Russian 6th Dan (at that time; 1990) he met in Moscow. Jhoon Rhee has visited Tashkent three times. His club is called “Club Lucky.” Mirzahid is the Vice President of Jhoon Rhee TKD in Uzbekistan, his brother Mirsultan Mirdjalalov (also 5th Dan) is president. I participated in his excellent class for primary/middle school students.

Mobile: (+998 90) 990 79 33

Home: (+998 71) 225 37 37 Also perhaps (+998 94) 688 85 33.

mirzahid\_76@rambler.ru mirzahid\_76@mail.ru

**TASHKENT: Uzbekistan WTF Headquarters - 塔什干：乌兹别克斯坦WTF总部**

1st interviewed Sarvar Shamusarov WTF GMS (Global Membership System) Assistant who answered many questions, then I was honored to interview Dr. Abbos Latipov, Secretary General of Uzbekistan WTF who also answered many questions. Contact for Mr. Sarvar: wtfgmseventadmin@wtf.org

(Thus I have interviewed Uzbekistan’s ITF President Master Han – August 1st, 2015, Uzbekistan Jhoon Rhee TKD Vice President Mirzahid, and WTF General Secretary Dr. Abbos)

Both ITF and WTF representatives very kindly gave me contact information for their clubs in Samarkand and Bukhara, my next stops. They are excellent gentlemen extraordinaire!

**SAMARKAND, Uzbekistan - 萨马克，乌兹别克斯坦**

*I was told my many there were no Kung Fu/Wushu classes in Samarkand.*

Because I spent longer in Tashkent than intended I only spent one day in Samarkand; a bit of a disappointment but I had a tight timeline. I visited many of the more famous landmarks, but didn’t have time for martial arts clubs. I was however assured by many there was no Kung Fu class in the city.

WTF Contact in Samarkand is: Master: Ilkhom – General Secretary: +998933440062

**BUKHARA, Uzbekistan**

**Taekwondo**

With information kindly supplied by ITF Master Han’s assistant Nelli, I was able to get in contact with Master (Ms.) Umida (ITF 5th Dan) and her husband Furkat who also speaks excellent English. I endeavor to maintain balance between all branches of martial arts whenever possible, and owe a debt of gratitude to Master Han for helping with my visa and being the first TKD master I met in Uzekistan.)

I spent most of three days with Umida and Furkat. Umida is 2004 World Champion (Spain), 2006 World Champion (Malaysia), and took home the silver in the 2009 World Championship (Kyrgyzstan); she was 5 times Asian champion. And, now she is also a master trainer and mother of a toddler. Her masters were Igor Badaliyan (then 5th Dan – who is now back in Russia, and Nikolay Galishnikov, 6th Dan.

Contact: london777\_07@mail.ru

**TURKMENISTAN (土库曼斯坦)**

Upon arrival in Turkmenistan I had no martial arts contacts.

*I was told in Turkmenabat by many there were no Kung Fu/Wushu classes in the city. Later on in Ashgabat (the capital city) I found out this might not have been accurate… There may be, but perhaps they don’t advertise.*

**Turkmenabat:** Very little time here, as I visited several nearby Silk Road sites including Dayahatyn Caravanserai and Astanababa Mausoleum; Real Silk Road caravan stops.

**MARY/MERV**

*I was told by many there were no Kung Fu classes in Mary. (Ditto above)*

**Kickboxing Club**

In the splendidly ancient city of Mary/Merv I first managed to meet some martial art people at a kick boxing club. I also worked out with them for a while. They fielded a team in the Turkish Championships 2013 and had several obviously very talented and powerful fighters. Contact: Chary Bekhmyradov: +99365306025 Goryye Seyit: seyit.charyyev.89@mail.ru

Meapachenko Alexandra: alka.com676@gmail.com Tel: 9336-1267621

**Taekwondo**

Orazmyrat Charyev, 3rd Dan ITF: +993 635 925 72

**Aydogdy Atabayev (“Master Ayhan”), 7th Dan ITF (ITF National Team in Turkmenistan)**

Also in Mary/Merv I was honored to meet the distinguished “Master Ayhan.” He trains the ITF National Team there in Mary, and was going to host the Turkmenistan National Championship also in Mary February 13th and 14th. (I unfortunately had to leave on the 11th to keep up with my very tight timeline. *Se est la vie*.) I also found out his team has competed in 60 some nations. +993 617 400 00

