

PROPOSAL FOR:

**THE SILK ROAD FRIENDSHIP TOUR**

CULTURE, EDUCATION AND ENTERTAINMENT PROGRAMS



This Silk Road nomad lived in and traveled on the ground through 20 Silk Road countries during the past 31 years writing for US martial art magazines, other publications big and small, and teaching.

Presented by: The “rather multi-cultural” Silk Road Traveler known by many names including: Abdul Rashid bin Abdullah (everywhere), 石龙 (by Chinese speaking friends), 恒悟 (in the Shaolin community), Coach Stone (教练石 other martial art circles), Yared (in Ethiopia), Wolfy (by old, old friends), “that weird guy that’s almost always hungry” (everywhere), and Gregory Brundage (on his passport and in academia).

*[His most common response to those who criticize his use of many names: “Call me this, call me that, but don’t call me late for lunch, please!”]*

PDF versions of his books are available free for all – a marvelous gift from the billions of extraordinary ordinary people and thousands of years of history of the Silk Roads themselves.

## PROGRAM CONTENTS

Take your pick, choose a combo, or put 'em all together!

- ✚ The sometimes profound, sometimes funny but always interesting museum exhibitions of the Silk Roads
- ✚ Archeological sites, treasures, and mysteries of the Silk Roads – where the dust from the bones of the sinners and saints all mix together in the winds of time
- ✚ Legends and mythologies of the Silk Roads
- ✚ The greatest, most terrible, and regular normal people of the Silk Roads
- ✚ Transportation systems of the ancient and modern Silk Roads
- ✚ High technologies of the ancient and modern Silk Roads
- ✚ The rise and fall of the Silk Road Empires
- ✚ Religions of the Silk Roads
- ✚ Foods,
- ✚ Music and
- ✚ Dances of the Silk Roads
- ✚ Silk Road Martial Arts
- ✚ Challenges of the Silk Roads

## PROGRAM FORMATS

- ✚ Still photography Exhibition with other Silk Road exhibits
- ✚ Video slide shows with music
- ✚ Questions and answers for the writer with many names
- ✚ Seminars & Workshops

## OTHER (INTERACTIVE) EDUCATIONAL PROGRAMS BY THE SILK ROAD TRAVELER

- ✚ Sports Journalism
- ✚ Counseling anyone?
- ✚ Humor therapy
- ✚ Conflict Resolution

## 🚩 The Silk Roads Past, Present and Future – Research, Writing, Arts and Sciences – A project-based seminar series

A one semester course using the book: *The Silk Roads, A New History of the World*, by Peter Frankopan, as the textbook, with additional supplementary readings.

This is a research and discussion – **project based**, round-table class, not a series of lectures, though each class begins with discussion of the assigned reading.

At the end of semester, students are expected to produce a piece of any art – possibly a report, article, painting, music, dance, theater-style acting performance, stand-up comedy, map, video, etc. or science project ranging from astronomy to zoology, *representative of some aspect of the Silk Roads, past, present, or future*. (High school and above, except in cases of younger advanced readers.)

THESE PROGRAMS ARE DESIGNED FOR SCHOOLS, COLLEGES,  
UNIVERSITIES, COMMUNITY CENTERS, MUSEUMS, ART  
GALLERIES, THEATERS, ETC.



