

石龙武功之根

Stone Dragon's Martial Art Roots

简介：这个奇怪的人物格雷戈里·布伦戴奇（Gregory Brundage），也被称为“石龙”，他为什么这么喜欢功夫？ Who is this strange character Gregory Brundage, also called 石龙 Shí lóng and why does he like Kung Fu so much?



Photo taken at Baitasi Temple, on Pan Mountain (Panshan) in Jixian – That was when they (we, as I helped in my own small way) were just starting to rebuild the ancient North Shaolin Monastery. Shi Heng Gui on left, Silk Road traveler on right (2013)

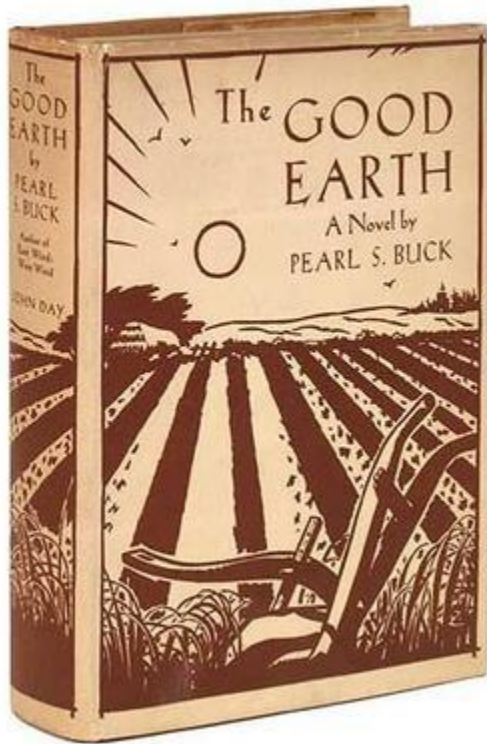
一个读者 A reader

我是第一个承认我有点奇怪的人。例如，我从五岁起就非常喜欢阅读。首先，我父亲有一个研究生（在教育部门）试图教我阅读。那没有用。所以，他尝试了一个不同的学生。然后.....三分之一！第三个非常好。她读得很慢，每一次都慢慢地指着每个单词读出来——这样我就可以弄清楚如何把书中的字母变成我脑海中的单词发音。她又来了两次.....然后我就可以自己读儿童故事书了。

I'm the first to admit I'm a little strange. For example, I've enjoyed reading a lot since I was five years old. First my father had a graduate school student (in the education department) try to teach me to read. That didn't work. So, he tried a different student. And then... a third! The third one was very good. She read very, every slowly pointing to each word and sounding it out – so I could figure out how to put the letters in the book into word-sounds in my head. She visited twice more... and then I was able to read children's story books by myself.

两周后，我读完了我们家所有的儿童读物。我告诉妈妈我想要更多的书。我父亲建议我在大学图书馆办一张借书证。大学就在街对面，所以不远。他们在那里有大量的儿童读物。因为我父亲是大学的教授，所以我有资格获得自己的“教师家庭”借书证！哇！我非常开心。大约一个月后，我读完了他们所有的儿童读物。所以我向妈妈要了一本大人读的好书。她向一位名叫“Pearl S. Buck”的女士推荐了一本名为“The Good Earth”的书。我花了整整一个月的时间读完这本书，但我的生活永远改变了。我喜欢阅读。

After two weeks I'd finished reading all the children's books in our house. I told my mother I wanted more books. My father suggested I get a library card at the university library. The university was right across the street so it wasn't far. They had a large selection of children's books there. Because my father was a professor at the university, I was eligible to get a “faculty family” library card of my own! Wow! I was so happy. In about a month I had finished reading all their children's books. So I asked my mom for a good book that grownups read. She suggested a book by a lady named “Pearl S. Buck” called “The Good Earth.” It took me a whole month to read that, but my life was changed forever. I loved to read.



“The Good Earth” is a historical fiction novel by Pearl S. Buck published in 1931 about family life in a Chinese village in the early 20th century. It’s a really dramatic story!

当我六岁的时候，我们家从美国搬到了英国剑桥，我的生活又发生了翻天覆地的变化。 **When I was six our family moved from the USA to Cambridge England and my life changed dramatically again.**

为什么有人开始学习武术？很多原因。有些是为了自卫，有些是为了健康和健身或超凡体验，或者只是为了做些事情。一些学校心理学家把欺凌者送到武术课上，认为他们是欺负者，因为他们害怕，而武术课会教他们自控、自律和他们需要的信心，这样他们就不必为了感觉良好而欺负别人 关于他们自己。

Why does someone start to learn martial arts? Many reasons. Some for self-defense, others for health and fitness or transcendent experience, or just something to do. Some school psychologists send bullies to martial art classes, thinking they are bullies because they are afraid, and a martial art class will teach them self-control, self discipline and the confidence they need so they don’t have to bully others to feel good about themselves.



人的动机就像根。一棵树不是从一个根长出来的，而是从许多根长出来的。

Human motivations are like roots. A tree does not grow from a single root, but many.

至于我，主要是为了生存。对此毫无疑问。As for me, it was mostly survival. There was no question about that.

搬到剑桥，6岁时被迫打架 Moving to Cambridge and forced to fight at age 6

我的家人经常旅行，在我很小的时候旅行了很多。我出生在美国新泽西州，三岁时搬到威斯康星州的密尔沃基。然后，在我六岁的时候，我们搬到了英国剑桥。

出于某种奇怪的原因，我小学（“罗姆西”）每个年级的老师都在教那年

（1963/1964）的美国独立战争。我永远不会忘记一些关键短语：“然后肮脏的洋基狗击落了好英国小伙子……”等等。我当时六七岁。我以前从未听说过美国独立战争。但是，几乎每天都会在校场上发生一场大的群殴。它被称为：“洋基队对抗英国人”。

My family traveled a lot, a huge amount when I was very young. I was born in New Jersey USA and moved to Milwaukee, Wisconsin when I was three years old. Then, we moved to Cambridge England when I was six. For some odd reason, the teachers there at my primary school (“Romsey”) at every grade level taught about the American Revolutionary War that year (1963/1964). I'll never forget some key phrases: “And then the dirty Yankee dogs shot down the good British lads...,” and so on. I was six and seven years old. I'd never heard of the American Revolutionary War before. But, almost every day there was a big gang fight on the playground. It was called: “Yanks against the British.”



作为那所学校唯一的美国男孩，我确切地知道贾登史密斯（在电影空手道小子中）扮演的角色在那种情况下会有什么感觉。一开始我尝试过跑一两次，但后来才知道它只会赢得更野蛮的殴打。所以我学会了战斗；我（有时）只得到了与我相似的一小群男孩的帮助，他们在某些方面“不同”。

As the only American boy in that school, I knew precisely how the character played by Jaden Smith (in the movie Karate Kid) would have felt in that situation. I tried running once or twice in the beginning, but learned it only earned a more savage beating. So I learned to fight instead, with my small gang of boys like me, the misfits.

