Click to verify

Jogo de dumbells

The Motorsport Images Collections captures events from 1895 to today’s most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors’ Picks.Browse Editors' FavoritesExperience AI-Powered CreativityThe Motorsport Images Collections captures events from 1895 to today’s most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors’ Picks.Browse Editors' FavoritesExperience AI-Powered CreativityThe Motorsport Images Collections captures events from 1895 to today’s most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors’ Picks.Browse Editors' FavoritesExperience AI-Powered Creativity Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. PODE CONFIAR!!!NOS ORGULHAMOS DE SER UMA EMPRESA AUTENTICADA COM SELO DE VERIFICAÇÃO DO RECLAME AQUI Dúvidas e avaliações sobre o produto! Você precisa estar logado para comentar ou avaliar o produto! O Dumbbell Montado é um equipamento essencial para o fortalecimento e aumento da performance muscular durante seus treinos. São feitos com materiais de qualidade para maior durabilidade e resistência, aguentando impactos diretos enquanto ajuda a tonificar seus músculos! Aqui na MegaGym, você encontra uma seção com diversos modelos de Dumbbells. Confira: Halter Dumbbell Pintado para maior durabilidade O Halter Dumbbell Pintado é um equipamento ideal para tonificação muscular, auxiliando em exercícios como Pull Over, agachamento, Stiff, Tríceps Coice e muito mais! O equipamento tem acabamento de qualidade, com pegada em aço maciço para maior resistência ao suor e à ferrugem. Disponível em tamanhos e pesos diferentes de 10kg a 30kg, para um treino personalizado que te ajuda a conquistar os melhores resultados! Halter Dumbbell Emborrachado para treinos mais confortáveis Aqui na MegaGym, você encontra Dumbbells Emborrachados para treinos mais confortáveis e ergonômicos. O equipamento é feito com borracha vulcanizada e tem alta durabilidade e absorção de impactos para uma vida útil prolongada. Disponível em modelos com barra cromada e pegada recartilhada para melhor fixação durante os treinos, melhorando sua postura durante as atividades. Kit Treino com Banco: espaço personalizado para treinos de campeões! O Kit Treino com Banco vem com um Dumbbell pintado, um banco de musculação modelo flexor reto e um piso de borracha Ultra Impact para montar seu próprio espaço personalizado para os mais diversos tipos de treinos de musculação. O banco é acolchoado e resistente, para maior estabilidade e conforto durante os exercícios. Com esse kit, é possível atingir um novo nível de resultado, definindo e fortalecendo toda a parte superior do seu corpo. Além de aumentar sua performance para uma vida fitness e uma rotina mais saudável! Para que serve um dumbbell? Os dumbbells são ferramentas de treino versáteis, que auxiliam na musculação e no aumento de força/resistência do corpo. Seus exercícios trabalham diversos locais, como ombros, peitos, costas e braços. Além disso, também ajudam na melhora do equilíbrio e da coordenação, aumentando sua performance como um todo durante o dia. Qual a diferença entre dumbbell e halteres? A principal diferença entre os dumbbells e os halteres é que os dumbbells são equipamentos mais modernos e ajustáveis, ideais para treinos funcionais e para categorias de alta intensidade. Já os halteres são uma versão mais tradicional e fixa, indicada para treinos de resistência muscular e hipertrofia. Quanto custa um dumbbell? O preço do dumbbell pode variar de acordo com o peso, material e tipo. Na MegaGym, você encontra dumbbells de R$200,00 a R$400,00, feitos com material resistente e de qualidade, garantindo durabilidade durante seu uso. Disponíveis em modelos pintados ou emborrachados, atendendo a necessidades diferentes de acordo com o seu tipo de treino. Como vimos, os Dumbbells Montados são essenciais para montar seu próprio espaço personalizado de exercícios, sendo equipamentos que garantem melhor resultado e desempenho físico, desenvolvidos especialmente para a anatomia brasileira. Lembre-se de priorizar a escolha de materiais de qualidade para uma compra segura. Aproveite para conhecer nossas barras. , the free encyclopedia that anyone can edit. 118,328 active editors 6,996,391 articles in English The red-capped parrot (Purpureicephalus spurius) is a species of broad-tailed parrot native to southwest Western Australia. Described by Heinrich Kuhl in 1820, it is classified in its own genus owing to its distinctive elongated beak. Its closest relative is the mulga parrot. It is not easily confused with other parrot species; both adult sexes have a bright crimson crown, green-yellow cheeks, and a distinctive