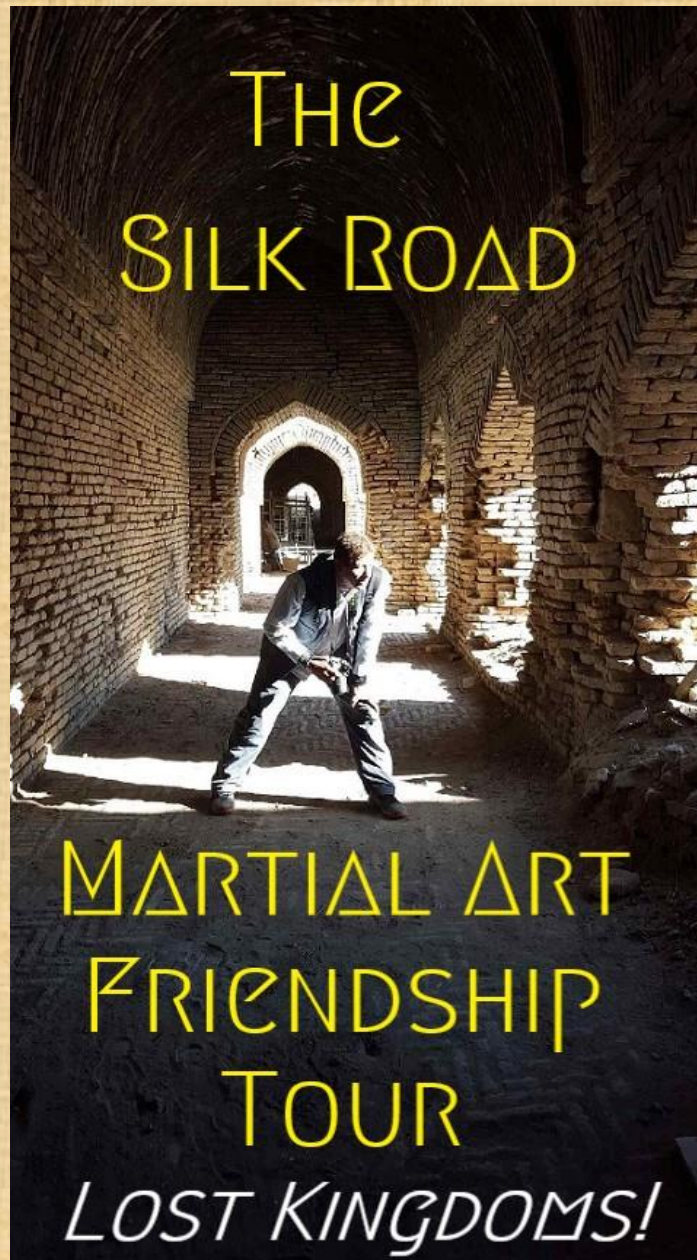
HAPPY LION – 13<sup>TH</sup> CENTURY,  
VIETNAM NATIONAL MUSEUM OF HISTORY



PHOTO BY OLD FRIEND, AMANDA HUI, TAKEN AT A RESTAURANT IN BEIJING 2020



OBVIOUSLY, THAT DOES NOT INCLUDE MY TRAVELS IN NORTH AND SOUTH AMERICA

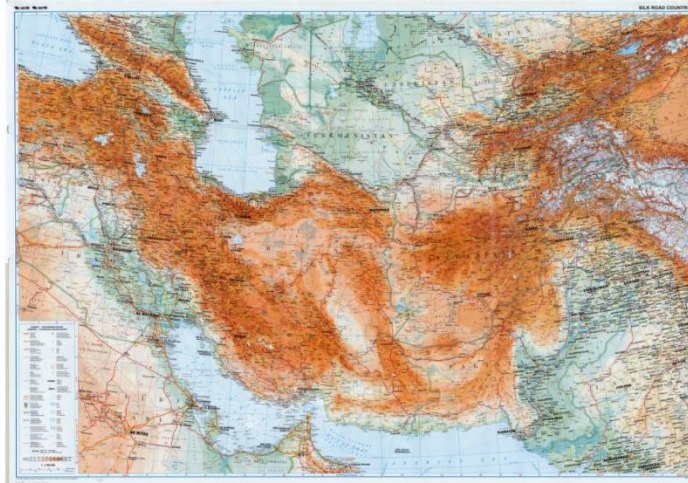


ONE OF MY FAVORITE [ARCHEOLOGICAL](#) SITES IN THE WORLD

[DAYAHATYN CARAVANSERAI](#)