我并不孤单。我的“团队”“美国佬”中的其他男孩是超重的，“智力有挑战”的，还有几个混蛋。但他们被称为：“胖，愚蠢的混蛋。”我刚被称为“美国佬”，但发音更像是“Yunk”。我记得我的“失败者团队”中的一些英国男孩。“Blowsy”超重，智力受到挑战，但心地善良，举止温和。至于特蕾西，我认为他之所以被称为“混蛋”，是因为他的父母没有结婚，因为他不是“胖”或“弱智”……我们大概有 10 个人左右，我们总是被更大的男孩团伙超过。

I wasn't alone. The other boys on my "team" the "Yanks" were the overweight, "intellectually challenged" and a few bastard boys. But they were called: "Fat, stupid bastards." I was just called: Yank, but the way the pronounced it was more like: "Yunk." I remember some of them: "Blowsy" who was overweight and intellectually challenged, but possessing of a kind heart and gentle demeanor and Tracy, I think he was a bastard

because he wasn't "fat" or "retarded..." There were maybe 10 of us or so and we were always outnumbered by bigger boys.

因此，几乎每天我都必须在我的“失败者”帮派的帮助下与更大的帮派作斗争。我数不清有多少次我的脸被拳打脚踢，从背后被击中，我的头被从水泥操场上弹了下来。我被打昏了几次，总是被一群总是成群结队的大男孩殴打。我讨厌打领带，因为他们会抓住它并把我摇晃到我窒息和/或摔倒为止。

So, almost every day I had to fight against bigger gangs, helped by my "loser" gang. I can't count the number of times I was punched in the face, hit from behind, and had my head bounced off the cement playground. I was beaten unconscious a few times, always by bigger boys who were always in groups. I hated wearing a tie, because they would grab it and swing me around till I was choking and/or fell down.

那年我确实学会了如何战斗。我学会了刺拳和右十字架。我还学会了雷鸣般的前踢。我学会了如何短距离冲刺，放慢一点速度，然后俯冲到非常低的位置，这样至少有一个男孩会摔倒在我身上。我学会了如何打击一个帮派中最弱的人，然后把他推到他们的另一个帮派中。然后我会尝试重复这个技巧。这让他们有些惊讶。

I did learn how to fight that year though. I learned jabs and a right cross. I also learned a thunderous front kick. I learned how to sprint a short distance, slow a bit and duck down very low so at least one boy would fall over me. I learned how to hit the weakest in a gang, and shove him into another one of their gang. Then I'd try to repeat that trick. That surprised them for a few weeks.

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1964 电视上看卡修斯·克莱的比赛改变了我的生活 1964 Seeing Cassius Clay fight on TV changed my life

1964 年初，我在剑桥的电视上看到了一些改变了我生活的东西。我看着卡修斯·克莱（后来转世为穆罕默德·阿里）击败了桑尼·利斯顿。我永远不会忘记他的步法，滑倒，编织和摆动。他使用假动作、组合和全身动作。他冷静冷静的举止，就像他在玩它，甚至玩得开心，尽管他全神贯注。观看那场战斗给了我希望，也救了我的命。它改变了我以及我对战斗的深刻看法。它并没有一下子“沉入”，但随着时间的推移，我学会了将他的风格中的点点滴滴融入我自己粗野、狂野的男孩风格中。

In early 1964 I saw something on TV there in Cambridge that changed my life. I watched Cassius Clay (later to be reincarnated as Muhammad Ali) defeat Sonny Liston. I'll never forget his footwork, slipping, weaving and bobbing. His use of feigns, combinations, and total body movements. His cool calm demeanor, like he was playing with it, having fun even, despite his total concentration. Watching that fight gave me hope and saved my life too. It changed me and how I viewed fighting in a profound way. It didn't "sink in" all at once, but over time I learned to incorporate bits and pieces of his style into my own crude, wild boy style.

在回家的路上被一伙人殴打昏迷 Beaten unconscious on the way home by a gang

虽然它并没有解决我所有的问题。有一次，我放学回家的路上遇到了一个帮派。领导开始谈话，而另一个人在我身后。我身后的那个人用指节黄铜敲我的头；我知道是因为我以前被他们打过。然后整个团伙开始殴打我。我试图反击，但.....最终一个击倒了我。他们也不停地打我和踢我一段时间。当另一个男孩出现并试图使我苏醒并帮助我坐起来时，我开始醒来。他的英语很难听懂。他告诉我他是爱尔兰人。我们谈了很短的时间，但我记得每一个字和感觉。最后他问我住在哪里。花了很短的时间，但我记得。然后他告诉我他必须去。我不想让他走。他说有些人在一辆灰色的面包车上拍摄我们，他害怕什么。

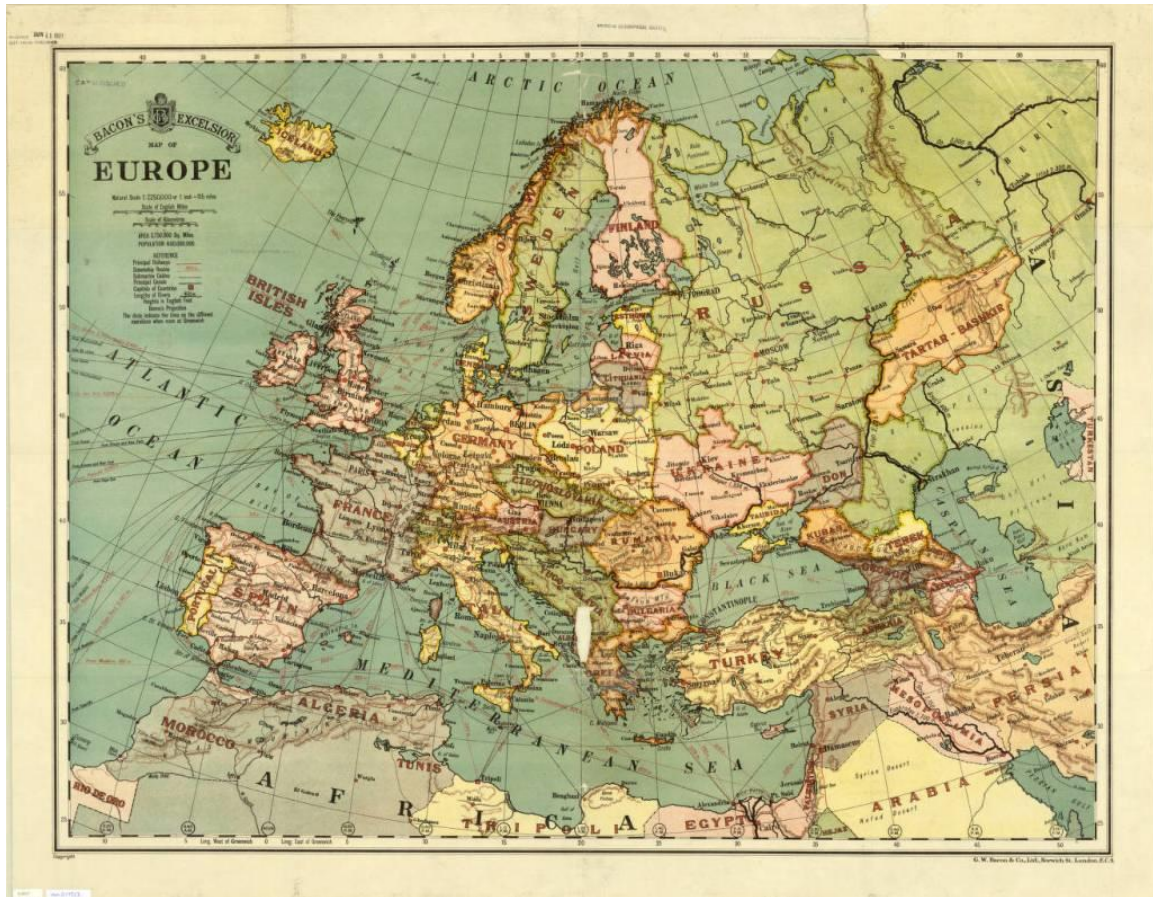
It didn't solve all my problems though. One time walking home from school I was approached by a gang. The leader started up a conversation while another when around behind me. The one behind me hit me in the head with brass knuckles; I knew because