*On his professional name card:* Tel: (+993 12 48 42 38)Tel/Fax: (+993 522) 7 17 77Mobile: (+993 63 00 64 65)e-mail: tkdmoon@mail.ru

Thanks to that very same very tight timeline I had to leave Mary/Merv after visiting critical Silk Road sites (in a snow storm); Merv is a wonder of the world, one of the most famous UNESCO World Heritage locations. and Mary a beautiful peaceful town.

**“Rocky Balboa style” weight training and Shotokan Karate**

After all that, while waiting for a train, I wandered into a large gym that also had a weight room and met: Maksat Nuryyev

He’s into powerlifting, winning gold in squats in a National Championship, and just so happens to love Shotokan Karate. His dream is to study Shotokan in Japan, but lacks the funds at this time. I hope his dream comes true somehow. He was a very pleasant and intelligent young man, and I worked out with him for about an hour. Guvanch, my friendly excellent guide was a bit tired after 5 minutes, ha, ha. But there was no better way to prepare for another overnight train than a good muscle training session alongside a guy who works out seriously. maksat\_nuryyev1999@mial.ru +993 62 05 1682

**ASHKABAD -阿什哈巴德** (Capital city of Turkmenistan)

**Wushu**

First I had the honor to meet and interview Wushu Master Yazmyrat Annamyradov President IWF Turkmenistan. The next day I worked out with his lively young team at the Turkmenistan National Olympic Training Center. Excellent martial artists and people all! He told me there were about 25 coaches and 1,500 students training in Wushu around Turkmenistan. Wow! How come nobody seemed to know about the clubs? My guess is they train in regular public schools and therefor don’t advertise. This seems to be the norm in Central Asia and large parts of China. I also found out they’ve competed in 150 international competitions in 50 different countries. Email: yazanwftkm@mail.ru Mobil: +99365 568975

**Taekwondo (Turkmenistan WTF Headquarters in Ashgabat) 跆拳道（土库曼斯坦WTF总部在阿什哈巴德）**

The next evening I was honored to meet Master Gurbanov Yazmyrat, President of National Taekwondo (WTF) Center of Turkmenistan. I photographed his amazing team doing sparring for an hour and a half. He’s also a world champion with a terrific sense of humor.

Address: Ashgabat City, Proezd Surikova, 7/13, 744005 tmtkd@mail.ru (e-mail confirmed 3/30/2016 – answered in English) yaztkd@yandex.ru +99312 27 2689 +99362 62 1655

English speaking student: jelal.batyrov@gmail.com +993 6567 6120

**Turkman Kurash** (traditional national style of wrestling -**土库曼斯坦传统摔跤**)

The Turkman National Kurash team was so kind to meet with me the morning of the day they were leaving for an international competition in Turkey. Coach: Hemra Nurmammedow Tel: +993 6217 7061

Student that speaks some English: 2atash6@gmail.com 3rd year student in the International Turkmen Turkish University; major is International Relations and Diplomacy. Nowadays, mostly interested in Germany and German language; not from Ashkabat, but from Bairam Ali, in Mary. E-mail confirmed

*The next morning (February 14th, 2016; 2:30 am flight departure) I returned to Beijing.*

**July/August 2016 - 2016年7月/ 8月**

**Baku, Azerbaijan 巴库，阿塞拜疆**

July 27, 2016 **Azerbaijan Wushu Federation President Azer Hassansoy (“Azer Mallem”)** and President of Azerbaijan Muay Thai-Thaiboxing Federation CONTACT: +994703000155 +994 556 554 599, +994 503 779 255 email:azwushu@yahoo.com

Also Azerbaijan Wushu Federation: Master Coach Mursal Guliyev: 050 4320071 quliyev.mursal@gmail.com

July 28 Azerbaijan **World Taekwondo Federation** - International Relations **Director Jalal Safarov**, who introduced me to some of their national team currently getting ready for the Olympic Games in Rio.