## THE SILK ROADS ARE AND ALWAYS WERE, THE HEART OF THE WORLD.

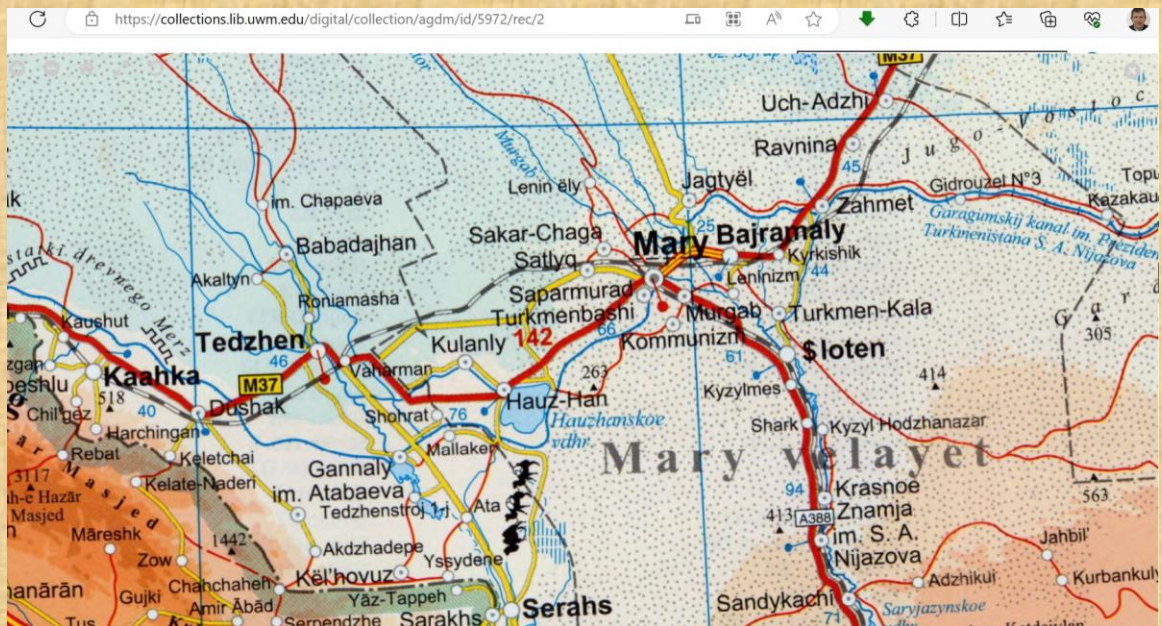
Check out this Silk Road map I just found. The detail on the original at the URL below is incredible.



<https://collections.lib.uwm.edu/digital/collection/agdm/id/5972/rec/2>

The above URL is to the Special Collection of the American Geographical Society, housed at the Library of the University of Wisconsin - Milwaukee. I worked there for a while, and wrote book reviews for their journal 1980 - 1983 or so.

THIS IS A VERY HIGH-RESOLUTION MAP. SEE SOME DETAIL BELOW.



LINK →

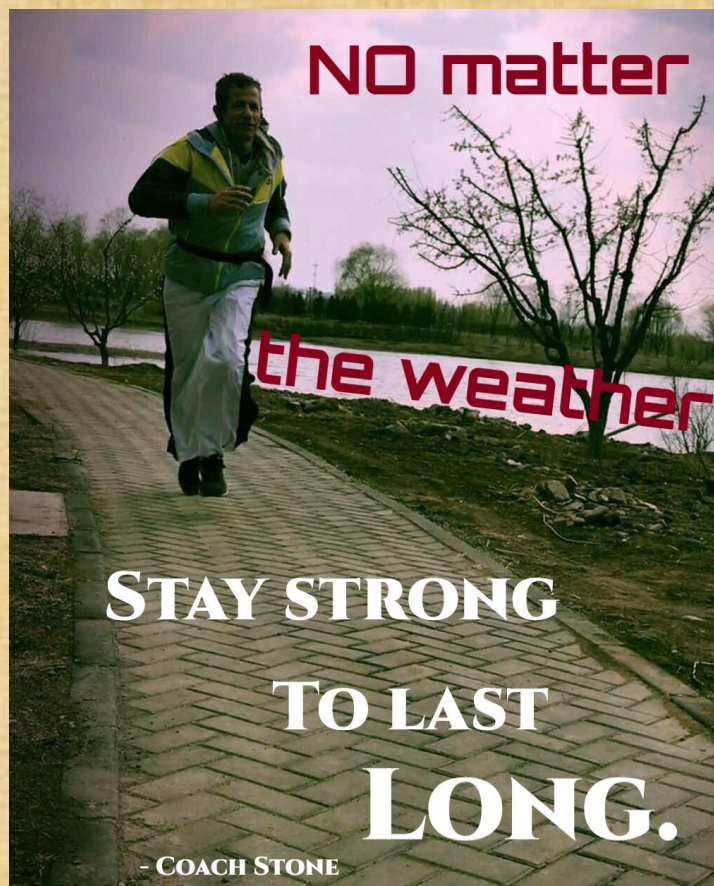
<https://collections.lib.uwm.edu/digital/collection/agdm/id/5972/rec/2>

Whenever I had a choice  
between academics and  
sport, I (almost) always  
put academics first.