long bill. The wings, back, and long tail are dark green, and the underparts are purple-blue. Found in woodland and open savanna country, the red-capped parrot consumes seeds (particularly of eucalypts), flowers, berries, and occasionally insects. Nesting takes place in tree hollows. Although the red-capped parrot has been shot as a pest, and affected by land clearing, the population is growing and the species is not threatened. In captivity, it has a reputation of being both anxious and difficult to breed. (Full article...) Recently featured: Cher Malcolm X Margaret Sanger Archive By email More featured articles About Holly-Anne Hull of Remember Monday ... that Elizabeth II once asked a future member (pictured) of the "What the Hell Just Happened?" girlband Remember Monday why she was not wearing shoes? ... that John P. Metras held all-night recruitment parties including a bathtub full of ice and beer? ... that Priamurye Governorate-General, a Russian colony in East Asia, issued passports in order to segregate East Asian migrants from the general population? ... that Meng Sufen led a 1993 investigation in Guizhou's Mashan region, sparking a donation campaign raising over 1.6 million yuan for poverty alleviation? ... that Britart and the Turner Prize are both lampooned in the Jilly Cooper romance novel Pandora? ... that the larvae of the elm zigzag sawfly create distinctive zig-zags in the leaves of elm trees? ... that while attempting to "bulk up" for the Olympics, judoka Vlado Paradžik lost 11 pounds (5.0 kg) due to food shortages? ... that the developers of UTM needed to make a "slow edition" of their software to get it approved on the App Store? ... that NFL player Miles Turpin wrestled alligators when young, calling it "a lot of fun"? Archive Start a new article Nominate an article Luís Montenegro In the Portuguese legislative election, the Democratic Alliance (leader Luís Montenegro pictured) wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. In the Philippines, the Alyansa para sa Bagong Pilipinas wins the most seats in the Senate election, while Lakas–CMD, one of its component parties, wins the most seats in the House elections. Former president of Uruguay José Mujica dies at the age of 89. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Eddie Sheldrake Domingos Maubere Duncan Campbell Luigi Alva Richard Garwin Tommy Vigorito Nominate an article May 21: World Day for Cultural Diversity for Dialogue and Development Busoni c. 1897 1138 – The Crusades: The siege of Shaizar ended, and the Emir of Shaizar became a vassal of the Byzantine Empire. 1864 – American Civil War: The inconclusive Battle of Spotsylvania Court House in Virginia ended with combined Union and Confederate casualties totaling around 31,000. 1894 – The Manchester Ship Canal, linking Manchester in North West England to the Irish Sea, officially opened, becoming the world's largest navigation canal at the time. 1925 – The opera Doktor Faust, unfinished when composer Ferruccio Busoni (pictured) died, was premiered in Dresden. 2014 – A Taiwanese man carried out a stabbing spree on a Taipei Metro train, killing four people and injuring 24 others. Feng Dao (d. 954)Tommaso Campanella (d. 1639)Armand Hammer (b. 1898)Linda Laubenstein (b. 1947) More anniversaries: May 20 May 21 May 22 Archive By email List of days of the year About The black-crowned barwing (Actinodura sodangorum) is a non-migratory bird from Mainland Southeast Asia in the family Leiothrichidae, the laughingthrushes. The species's first sighting was reported in April 1996 at Ngọc Linh, Vietnam, and it was formally described in 1999. The black-crowned barwing is the only bird in the genus Actinodura to have a black crown. It has transverse barring on the wings (wingbars) and a crest, which are characteristic of the genus. Its natural habitats are subtropical or tropical moist montane forest, high-altitude shrubland, high-altitude grassland, and plantations. This black-crowned barwing was photographed in the Ngọc Linh Nature Reserve, Vietnam. Photograph credit: JJ Harrison Recently featured: Rhina Aguirre Chester Cathedral El Tatio Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. Village pump – Forum for discussions about Wikipedia itself, including policies and technical issues. Site news – Sources of news about Wikipedia and the broader Wikimedia movement. Teahouse – Ask basic questions about using or editing Wikipedia. Help desk – Ask questions about using or editing Wikipedia. Reference desk – Ask research questions about encyclopedic topics. Content portals – A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurus This Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسی Français Italiano Nederlands 日本語 Polski Português Русский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Esperanto Euskara עברית Հայերեն Magyar Norsk bokmål Română Simple English Slovenčina Srpski Srpskohrvatski Suomi Türkçe Oʻzbekcha 50,000+ articles Asturianu Azərbaycanca [illegible] Bosanski کوردی Ελληνικά Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuvių [illegible] Македонски [illegible] Norsk nynorsk [illegible] Shqip Slovenščina [illegible] اردو Retrieved from " 2 Calendar year Years Millennium 2nd millennium Centuries 11th century 12th century 13th century Decades 1110s 1120s 1130s 1140s 1150s Years 1135 1136 1137 1138 1139 1140 1141 vte 1138 by topic Leaders Political entities State leaders Religious leaders Birth and death categories Births – Deaths Establishments and disestablishments categories Establishments – Disestablishments Art and literature 1138 in poetry vte 1138 in various calendarsGregorian calendar1138MCXXXVIIIAb urbe condita1891Armenian calendar587ԹՎ ՇՁԷAssyrian calendar5888Balinese saka calendar1059–1060Bengali calendar544–545Berber calendar2088English Regnal year3 Ste. 1 – 4 Ste. 1Buddhist calendar1682Burmese calendar500Byzantine calendar6646–6647Chinese calendar丁巳年 (Fire Snake)3835 or 3628 — to —戊午年 (Earth Horse)3836 or 3629Coptic calendar854–855Discordian calendar2304Ethiopian calendar1130–1131Hebrew calendar4898–4899Hindu calendars - Vikram Samvat1194–1195 - Shaka Samvat1059–1060 - Kali Yuga4238–4239Holocene calendar11138Igbo calendar138–139Iranian calendar516–517Islamic calendar532–533Japanese calendarHōen 4(保延４年)Javanese calendar1044–1045Julian calendar1138MCXXXVIIIKorean calendar3471Minguo calendar774 before ROC民前774年Nanakshahi calendar−330Seleucid era1449/1450 AGThai solar calendar1680–1681Tibetan calendar阴火蛇年(female Fire-Snake)1264 or 883 or 111 — to —阳土马年(male Earth-Horse)1265 or 884 or 112 King Conrad III (r. 1138–1152) Year 1138 (MCXXXVIII) was a common year starting on Saturday of the Julian calendar. March 7 – Conrad III is elected as King of Germany, in the presence of the papal legate Theodwin at Koblenz. He is crowned at Aachen six days later (on March 13), and acknowledged in Bamberg by several German princes of southern Germany.[1] Henry X (the Proud), son-in-law and heir of the late King Lothair III, refuses his allegiance to Conrad. He is deprived of all his Saxon territories, which are given to Leopold IV (the Generous). Summer – A civil war breaks out in the Holy Roman Empire, a struggle begins between the Guelphs and Ghibellines, while the family name Welf of Henry X will be corrupted into Guelph. October 20 – Bolesław III (Wrymouth) dies after a 31-year reign. He divides Poland among his sons: Władyslaw II (the Exile) receives Silesia and the Senioral territories – which includes the Kraków and Łęczyca regions, as well as parts of Kujawy and Wielkopolska ("Greater Poland"). Bolesław IV (the Curly) receives Masovia and Mieszko III receives the newly established Duchy of Greater Poland. The 7-year-old Henry becomes duke of Sandomierz. Bolesław's last son, Casimir II receives nothing, as he is born after his father's death.[2] May – Earl Robert FitzRoy rebels against King Stephen, supporting Matilda (his step-sister) in her claim for the English throne. Matilda is given refuge by Earl William de Albini at Arundel Castle. Stephen builds siege works around the castle, but is unable to break the castle's defences. In France, Matilda's husband Duke Geoffrey V (the Fair) takes advantage of the situation by re-invading Normandy. August 22 – Battle of the Standard: King David I of Scotland gives his full support to Matilda (daughter of the late King Henry I), and invades the north of England – travelling as far south as Lincolnshire. The Scottish army (some 15,000 men) is defeated by English forces under Earl William le Gros in Yorkshire. David retreats to Carlisle and reassembles an army. The Earldom of Pembroke, created for Gilbert de Clare, becomes the first earldom created by Stephen within the borders in Wales. Gilbert receives the rape and Pevensey Castle. Spring – Emperor John II (Komnenos) leads a Byzantine expeditionary force into Syria and arrives before the walls of Aleppo on April 20. The city proves too strong to attack, but the fortresses of Biza'a, Athareb, Ma'arrat Nu'man and Kafartab are taken by assault. While the Byzantines besiege the city of Shaizar, the Crusader allies Prince Raymond of Poitiers of Antioch and Count Joscelin II of Edessa remain in their camp playing dice.