I'd been hit with them before. Then the whole gang started beating on me. I tried hitting back but... eventually one KO'd me. They kept hitting and kicking me for a while too. I started to wake up when another boy came along and tried to revive me and help me sit up. It was very difficult to understand his English. He told me he was Irish. We talked a short time but I remember every word and sensation. Finally he asked where I lived. It took a short time, but I remembered. Then he told me he had to go. I didn't want him to go. He said some men were filming us from a gray van, and he was afraid of something.

1964 欧洲公路旅行 Road Trip across Europe

一年后，我的家人乘坐我们的黑色雪铁龙旅行车乘渡船横渡英吉利海峡。所以我们驱车经过法国、德国、瑞士和奥地利，如果我们在去瑞士之前停留几个月，然后穿过整个意大利到达罗马。

After a year of that my family took a ferry boat across the English Channel with our black Citroen station wagon. And so we drove through France, Germany, Switzerland and Austria, where we stayed for a few months before going on to Switzerland and then down through the whole length of Italy to Rome.



<https://collections.lib.uwm.edu/digital/collection/agdm/id/2628/>

我必须提到我特别爱奥地利。我们在一个土豆农场住了两个月，我父亲每天都去因斯布鲁克做研究。有时我和他一起去，但大多数时候我都呆在农场。那是在阿尔卑斯山，我喜欢像个野孩子一样绕着山跑。我之所以制作长矛，是因为那里有狼，我特别喜欢在满月时和狼一起嚎叫，尽管这让我父母都快疯了。那是一个快乐的夏天。山上散发着野生牛至香料和薄荷茶的味道。

I have to mention I loved Austria in particular. We lived on a potato farm for two months and every day my father went into Innsbruck to do research. Sometimes I went with him, but most often I stayed at the farm. It was in the Alps and I loved to run around the mountains like the wild boy I was. I made spears because there were wolves there and I especially loved howling with them on the full moon, even though it drove my parents crazy. That was a happy summer.



Cropped from: <https://travel.earth/travel-guide-to-innsbruck-l-austria/>

第一次听说丝绸之路 The first time I heard about the Silk Roads

通常我们会露营两晚，然后在酒店住一晚。那是在德国的一个晚上，我想我第一次听说丝绸之路。我已经了解了很多关于罗马道路的知识，因为它们仍然遍布欧洲，而我父亲一路走来每个修道院图书馆、大教堂和墓地都在做历史研究。他拍摄了古代手稿，上面的所有建筑，以及罗马道路和渡槽的许多部分。所以我知道古代的道路。

Usually we'd spend two nights camping and then one night in a hotel. It was one night in Germany I think I first heard about the Silk Roads. I already had learned a lot about the Roman Roads, because they're still all over Europe and my father was doing history research in every monastery library, Cathedral, and graveyard all along the way. He photographed ancient manuscripts, and all the architectures of the above, and many parts of the Roman Roads and aqueducts. So I knew about ancient roads.

但是有一天晚上，当我们都围坐在篝火旁时，我父亲的一位教授朋友来自一所大学，给我们讲了一些关于丝绸之路的故事。

But one night sitting around a camp fire one of my father's professor friends from one of the universities told us some stories about the Silk Roads.



Sadly I have no photos of that era, but I was a young child and my parents have since departed. But, I found this one searching the Internet. It's pretty close to how I remember those nights, and this one in particular. Thanks to [Gareth Roberts](#) for this terrific photo. It brings back happy memories.

他说丝绸之路比罗马之路更长、更古老，他讲述了关于骆驼商队的奇妙故事，以及其他诸如《1001 个阿拉伯之夜》一书中的故事。这让我的思想和想象力以前所未有的方式运转。

He said the Silk Roads were much longer, and older than the Roman Roads and he told fantastic stories about camel caravans, and other things like from the book 1,001 Arabian nights. That got my mind and imagination swirling like never before.

通往罗马和斯巴达克斯的古道 **The ancient road to Rome and Spartacus**

在意大利卡普阿和罗马之间，我们走了很长的一条古罗马道路，我第一次听说斯巴达克斯，这位角斗士奴隶组建了一支奴隶军队并威胁了罗马的权力。我的父母对这个故事有不同的说法。我父亲的非常简短和精确。然而，我妈妈读过霍华德·法斯特的小说《斯巴达克斯》。它深深地影响了她，几年后我也读了它。您可以在此处下载免费版本。作家霍华德·法斯特（Howard Fast）在美国监狱中写下了这本书，

罪名是在上一次“红色恐慌”期间成为一名社会主义者。他真的是一位非常有名的作家，写了很多很棒的书。无论如何，那本书强化了我的坚定信念，即我真的不喜欢欺凌者。因为奴隶主和殖民者是恶霸。顺便说一句，这本书与 HBO 系列完全不同。我不喜欢 HBO 系列。一方面，斯巴达克斯的奴隶军队庞大，不像 HBO 系列中的几个人。此外，HBO 系列非常关注性和虐待狂。诚然，随着罗马帝国变得越来越腐败，他们开始沉迷于性和虐待狂，但这并不是斯巴达克斯的生活要传达的信息。我希望这个网站的访问者阅读他生活的小说版本。霍华德法斯特在写它之前的研究真的非常好。

In Italy between Capua and Rome we walked long an ancient Roman road and I first heard of Spartacus, the gladiator slave that raised a slave army and threatened the power of Rome. My parents had different versions of the story. My father's were very short and precise. My mother however had read [a novel by Howard Fast titled "Spartacus."](#) It profoundly affected her and several years later I read it too. You can download a free version [here](#). The writer Howard Fast wrote it while in prison in the US for the crime of being a socialist during the last "Red Scare." He's really a very famous writer and wrote a lot of great books. In any case, that book reinforced my strong belief that I really don't like bullies; because slave owners and colonialists are bullies. The book by the way is nothing like the HBO series. I didn't like the HBO series. For one thing, Spartacus' army of slaves was huge, not like just a few people as in the HBO series. Also, the HBO series focused so much on sex and sadism. True, as the Roman empire became more and more corrupt they became obsessed with sex and sadism, but that was not the message of the life of Spartacus. I hope the visitor to this site reads that [novelized version of his life](#). Howard Fast's research before writing it was really very good.