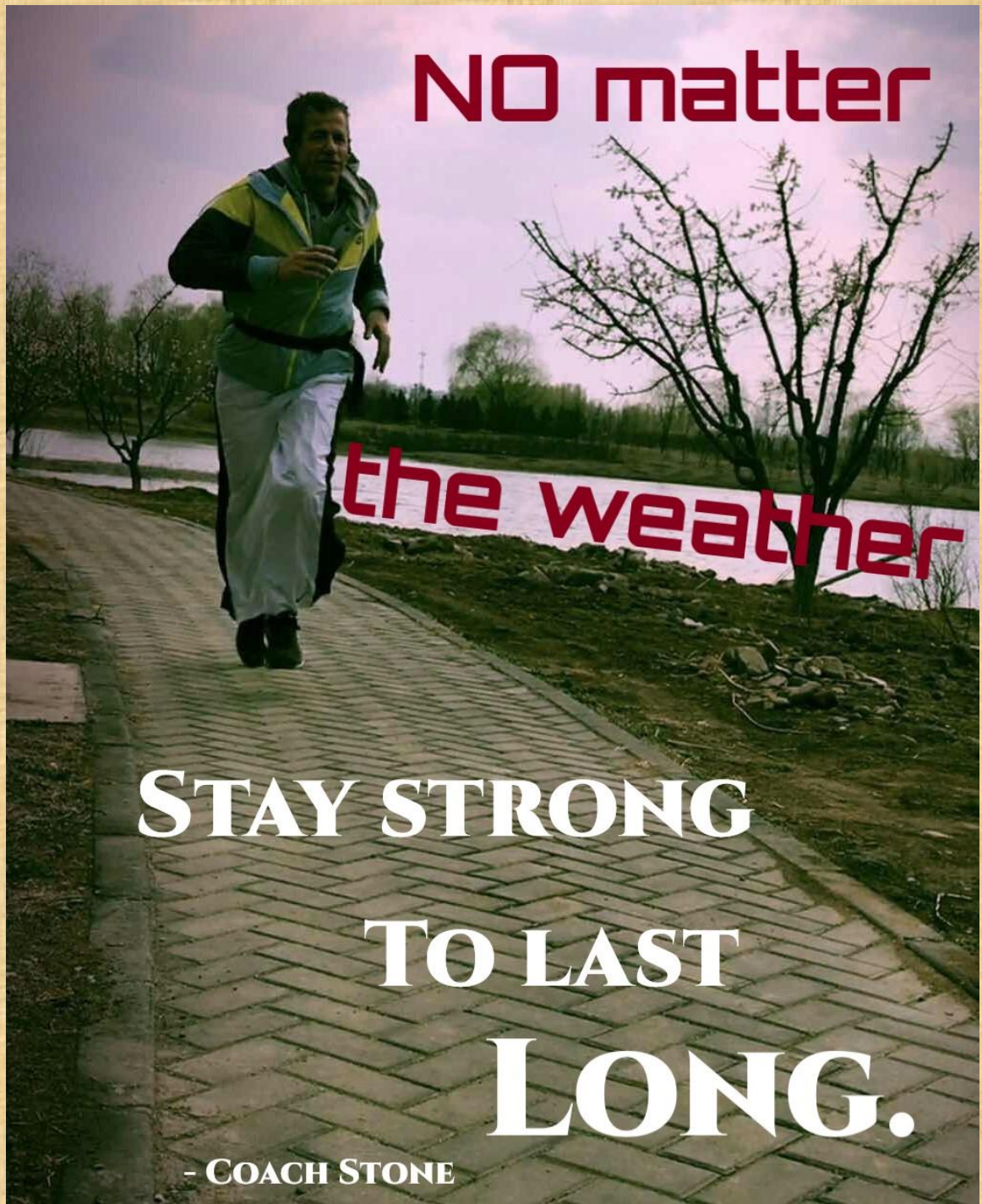
TBILISI, GEORGIA

BUT!