CONTACT: +994 12 496 3987; 012 946 3987; +994702266464 intl@taekwondo.az Azerbaijan Taekwondo Federation also has a Facebook page

**Tbilisi, Georgia (July 2016) - 格鲁吉亚第比利斯（2016年7月）**

July 17, 2016 **Georgian International Taekwondo Federation President Mr. Levan Tsaretashvili** CONTACT: 558 392 392 email: info@tkd.ge Website: [www.tkd.ge](http://www.tkd.ge) & Mirza Yvavadze (1 Dan WTF, 2nd Dan ITF) 568 693 777 mirza.yvavadze@mail.ru

July 18, 2016 **Georgian World Taekwondo Federation Chief Trainer & former National Team Captain Loseb Osidze** CONTACT: President : Mr. Sulkhan Babuadze Secretary General : Mr. Avtandil Mikadze 11, Machabeli Street, 0105 Tbilisi, Georgia, Tel: 995 599 569 607 e-mail: taekwondogeorgia@yahoo.com

July 19**,** 2016 **General Secretary to and founder of the Israel Taekwon-Do Association Leo Oros Duek** (who happened to be visiting Georgian ITF President Mr. Levan Tsaretashvili in Tbilisi at that time) CONTACT: Facebook at: <https://www.facebook.com/TaekwonDoITFAshdod/> Website: <http://www.tkd-ashdod.com/>

July 29, 2016 **Georgian Wushu Federation President Giorgi Verulidze** CONTACT: +995 557 577 577 (David, who speaks English well) e-mail: georgiawushu@yahoo.com

**Ankara, Turkey - 安卡拉，土耳其**

August 2, 2016 **World Taekwondo Federation, WTF Auditor & ETU Exco Member Ali Sagirkaya** CONTACT: Suleyman Sirn Cad. No. 3 Kat 9 Yenisher 06440 Ankara Tel: 0312 310 8816 Fax: 0312 310 9042 **sagirkaya@yahoo.com**

August 3, 2016 **World Taekwondo Federation National Team Training Center** Address: 19 Mayis Stadyumu Taekwondo Salon, Ulus, Ankara; Senior Coach Cihat Kutluca; Younger Coach: Gokhan Nazli

August 4, 2016 **Turkish Wushu Federation President Abdurrahman Akyuz** Contact:Federasyon Telefon: +90 312 312 36 98 [www.twf-gov.tr](http://www.twf-gov.tr) email: a-akyuz61@hotmail.com

∞∞∞∞∞

**Islamabad, Lahore & Karachi, Pakistan - 伊斯兰堡，巴基斯坦拉合尔和卡拉奇**

Islamabad - Interview with Pakistani Taekwondo Federation President Lt. Col. Waseem Ahmed Janjua in Islamabad, Visit to their National Taekwondo Junior Team Training Center (Part 11 of Taekwondo Quest)

Islamabad – interview with Wushu Master, Trainer and Fighter, Noor Ahmed Saqib (part 17 of Silk Road Kung Fu Friendship Tour)

Lahore, Wushu Fed Pres Malik Iftikhar Ahmed (for Part 18 of Silk Road Kung Fu Friendship Tour)

∞∞∞∞∞

**Jiayuguan & Dunhuang, Gansu Province, China - 中国甘肃省嘉峪关和敦煌**

This trip was in search of ancient Wushu Kung Fu as revealed in the Mogao Grottoes and other artwork e.g. Wei-Jin Period Tombs (A.D. 300-500) in this ancient Silk Road crossroads. See 敦煌古代武术研究综述 (Wushu Training in Gansu) for more information on efforts to reconstruct ancient Wushu techniques from art preserved more than a thousand years in the Dunhuang area. 王砚 - 上海体育学院武术学院, 上海20 04 38 Available at <http://www.cnki.net>

Nonetheless, I met and interviewed Taekwondo instructor Lu Yi, who put me in contact with:

Mr. Yan Chao (3rd Dan - Dunhuang)

Tel: 132 3949 6852

In Lanzhou, the capital city of Gansu there are many Kung Fu Wushu and Taekwondo schools, unfortunately I only had nine days for this trip and opted to focus on ancient martial arts.