8 岁——1964 年末——回到美国，与训练有素的拳击手搏斗 Age 8 – late 1964 -
Back to the US and fighting trained boxers

当我们在 1964 年底回到美国时，我不得不去一所天主教学校。那里的男孩子喜欢打架，并接受过真正的拳击训练。我没有。所以，因为我是新来的孩子，而且“与众不同”，我几乎每天都不得不再次战斗。那个前踢虽然派上了用场，但他们说“只有女孩踢”。我不在乎。我只是不喜欢被打脸。

When we got back to the US in late 1964 I had to go to a Catholic School. The boys there liked to fight and had done real boxing training. I hadn't. So, because I was the new kid, and "different" I had to fight almost every day again. That front kick came in handy

though, but they said “Only girls kick.” I didn’t care. I just didn’t like getting punched in the face.

很高兴看到我的图书馆！ So happy to see my library!

从好的方面来说，我的图书馆又回来了。我特别喜欢马克吐温的书，比如汤姆索亚和哈克贝利芬。那些真是太棒了。我把它们都读了两遍。读一本书两次是个好主意。有时，新读者第一次阅读时并不能理解所有内容。因此，再次阅读它会更理解。

On the bright side I had my library back again. I especially loved books by Mark Twain, like Tom Sawyer and Huckleberry Finn. Those were totally amazing. I read them both twice. Reading a book twice is a good idea. Sometimes a new reader doesn’t understand everything the first time through. So, reading it again it’s easier to understand more.

1967/1968 年在马德里，我人生中第一年不用打架。那是我年轻时最快乐的一年。我的学校在一个花园般的地区，我有一位非常漂亮的英语老师，几乎不会说英语，所以我教英语课，她教我西班牙语。我班里也有一个非常漂亮的女孩。那时我 11 岁和 12 岁。快乐的回忆。

1966/1967 年在马德里 – 终于是没有战斗的一年 1966/1967 in Madrid – Finally a year with no fighting

The first year of my life I didn’t have to fight was 1966 - 1967 in Madrid. That was the happiest year of my young life. My school was in a garden like area and I had a very pretty English teacher who spoke almost no English, so I taught the English classes and she taught me Spanish. There was a very pretty girl in my class too. I was 11 and 12 then. Happy memories.

之后，又是一次穿越欧洲到罗马的长途旅行。我父亲在梵蒂冈图书馆做了更多的研究。然后，我们回到了美国。1968 年底，那所私立学校的男孩们提高了拳击技能。我仍然没有受过训练。最后，我父亲为我感到难过，允许我去离我家更近的公立学校，并让我在市中心的基督教青年会上柔道课。哇！我是世界上最幸福的年轻人。公立学校的男生很酷，没有打架。那是 1969 年。柔道改变了我。我全心全意投入其中。我读了图书馆里关于柔道的每一本书，然后去书店寻找更多的书。一年后，我开始参加比赛，在第二次比赛中，我获得了第三名。之后，我成为了州高中

冠军，州初中冠军，然后是州奥运冠军。1969 年冬天，我看到一个男孩用跆拳道轻松彻底地击败了另一个男孩。第二年夏天，我也开始练跆拳道。



Roman Road in the South of Italy – By Nedim Ardoğa – Own work, CC BY-SA 3.0,
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柔道和跆拳道是我的初恋 Judo and then Taekwondo were my first loves

After that it was another long road trip across Europe to Rome again. My father did more research in the Vatican Library. Then, we went back to the US. in late 1968. The boys at that private school had improved their boxing skills. I still had no training. Finally my father took mercy on me and allowed me to go to the public school much closer to our house, and enrolled me in a Judo class at the downtown YMCA Wow! I was the happiest young man in the world. The public school boys were cool – no fighting. It was 1969. Judo transformed me. I put my whole heart and soul into it. I read every book in the library on Judo and went to bookstores looking for more. After one year I started competitions and in my second tournament took 3rd place. After that I became state high school champion, state junior champion and state Olympic champion. In the winter

of 1969 I saw a boy use taekwondo to easily and totally defeat another boy who started a fight with him. The next summer I started Taekwondo too.

开始空手道训练 Starting Karate training

几年后，一所 Shorin-Ryu 空手道学校在离我家不远的地方开学了，我在我已经很忙的武术训练计划中增加了训练.....这很有趣 Shorin-Ryu 是日本人，但如果你看看他们的日文字符 与中文相同，说：少林，（少林+流，），后一个字符的意思是“流”或“流”。

A couple of years later a Shorin-Ryu Karate school opened not far from my house and I added training there to my already busy martial art training schedule... It's funny Shorin-Ryu is Japanese, but if you look at the Japanese characters they are the same as Chinese and say: Shaolin, (少林 + 流,) with the latter character meaning “flow,” or “stream”.

从 1971 年到 1984 年，我在城市、州和乡村参加了 300 多场比赛。我通常和柔道队一起，但并不总是搭便车。其余时间我搭便车。例如，我搭便车参加了地区青少年奥林匹克柔道锦标赛。我只赢得了银牌。一位观众告诉我，裁判是我对手的教练。但一天结束时我又累又饿，我不在乎。第二天我有三个州要搭便车回家上学，但没有钱。我想：银？好的。够好了。我有很多奖杯和奖牌。我真的不在乎。

From 1971 to 1984 I fought in 300+ tournaments all around the city, state and country. With the Judo team I usually, but not always got a ride. The rest of the time I hitchhiked. For example I hitchhiked to the regional junior Olympic Judo tournament. I only won the Silver. One spectator told me the referee was my opponents' coach. But I was so exhausted and hungry at the end of the day I didn't care. I had three states to hitchhike back home for school the next day and no money. I thought: Silver? OK. Good enough. I had lots of trophies and medals. I really didn't care.