BUENG KAN, ISAN REGION OF NORTH THAILAND ALONG MEKONG RIVER

I TAUGHT YEARS 11 AND 12 IN THE PUBLIC SCHOOL THERE FOR ONE SEMESTER.



DO I NEED TO REPEAT THAT?



YOU'RE GOING TO NEED IT IF YOU'RE A HIGH SCHOOL TEACHER!



JUST JOKING – THESE STUDENTS WERE GREAT!

LIFESTYLE / Caring

NEW STRAITS TIMES

THURSDAY, JULY 23, 1992 31

# Listening is important

**F**REQUENTLY it happens that parents feel they talk and their children just don't listen. Likewise, children often feel their parents ignore them and, "just don't listen."

In situations like this people get angry, and in most conflict situations it is the child that loses. Difficult as it may be to admit or even recognise, children learn most of their behaviour from their parents.

By the time a child is five years old he may have more than 10,000 "parent tapes" filed away in his brain. Knowing this is interesting (maybe disturbing) but it does not answer the question "How can you get your child (or parent) to listen to you?"

The most obvious answer, and one that only sometimes works is "model the behaviour you want." What does this mean? If you want someone to listen to you, start by listening to them. This might not always work.

Fortunately, a more sophisticated solution does exist. Over the last 20 years, counsellors have adopted a model of communication that incorporates the principal of "active listening."

In the third of a four-part series on preventing child abuse, GREG ABDUL RASHID writes on active listening and the art of understanding.

Before introducing the formula for active listening it is necessary to briefly discuss emotions. Though it is true that humans can experience an almost infinite variety of emotions, for practical purposes they can generally be sorted into one of, or a combination of the following four — Mad, Sad, Glad and Afraid.

The formula for active listening is as follows: "I feel (mad, sad, glad or afraid) when I hear you say (paraphrase what was just said by speaker) because ... (describe own point of view)."

If two people want to communicate, and both use this formula, there is a very high probability that they will succeed.

"It makes me feel afraid to hear you say that you don't go to school anymore because I think you will end up poor or in jail."

"It makes me feel mad and sad when I hear you say you don't want to wash the dishes. I feel mad because... I feel sad because..."

This kind of reflective

emotional feedback is good because it helps to clarify the emotions and issues, at issue. It also ensures that people listen to another because if they don't, they cannot accurately paraphrase what the other person just said. If something is misunderstood it can be identified immediately rather than when it is too late.

Finally, this formula helps people get in the habit of recognising their own emotions, and explaining why they feel that way.

If one wishes to prevent child abuse, learning to listen is a great start. The next stage involves learning about understanding. Understanding will not occur unless one first listens. Understanding involves gaining some appreciation of another person's viewpoint.

This does not mean that a person has to agree with that other viewpoint, but some appreciation of it is necessary for understanding.

For all practical purposes, a person cannot be called



"mature" until that person learns how to invite and appreciate opposing points of view.

This kind of behaviour requires patience and self-confidence. Why? Listening to things you may not believe in is usually either boring and/or irritating.

If you lack self-confidence you will feel threatened by opposing views. Suppose you listen to and understand your child's point of view, and the problem continues. What then?

Try making contracts. The reason for doing this is that people sometimes forget. Sometimes they might be vague. So one way to avoid such problems is to make written contracts with your children that clearly define what is expected.

Written into the contract should be rewards for all parties participating in the contract, and consequences for the concerned parties should the contract be broken. The following is a sample contract:

I ..... (child's name) agree to wash the dishes after dinner within 15 minutes of the end of the meal. I realise that if I fulfil the conditions of this contract my parents will ..... (outline some reward). Furthermore I realise that if I fail to live up to the conditions of this contract I will fail to earn said reward and may be subject to any of the following:

- 1) Loss of TV time
- 2) Be "grounded"
- 3) Lose other privileges

It should always be remembered that "extrinsic motivation decreases intrinsic motivation." Rewarding someone with material objects (money, toys, etc.) often decreases the important internal reasons for doing things. For example, paying your child to spend time reading books would probably reduce the genuine "internal" reinforcing properties of reading.