∞∞∞∞∞

**Qatar 卡塔尔**

**Korea Taekwondo Center**, Doha, Salwa Road across from Jarir Bookstore, Master Jae Kun Shin, 7th Dan from Jeonju South Korea +974 4465-9066

**Linda Aarts Tai Chi** - <http://www.taichiqatar.com/contact.html>

**Mr. Eid Ali Al-Muraikhi – General Secretary of the Qatar Taekwondo, Judo and Karate Federation** at Al Bidda Tower

**"The Cage Sport" - MMA, kickboxing and taekwondo** located on Salwa Road, Ain Khalid Area, Khalid Al Ghanim Intersection

Note: Qatar was the first Silk Road country I visited that did not have a Wushu Federation.

**卡塔尔没有中国武术联合会**

Though several Qatari children I met love Kung Fu, a few adults told me: “Qataris don’t care much for Kung Fu.” A bit odd, I thought. It should be noted there are only 270,000 Qataris total of the total population of 2 million. Most of the people there are foreign laborers working on the many, many massive infrastructure projects and most don’t have the extra time, energy or money for sports. I have reason to believe some of the Qatari children like it though.

∞∞∞∞∞

**Note:** There are over 100 countries today alongside the historic and modern Land and Maritime Silk Roads, all bearing witness to the impact of these routes in their culture, traditions and customs…”

<http://en.unesco.org/silkroad/countries-alongside-silk-road-routes>

∞∞∞∞∞

**About the Traveler - 关于旅行者**

During my former career as a journalist (20 years ago) I interviewed large number of ambassadors in the nations I was living for their national newspapers. I like the idea of building bridges. I think Chinese CPC Chairman Xi’s idea of the “One Belt, One Road” is brilliant. Consequently I am endeavoring in my own small way to building bridges between sports people along that ancient highway and via my publications around the world.

Very near the beginning my second trip in Central Asia (July/August 2015), in Kyrgyzstan it occurred to me I could easily expand my efforts to include Taekwondo masters and thus began the Silk Road Taekwondo Quest series of stories published in Taekwondo Times Magazine (USA). This series is published in their print magazine and is not readily available online, however the magazine can be accessed at [www.taekwondotimes.com](http://www.taekwondotimes.com)

**Why me? - 为什么是我？**

I started training in Kung Fu and Taekwondo in the early 1970s fought in more than 400 martial arts competitions in the 1970s and 1980s; have lived in China for 10 years and before that South Korea for seven years. Before that I lived in South Asia for many years starting in 1992. I grew up and went to schools in the U.S. and Europe and also spent some time in South America. I have trained in many martial art schools in many nations since a young age.

The goal of this series of Silk Road martial arts tours was and remains to travel as much of the Silk Road as possible, meeting and interviewing all the Kung Fu and Taekwondo masters, and visiting the major historical sites, museums and Silk Road centers, with a focus on Silk Road sites, as time allows and share that with the world. In addition to publishing articles in two magazines, I also host the world’s largest online directory of martial arts schools: [www.fightingartsasia.com](http://www.fightingartsasia.com) and the largest and only internet site for triathlon in China: [http://triathlonchina.weebly.com](http://triathlonchina.weebly.com/)

In April and May 2017 I started two new Internet sites - 两个新的互联网站点

[www.silkroadvirtualuniversity.org](http://www.silkroadvirtualuniversity.org) **丝绸之路虚拟大学** and

[www.silkroadresearcenter.org](http://www.silkroadresearcenter.org) **丝绸之路研究中心**

One of my favorite hobbies besides martial arts is reading, and I would recommend the reader to visit:

<http://www.silkroadvirtualuniversity.org/history-bibliography.html>

To learn more about Silk Roads history, culture and arts.

*The Silk Roads are and always were – The Heart of the World*