我的丝绸之路功夫友谊之旅的其他根源 Other roots of my Silk Road Kung Fu Friendship Tour

1971 年夏天，父亲派我到巴塞罗那郊外的一个农场工作。它由他的一名研究生院学生的父亲拥有。在整天采摘土豆后，我每周两次乘公共汽车到城里，在柔道俱乐部训练。那是我第一次接受国际武术训练。

西班牙柔道训练 Judo training in Spain

During the Summer of 1971 my father sent me to work on a farm outside of Barcelona. It was owned by the father of one of his Graduate School students. Twice a week after working all day picking potatoes I'd take a bus into the city and trained at a Judo club. That was my first international martial arts training.

厄瓜多尔跆拳道 Taekwondo in Ecuador

1972 年夏天，我和哥哥兼朋友 Demetrius Soteriades 一起前往南美洲、哥伦比亚和厄瓜多尔。在厄瓜多尔，我在“跆拳道俱乐部”训练了几个月。这些都是非常优秀的课程。有些人可能会抱怨热带地区夏天的炎热，但在其中一项锻炼之后，我会整天感觉凉爽。

During the summer of 1972 I sent to South America, Columbia and Ecuador with my older brother and friend Demetrius Soteriades. In Ecuador I spent a couple of months training at “Club Taekwondo-ka.” Those were totally excellent classes. Some might complain of the heat in the summer in the tropics, but after one of those workouts I'd feel so cool all day and night.



旅行可以学到很多很多东西——有些人很快乐，有些人教会了我们学校永远无法传授的生活现实。Traveling one learns so many, many things – some are happy, and some teach us the realities of life teachers never manage to impart.

西班牙的柔道和厄瓜多尔的跆拳道可能教会了我旅行和做武术非常适合。我保持健康和干净，结交了很多朋友，感觉很棒。The Judo in Spain and Taekwondo in Ecuador probably taught me traveling and doing martial arts fit together really well. I stayed healthy and clean, made a lot of friends and felt great.

1973 年武术课 1973 Kung Fu classes

在 1972 年末或 1973 年，我听说我家街对面的大学开设了功夫班。那是非常非常有趣的。一位名叫 Simon Chen 的香港学生组织了这堂课，他教太极拳和少林拳。很多其他的学生都知道各种风格，所以非常刺激，尤其是陪练。前一分钟我会和猴子打架，接下来是老虎，然后是少林，然后是太极拳高手。完全，完全惊人。所以我开始在芝加哥参加大型功夫锦标赛。有时会出现 500 到 1,000 名参与者，其中最优秀的人在他们的技术卓越方面表现得超现实。我在那里交了很多朋友，成

为了常客。我总是在那里搭便车，但不是很远。我经常在星期六下午离开家，睡在健身房外面。如果我有 5.00 美元的食物，我会很高兴。从来没有人打扰过我。人们尊重战士。没有问题 – 恰恰相反 – 非常有趣。

In 1973 I heard a Kung Fu class was starting at the university across the street from my house. That was extremely, extremely interesting. A Hong Kong student named Simon Chen organized the class and he taught Tai Chi, and Shaolin. Many other students knew all kinds of styles so it was totally thrilling, especially the sparring. One minute I'd be fighting a monkey, the next a tiger, and then a Shaolin, and then a Tai Chi expert. Totally, totally amazing. So I started competing in huge Kung Fu tournaments mostly in Chicago. Sometimes 500 to 1,000 participants showed up and the best of the best were surreal in the excellence of their technique. I made a lot of friends there and became a regular. I always hitchhiked there, but it was not so far. Often I left home Saturday afternoon and slept outside the gym. If I had \$5.00 for food I was happy. Nobody ever bothered me. People respect fighters. No problems – quite the opposite – huge fun.

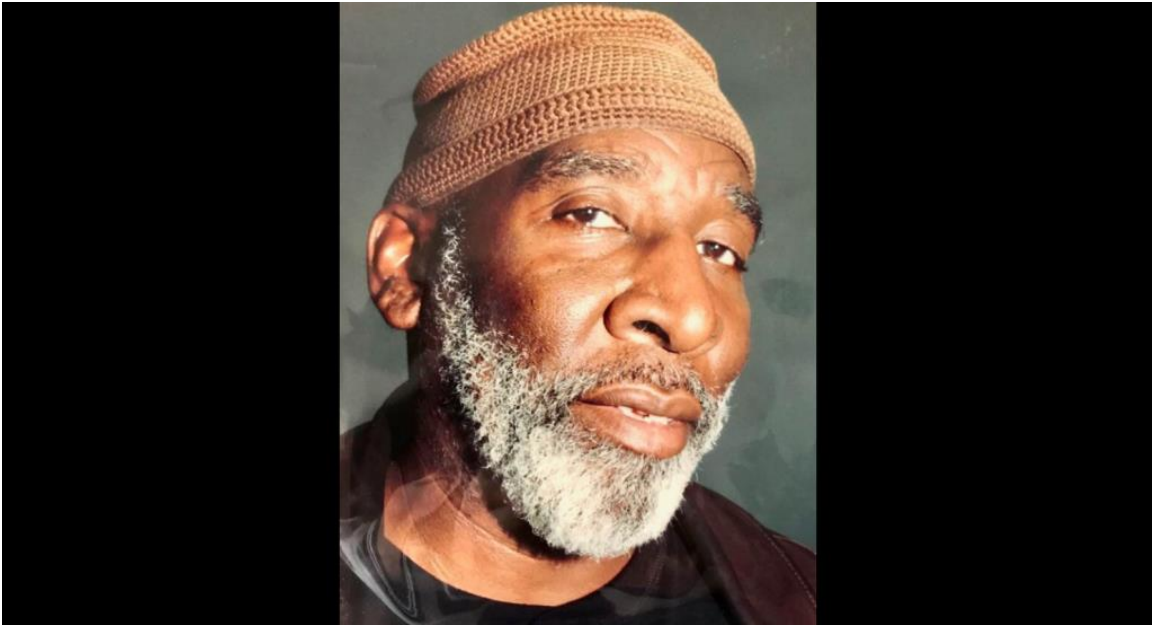
为什么我特别喜欢中国武术？答案很简单：心理和动作感觉很自然。空手道和跆拳道更具直线性。大多数功夫风格都是圆形的。我学的功夫很适合我。柔道也是圆形的，这就是为什么我在心里对柔道也有一个特别的位置。

Why did I especially like Chinese Wushu Kung Fu? The answer is simple: The psychology and movements felt natural. Karate and taekwondo are more linear. Most Kung Fu styles are more circular. The Kung Fu styles I learned fit me like a good glove. Judo is also circular, which is why I'll always have a special place in my heart for Judo as well.