It helps to understand that a person's (child and adult) most prized possession is his self-esteem. Reading, for example, makes you smarter. It feels good to know that you are getting smarter. What is the reward parents can give their child? Time, love and attention.

## MYSTERIES OF THE SILK ROADS



Photo by: [Xiaohe: A 4000-Year-Old Desert Cemetery | Amusing Planet](#)

WHO WERE THE XIAOHE PEOPLE, A 4,000-YEAR-OLD EURASIAN TRIBE FOUND MUMMIFIED IN THE TARIM BASIN OF THE TAKLAMAKAN DESERT IN NORTHWEST CHINA, AND HOW DID THEY GET THERE?

GOOD LUCK FIGURING THAT OUT, BUT THERE ARE MANY CLUES!

[Evidence that a West-East admixed population lived in the Tarim Basin as early as the early Bronze Age – PMC \(nih.gov\)](#)

[The genomic origins of the Bronze Age Tarim Basin mummies – PMC \(nih.gov\)](#)

[Along the Silk Road: Hidden Mysteries of the Taklamakan Desert – Youlin Magazine](#)

I HAVE FRIENDS THERE THAT RIDE MOTORCYCLES AROUND THE DESERT HUNTING GEMSTONES – HOPING OF COURSE THEY DON'T GET CAUGHT IN A SANDSTORM AND BURIED FOR 4,000 YEARS LIKE THIS BEAUTY:



PHOTO BY MICHAEL KAN – [HTTPS://WWW.FLICKR.COM/PHOTOS/31790930@NO7/4641533104](https://www.flickr.com/photos/31790930@NO7/4641533104)

THERE IS A LOT MORE NOT KNOWN, THAN KNOWN ALONG THE SILK ROADS!

BIG CITIES? YOU LIKE BIG CITIES?



TOKYO! PHOTO BY FRIEND AMANDA HUI



AL BIDDA BLDG. DOHA QATAR, JULY 2017



BAKU, PHOTOGRAPHED FROM THE TOP OF MAIDEN'S TOWER 2017



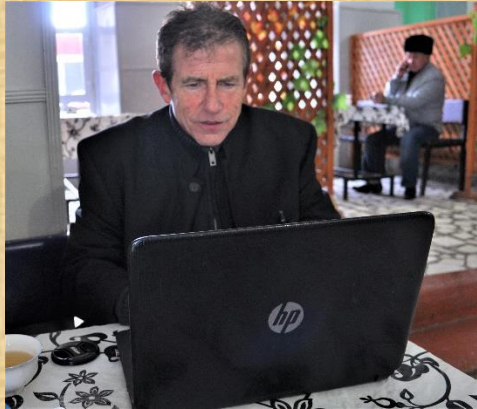
ASHGABAT, TURKMENISTAN

IN THE FINAL ANALYSIS, IT'S NO CRIME TO ENJOY THE DIFFERENT CULTURES THE  
WORLD HAS TO OFFER...



YEP, SILK ROAD TRAVELER ON LEFT, GEARED UP LIKE A PROPER GULF STATE  
GENTLEMAN WITH FRIEND SALEH, FROM THE LOCAL SWORD SHOP!

# ABOUT GREG BRUNDAGE (OR WHATEVER)...



GREG BRUNDAGE TYPING EVENTS OF THE DAY IN

ASHGABAT TURKMENISTAN, FEB. 7, 2015

HIS PARENTS MET IN GRADUATE SCHOOL AT FORDHAM UNIVERSITY IN NEW YORK, AND HIS LIFE FROM A YOUNG AGE INCLUDED LIVING IN MANY FOREIGN COUNTRIES. AS A CHILD HE TRAVELED THE ROMAN ROADS FROM WEST TO EAST TWICE, ON THE GROUND AND AFTER GRADUATE SCHOOL, THE SILK ROADS, FROM EAST TO WEST. HE NEVER STOPPED TRAVELING. HE IS THE FOUNDER OF THE SILK ROAD KUNG FU AND TAEKWONDO FRIENDSHIP TOURS, AUTHOR OF SEVERAL BOOKS AND REGULAR CONTRIBUTOR TO [WWW.KUNGFUMAGAZINE.COM](http://WWW.KUNGFUMAGAZINE.COM)

## **SILK ROAD FRIENDSHIP TOURS**

A non-commercial enterprise  
promoting sports, arts, sciences &  
friendship along the  
Silk Roads and Worldwide.

Free!



[HTTPS://SRKFFRIENDSHIPTOUR.ORG](https://SRKFFRIENDSHIPTOUR.ORG)

[HTTPS://SRTKDFT.COM](https://SRTKDFT.COM)





MARTIAL ARTS WERE ALWAYS JUST A HOBBY, BUT A FUN, SOCIAL AND HEALTHY ONE!  
BEFORE I WORKED AS A REPORTER, I WORKED IN SOCIAL SERVICES WHILE A UNIVERSITY STUDENT,  
AND SO UNDERSTOOD THE NEED FOR SOCIAL SERVICE DIRECTORIES.



*Working cooperatively with me, this student club built one of the first online social service directories for China.*

[HTTPS://HELPINCHINA-HUIJIA.WEEBLY.COM](https://helpinchina-huijia.weebly.com)

GREG BRUNDAGE, FOUNDER OF “THE SILK ROAD MARTIAL ARTS FRIENDSHIP TOUR CULTURE, EDUCATION AND ENTERTAINMENT PROGRAM” IS A BIG FAN OF:

## THE WRITING OF GEORGE ORWELL



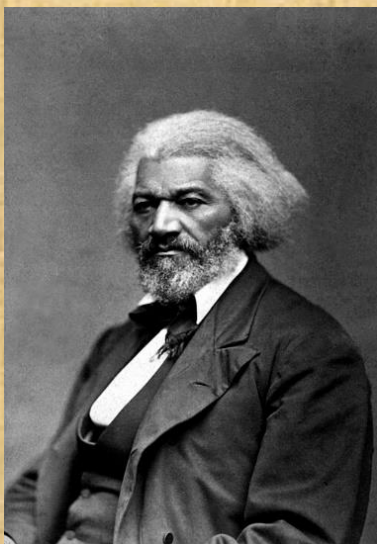
"The further a society drifts from the truth, the more it will hate those that speak it."

George Orwell

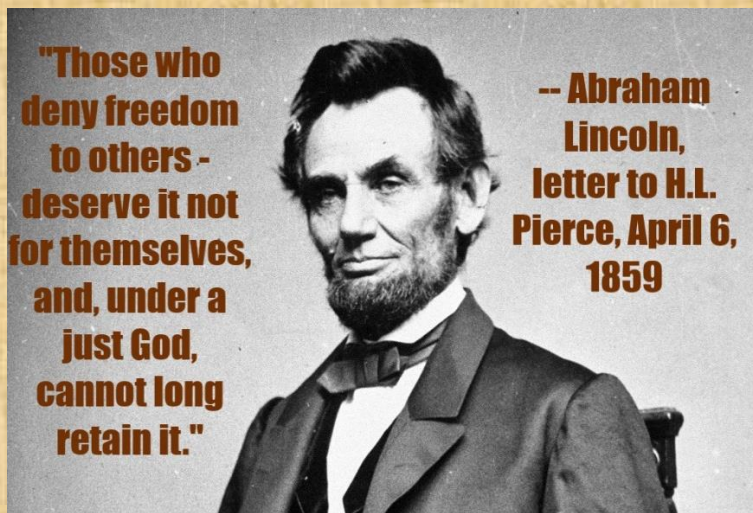


一个社会离真相越远，它就越恨说实话的人。— 乔治·奥威尔

## FREDRICK DOUGLAS AND ABE LINCOLN



**"Those who deny freedom to others - deserve it not for themselves, and, under a just God, cannot long retain it."**



**-- Abraham Lincoln, letter to H.L. Pierce, April 6, 1859**

Fredrick Douglas and Abe Lincoln were contemporaries. My favorite work by Fredrick Douglas is his speech: [What to the Slave is the Fourth of July?](#)

THE VERY ENLIGHTENED:  
“RISING TIDE FOUNDATION,” THAT CAN BE ACCESSED  
VIA: [HTTPS://RISINGTIDEFOUNDATION.NET](https://risingtidefoundation.net)  
AND/OR ITS QR CODE:



AS WELL AS...