1979 年加入最优秀的空手道队 1979 Joining a most excellent Karate Team

我会在这里跳过几年。大约在 1979 年，我在大学“格斗馆”训练时，出现了一个比我大几岁的非裔美国年轻人。他邀请我去陪练，我很自然地说：“当然！”哇！我们度过了一段美好的时光。非常快速和令人兴奋。半个小时左右后，我们放松了。他邀请我到他的空手道学校训练。我告诉他我没有钱上普通学校。他说：“没关系，反正来吧。”他的名字是拉赫曼马利克，学校是萨比尔的“Kempo-Goju 空手道学校”。多年来，那里就像我的家一样，我和那支球队在美国中西部各地比赛。我亲爱的 Sensei Muhammad Sabir 去年去世了。对于我和其他成千上万的男人来说，他就像父亲一样——都是从头开始的。不久之后，我成为了一名 Sempei 助理教练，并教授了许多或大部分低腰带级课程。

I'll skip ahead a few years here. About 1979 I was training in the University "combative gym" and an African American young man a few years older – who looked vaguely familiar came along. He invited me to spar so naturally I said: "Sure!" Wow! We had a terrific time. After half an hour or so we relaxed. He invited me to train at his Karate School. I told him I didn't have money for a regular school. He said: "Never mind, come anyways." His name was Rahman Malik, and the school was Sabir's Kempo-Goju Karate School. That became like my home for many years and I competed with that team all around the mid-western US. My dear Sensei Muhammad Sabir passed away last year. He was like a father to me and thousands of other men – all from the hood. After a short time I became a Sempei, assistant coach and taught many or most of the lower-belt level classes.



Sensei Mohammad Sabir

有时我会去由 Sensei Warren 开办的家长 Kempo-Goju 学校 – 一位县治安官和社区中备受尊敬的成员。每个星期六他们都会在学校举办类似的小型锦标赛。我第一次去的时候有点紧张，因为白人似乎从不靠近那里。但是，我们再次成为朋友，在几个非常非常特别的星期六，我成为了胜利者。没有奖牌或奖杯，但这没关系。我也很喜欢那里。与超级天才战士进行艰苦的全面接触战斗！免费！我的空手道学校是天堂。

Sometimes I went to the parent [Kempo-Goju school](#) run by Sensei Warren – a County Sheriff and highly respected member of the community. Every Saturday they had a like

mini-tournaments at the school. The first time I went I was a little nervous, as white people never seemed to go anywhere near there. But again, we became friends and on a couple of very, very special Saturdays I was the victor. There were no medals or trophies, but that didn't matter. I loved it there too. Hard full contact fighting with super-talented fighters! For free! My Karate schools were heaven.

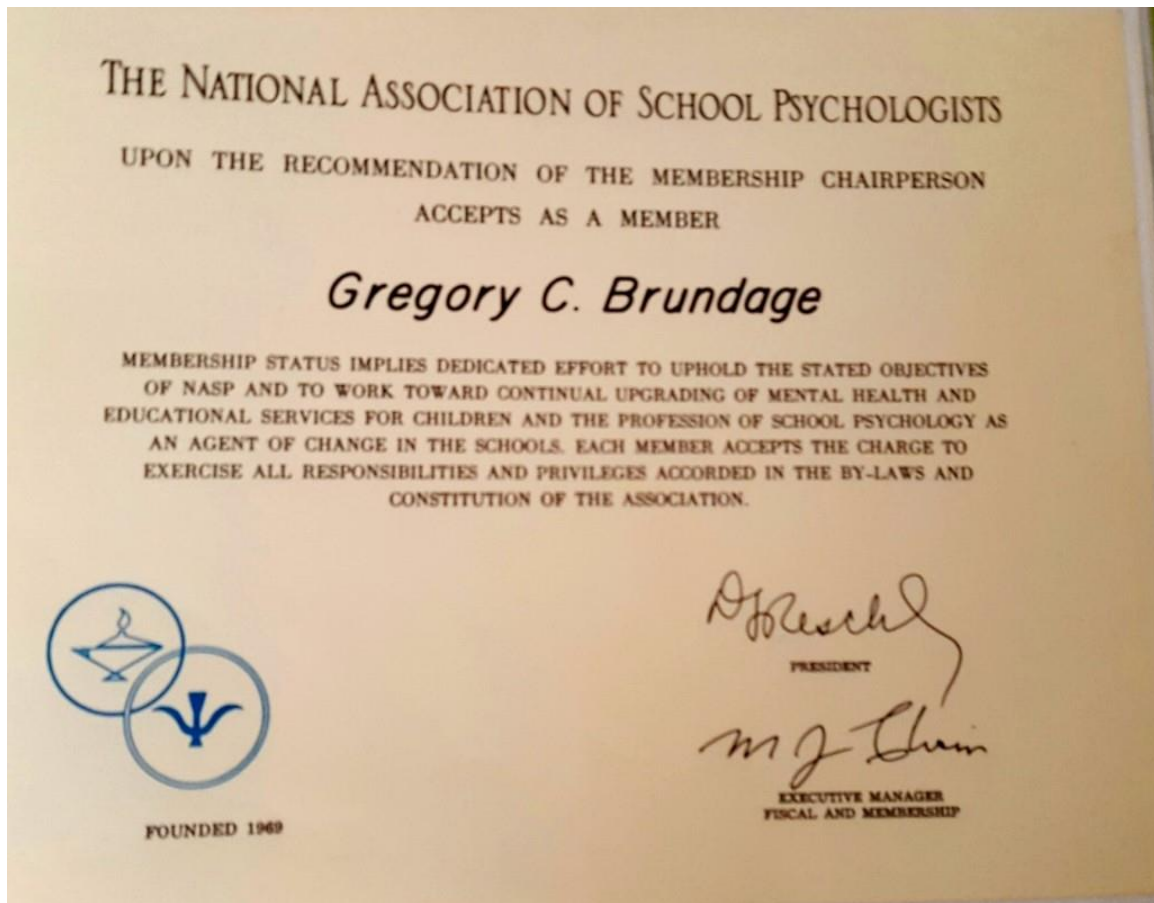
与此同时，从 1973 年到 1988 年，我一直呆在大学里。我几乎学习了所有的东西。我的专业是心理学，但我也上了医学学位所需的大部分课程，比如四个学期的化学、两个学期的解剖学和生理学、两个学期的组织学/病理学、神经生理学、生理心理学、电子显微镜等。

大学学习十五年 Fifteen years of university study

Simultaneous to all that I stayed in the university during all those years from 1973 to 1988, studying almost everything. My major was psychology, but I took most of the classes necessary for a medical degree too, like four semesters of chemistry, two semesters of Anatomy and Physiology, two semesters of Histology/Pathology, neurophysiology, physiological psychology, electron microscopy and so on.

18 岁以后，我父亲拒绝给我任何钱。所以，我也一直在工作，从洗碗工到厨师，在医院做家务，做比萨饼，做石匠。所以，这些年我睡得很少。我还是没有。幸运的是，那时的大学学费很便宜。获得学士学位后，我留在大学，在 Copeland 教授的指导下进行了三年的神经生理学研究，随后在教育心理学研究生院学习了四年。

After age 18 my father refused to give me any money. So, I also always worked, from dish washer to cook, housekeeping in a hospital, pizza maker, and working as a stone mason. So, I didn't sleep much during all those years. I still don't. Luckily university tuition was cheap back then. After getting my Bachelor's degree I stayed at the university and did three years of research in neurophysiology guided by Professor Copeland, followed by four years of graduate school in Educational Psychology.