# CULTURAL KEYS!



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Founded in 2013, **Cultural Keys** is an expat-owned and operated company developed and run on the love and passion we have for traditional Chinese culture. We believe 100% in making the beauty, wisdom and traditions of Chinese culture available to everyone.

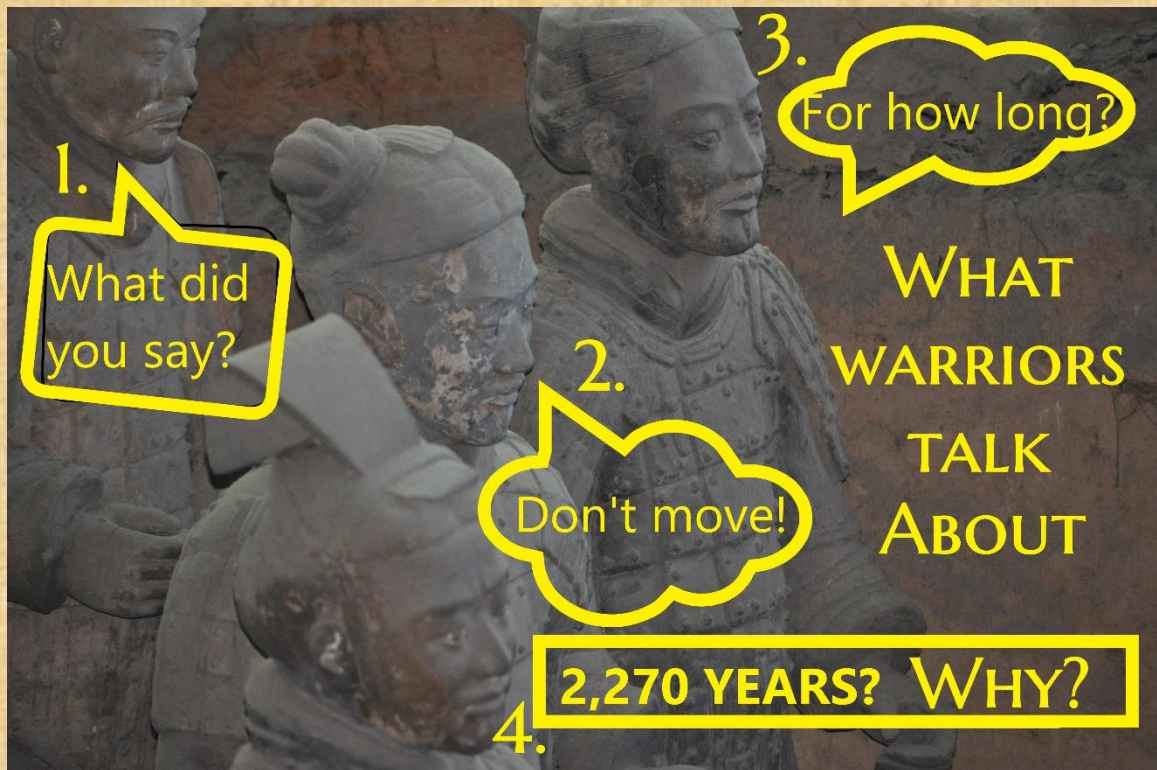
<https://www.culturalkeys.cn>

AND...!

Attending to: [Culture in Crisis](#) – given I network a bit with friends in regards to such matters...

**AND, I HAVE A PASSION FOR...**

**MOST KINDS OF HUMOR!**



**WHY?**

**T**HEY HELPED START SOMETHING TRULY GREAT, THE NATION OF CHINA, AND FOR THAT WILL BE HONORED IN ETERNITY.

## CONTACT

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WECHAT: NATURALMAN2014 & NATURALMAN2021

IF NONE OF THAT WORKS, MAYBE IT'S 'CAUSE I'M HANGING OUT IN A DUSTY LIBRARY IN TIMBUKTU, STUDYING THE DIETARY HABITS OF ORANGUTANS IN THEIR NATURAL HABITATS, OR TIME TRAVELING AN UNUSUALLY LONG DISTANCE, PAST OR FUTURE; IT'S DIFFICULT TO PREDICT.



NOT THE END!