我一般不喜欢加入的东西，但在研究生院的最后一年我有一个实习，并加入了这个组织。研究生毕业后，我成为了一家非裔美国人报纸的记者。奇怪的？这就是生活。

I generally don't like joining things, but in the last year of Graduate School I had an internship and joined this organization. After Graduate School I became a reporter for an African American newspaper instead. Funny? That's life.

在密尔沃基社区杂志，我开始是一名编辑，然后成为一名记者。我在那里感到宾至如归，因为无论如何我一生都是少数人。密尔沃基是美国种族隔离最严重的城市，亲身学习如何成为少数族裔倡导者非常有趣。这种教育比人们想象的要多。例如，我了解到什么是 **gerrymandering**，以及与之作斗争。这是一次深刻的教育。我写的最后一个大系列故事是关于连环杀人犯杰弗里·达默（Jeffrey Dahmer）的，他是一名白人，他在 1978 年至 1991 年间谋杀并肢解了 17 名少数族裔男子和男孩。在那之后不久我就离开了美国。我和我的马来妻子和女儿搬到了马来西亚。

At the Milwaukee Community journal, I started as an editor, then became a reporter. I felt at home there as I'd been a minority my whole life anyways. Milwaukee was the most racially segregated city in the USA and learning first hand about how to be a minority advocate was very interesting. There is more to that education than one might think. For example, I learned what gerrymandering is, and the struggle against it. It was a profound education. The last big series of stories I worked on were about a serial murderer name Jeffrey Dahmer, a white man who committed the murder and dismemberment of seventeen minority men and boys between 1978 and 1991. I left the USA shortly after that and moved to Malaysia with my Malay wife and daughter.

在马来西亚，我在圣约翰学校与他们的国家空手道队一起训练。他们有一些非常好的战士，这真的很有趣。 In Malaysia I trained with their national Karate team at St. John's school. They had some very good fighters and it was really fun.

医学教育的多种用途 The multiple uses of a medical education

多亏了那次医学教育——直到今天——我还在为一些医院和大学里的中国顶尖医生做编辑，赚了一些兼职的钱。2001-2009 年我住在韩国时，我开始帮助一位韩国朋友进行医学编辑。2009 年我搬到了中国。我在那里过得很愉快，直到 2021 年 10 月我的签证延期用完了。由于 COVID-19，我的 10 年旅游签证于 2020 年 3 月被取消。幸运的是，他们的移民很友善，给了我很长一段时间的延期，但最终这些都用完了。

Thanks to my medical education – to this day – I still do [editing](#) for some of China's top doctors in hospitals and universities for some part-time money. I started that medical editing helping a friend in South Korea when I lived there 2001-2009. In 2009 I moved to China. I lived there happily till October 2021 when my visa extensions ran out. My 10-year tourist visa was cancelled in March 2020 due to COVID-19. Luckily their immigration was kind and gave me extensions for a long time, but eventually those ran out.

武术一直是我的爱好 Martial arts have always been a hobby of mine

首先，我不是大师。大师必须活出他或她的艺术。我总是不得不把我的学术，然后是职业生涯放在首位。坦率地说，90% 试图在美国教授武术谋生的人都没有成

功。如果他们非常有名，或者有坚实的资金支持，他们可能会成功，但我在美国认识的大多数武术俱乐部都在努力生存，而且大多数都没有坚持多久。

First, I am not a master. A master must live his or her art. I've always had to put my academic, and then professional careers first. To be frank there isn't much money in teaching martial arts for 90% of those who try. Maybe if they are very famous, or have solid financial backing they can succeed, but most martial arts clubs I knew in the US struggled to survive, and most didn't for very long.

我这辈子从来没有从武术中赚过一分钱。虽然我是我们 Kempo-Goju 空手道学校的一名 Sabonim（助理教练），并且多年来一直教授白人到棕色腰带的课程，但我从来没有为此获得报酬。这样做是我的责任和荣幸。

我从来没有靠武术赚钱 I never earned money from martial arts

I never earned one penny from martial arts in my life. Though I was a Sabonim (assistant instructor) at our Kempo-Goju Karate school teaching the color belt classes for years, I was never paid for that. It was my duty and pleasure to do so.

在中国，当我在北京私立学校的 AOHUA 项目担任高中老师时，我开了一个武术俱乐部三年。再说一次，我没有得到报酬。在我住在韩国的几年里，跆拳道时代杂志确实为每篇文章支付了 50 美元，但这进入了我的美国支票账户，今天的余额只有 300 美元左右。这也是来自 Amazon.com 书籍的付款应该去的地方。

在中国，当我在北京私立学校的 AOHUA 项目担任高中老师时，我开了一个武术俱乐部三年。再说一次，我没有得到报酬。在我住在韩国的几年里，跆拳道时代杂志确实为每篇文章支付了 50 美元，但这进入了我的美国支票账户，今天的余额只有 300 美元左右。这也是来自 Amazon.com 书籍的付款应该去的地方。

In China I had a martial art club for three years when I worked as a high school teacher in the AOHUA program at Beijing Private School. Again, I was not paid for that. Taekwondo Times magazine did pay \$50 per article for several years while I lived in Korea, but that went into my American checking account and the balance today is only about \$300. That's where payments for my Amazon.com books are supposed to go also.

那个支票账户很神秘。他们冻结了我的帐户好几次，我不知道为什么，甚至最近我收到了一封来自 KDP 的电子邮件，该公司应该为我的 Amazon.com 书籍付款，但又无法将钱存入该支票帐户。

That checking account is mysterious. They froze my account several times, I don't know why, and even recently I got an email from KDP, the company that's supposed to pay me for my Amazon.com books, can't deposit money in that checking account, again.

我从来没有从中取过任何钱，所以，我从来没有从任何写作中得到一毛钱，也从来没有从武术中得到一分钱。这是一个谜。但我得到了健康，我的大多数最好的朋友，以及我生命中大部分最美好的时光。所以，这一切都是值得的。

I never withdrew any money from it, so, I never got a dime from any of that writing and have never gotten a penny from martial arts. It's a mystery. But I have gotten health, most of my best friends, and most of the best times in my life. So, it was all worth it.

世界武术家大家庭 The world-wide family of martial artists

让我举个例子。 Let me give an example.

当我在埃塞俄比亚的时候，一个名叫菲利的朋友在提格雷的马克勒帮助我绕着北方转。有一次，他提到一所离城不远的功夫学校。我说我们走吧！我们到达时，正值日落前不久。

When I was in Ethiopia a friend named Fili helped guide me around the north in Makelle in Tigray. One time he mentioned a Kung Fu school a bit out of town. I said let's go! When we arrived it was shortly before sunset.

当我们进去的时候，原来是空手道课。 When we got inside it turned out to be a Karate class.

我自愿教书。为什么不呢？我有一个空手道二级黑带，这些技能不会消失。此外，空手道与少林如此相似，我会再次感到在家训练！多幸运啊。有些白人那里可能会感到紧张，但对我来说，这里就像家一样。日落后不久，灯就熄灭了。幸运的是，大约有一半的学生穿着白色 gi，所以我们只是笑着继续。月亮是圆的，毕竟还有窗户。

I volunteered to teach. Why not? I have a Second-Degree Black Belt in Karate, and those kinds of skills don't fade. Furthermore, Karate is so similar to Shaolin, I'd feel at home training again! What wonderful luck. Some white guys might feel nervous there, but it was exactly like home for me. Shortly after sunset the lights went out. Luckily about half the students were wearing white gi, so we just laughed and continued. The moon was full and there were windows after all.

下课时，我们聚在一起互相道谢。我不想离开。感觉真好。但是，我们的出租车司机在等我们，我们不得不走了。

At the end of class we gathered around and said thanks to each other. I didn't want to leave. It was such a good feeling. But, our taxi driver was waiting and we had to go.

四年后的今天，我的朋友菲利遇到了麻烦。埃塞俄比亚战争于 2020 年 11 月爆发。他来自北方，在亚的斯亚贝巴勉强生存。几个月前，他在 Messenger APP 上写道，现在他只有 45 公斤重。

Now, four years later my friend Fili is in trouble. A war started in Ethiopia in November 2020. He's from the north and he's only barely surviving in Addis Ababa. He wrote on Messenger APP a couple of months ago he only weighs 45 kilos now.

When I met him he was a university junior learning IT. You can read about him in the Silk Road Kung Fu Friendship Tour Vol. 2 book you can download from the "Download" page.

2018 年，当我访问时，他和他的朋友们制作了很好的幽默视频——很多笑话——一点舞蹈——音乐和全方位的好大学生热爱生活和快乐的振动……我希望他能和我一起旅行，帮助拍摄，但他有家人，无论如何也拿不到护照。维和人员在哪里？埃塞俄比亚总是派遣维和人员参加战争。但现在，当埃塞俄比亚在北部需要维和人员时，他们在哪里？

In 2018 when I visited, he and his friends made great videos with humor – a lot of jokes – a little dancing – music and all-around good university student love of life and happy vibrations... I wish he could travel with me, and help with videography, but he has family and can't get a passport anyways. Where are the Peacekeepers? Ethiopia always sent Peacekeepers to wars. But now when Ethiopia needs peacekeepers in the north, where are they?

我珍爱和平，共筑桥梁 I cherish peace and building bridges

这就是为什么我如此憎恨战争，不骄傲地吹嘘自己是一名“战士”。我珍视生命，通过我的医学研究和编辑，以及通过丝绸之路功夫友谊之旅搭建桥梁，我致力于促进国家、文化和个人之间的和平、健康和理解。

This is one reason I so hate war and make no proud boasts of being a “warrior.” I cherish life, and via my medical research and editing, and building bridges via the Silk Road Kung Fu Friendship Tour, I work to promote peace and health and understanding between nations, cultures and individual human beings.

对于那些可能会说：“你不是因为这个变老了吗？”我邀请你看看这个网站上标题为 <https://srkffriendshiptour.org/stonedragonvids/>

For those who might say: “Aren’t you getting a little old for this?” I invite you to look at the page on this site titled <https://srkffriendshiptour.org/stonedragonvids/>

几十年来，我的身体似乎没有太大变化。我认为武术、游泳、骑自行车和跑步的结合，再加上良好的饮食真的很重要。学习化学和营养帮助。我不喝酒，不吸毒肯定有帮助。

My body doesn’t seem to change much over the decades. I think the combination of martial arts, swimming, biking and running, plus a good diet really make a difference. Studying chemistry and nutrition help. That I don’t drink alcohol, and I don’t take drugs definitely help.

可能的未来的多面性 The multiverse of possible futures

其他人可能会问：“如果世界大战发生，和/或世界经济失败，互联网瘫痪，你被困在某个贫穷的国家怎么办？你会怎么做？”

Others might ask: “What if world war happens, and/or the world economy fail, and the internet go down, and you’re stuck in some poor country? What will you do?”

答案和我之前做过的一样：导师。 The answer is the same thing as I’ve done before: Tutor.

总有一些父母受过专业教育的家庭并不贫穷。 There are always families with professional parents that are not poor.

我以前在家中辅导过孩子，有时父母也会加入。 I’ve tutored children in their homes before and sometimes parents join in too.

我的学术简历是纯金的，大多数父母也希望他们的孩子学习一些武术。这对每个人来说都很有趣。一个好家庭的资助足以度过艰难时期。

My academic CV is solid gold, and most parents would like their children to learn some martial arts also. It's fun for everyone. The patronage of one good family is enough to survive hard times.

罗马帝国时期希腊陷落后，大多数富裕的罗马人都有希腊导师。哈真有趣。我也有一位希腊家庭教师。他和我差不多大，但在数学、物理和化学方面是一个天才儿童。1969 年，当我们都 13 岁的时候，他是我第一个进入大学生文化的主要桥梁。我的家人从第二年多的欧洲旅行回来后，他向我介绍了美国的社会问题。

After the fall of Greece during the time of the Roman Empire, most of the affluent Romans had Greek tutors. Ha! So funny. I kind of had a Greek tutor too. He was really about my age, but a child prodigy in math, physics and chemistry, and he was first my major bridge into the university student culture in 1969 when we were both 13. He introduced me to social issues in the US after my family returned from our second year-plus journey around Europe.

无论如何，我并不担心未来。理智的头脑可能占上风，全球灾难也可能避免。现在，我在考虑吃饭和睡觉。明天又是一整天！

不管怎样，我不担心未来。更清醒的头脑可能会占上风，避免全球灾难。现在，我正在考虑晚餐和睡眠。明天又是充实的一天！也许我会去跑步。我昨天的最后一次锻炼是一个半小时的重量训练，然后是一个小时的武术……今天我只是做了一点轻瑜伽。我总是改变我的日程安排，以保持新鲜，并为几乎任何事情做好准备。

Anyways, I'm not worried about the future. Saner minds might prevail and global catastrophes avoided. For now, I'm thinking about dinner and sleep. Tomorrow will be another full day! Maybe I'll go running. My last workout yesterday was one and a half hours of weight training followed by an hour of martial arts... Today I just did a little light yoga. I always vary my schedule to keep it fresh and body ready for almost anything.

我的未来是什么？ 请参阅下一页。 What is the future to me? See the next page.