[3] Siege of Shaizar: The Byzantines under John II besiege the capital of the Munqidhite Emirate. They capture the lower city on May 20, but fail to take the citadel. John negotiates with Emir Abu'l Asakir Sultan – who sends him an offer to pay a large indemnity and becoming a vassal of the Byzantine Empire. John, disgusted by his Crusader allies, accepts the terms and raises the siege on May 21.[4] October 11 – An earthquake in Aleppo, Syria, kills about 230,000 people. Al-Rashid Billah (Deposed caliph of Baghdad) fled to Isfahan where he was assassinated by a team of four Nizari Ismailis (Assassins) in June 1138. This was celebrated in Alamut for a week by Shias.[5] November 5 – Lý Anh Tông is enthroned as emperor of Đại Việt at the age of two, starting a 37-year reign. April 10 – Robert Warelwast is nominated as bishop of Exeter at a royal council in Northampton, England. Casimir II (the Just), duke of Poland (d. 1194) Conan IV (the Young), duke of Brittany (d. 1171) Fujiwara no Narichika, Japanese nobleman (d. 1178) Hōjō Tokimasa, Japanese nobleman and regent (d. 1215) Saladin (the Lion),[6] sultan of Egypt and Syria (d. 1193) Taira no Shigemori, Japanese nobleman (d. 1179) Tancred ("the Monkey King"), king of Sicily (d. 1194) January 13 or January 14 – Simon I, duke of Lorraine (b. 1076) February 19 – Irene Doukaina, Byzantine empress May 11 – William de Warenne, 2nd Earl of Surrey May 27 – Hadmar I of Kuenring, German nobleman June 6 – Al-Rashid, caliph of the Abbasid Caliphate (b. 1109) August 12 – Suero Vermúdez, Asturian nobleman October 28 – Bolesław III (Wrymouth), duke of Poland (b. 1086) Amhlaoibh Mór mac Fir Bhisigh, Irish poet and cleric Arwa al-Sulayhi, queen and co-ruler of Yemen (b. 1048) Avempace, Andalusian polymath and philosopher (b. 1085) Chen Yuyi, Chinese politician of the Song dynasty (b. 1090) David the Scot, bishop of Bangor (approximate date) Kiya Buzurg Ummid, ruler of the Nizari Isma'ili State Rodrigo Martínez, Leonese nobleman and diplomat Rudolf of St. Trond, French Benedictine chronicler Someshvara III, ruler of the Western Chalukya Empire Vakhtang (or Tsuata), Georgian nobleman (b. 1118) ^ Daniel Quitz (May 19, 2014). Die Königswahl Konrad III. 1138 und seine Politik gegenüber den Welfen. GRIN Cerlag. pp. 1–. ISBN 978-3-656-65725-5. ^ Richard Brzezinski (1998). History of Poland – Old Poland and the Piast Dynasty, pp. 20–21. ISBN 83-7212-019-6. ^ Steven Runciman (1952). A History of The Crusades. Vol II: The Kingdom of Jerusalem, pp. 173–174. ISBN 978-0-241-29876-3. ^ Steven Runciman (1952). A History of The Crusades. Vol II: The Kingdom of Jerusalem, pp. 173–175. ISBN 978-0-241-29876-3. ^ Daftary, Farhad (1992). The Isma'ilis: Their History and Doctrines. Cambridge University Press. p. 384. ISBN 978-0-521-42974-0. ^ Lyons, Malcolm; Jackson, D. E. P. (2008). Saladin: The Politics of the Holy War. Cambridge University Press. p. 2. ISBN 978-0521317399. Retrieved from " 3One hundred years, from 1001 to 1100 Millennia 2nd millennium Centuries 10th century 11th century 12th century Timelines 10th century 11th century 12th century State leaders 10th century 11th century 12th century Decades 1000s 1010s 1020s 1030s 1040s 1050s 1060s 1070s 1080s 1090s Categories: Births – Deaths Establishments – Disestablishments vte Political boundaries in Eastern Hemisphere in early half of 11th century Political boundaries in Eastern Hemisphere at the end of the 11th century The 11th century is the period from 1001 (represented by the Roman numerals MI) through 1100 (MC) in accordance with the Julian calendar, and the 1st century of the 2nd millennium. In the history of Europe, this period is considered the early part of the High Middle Ages. There was, after a brief ascendancy, a sudden decline of Byzantine power and a rise of Norman domination over much of Europe, along with the prominent role in Europe of notably influential popes. Christendom experienced a formal schism in this century which had been developing over previous centuries between the Latin West and Byzantine East, causing a split in its two largest denominations to this day: Roman Catholicism and Eastern Orthodoxy. In Song dynasty China and the classical Islamic world, this century marked the high point for both classical Chinese civilization, science and technology, and classical Islamic science, philosophy, technology and literature. Rival political factions at the Song dynasty court created strife amongst the leading statesmen and ministers of the empire. In Korea, the Goryeo Kingdom flourished and faced external threats from the Liao dynasty (Manchuria). In this century the Turkic Seljuk dynasty comes to power in Western Asia over the now fragmented Abbasid realm, while the first of the Crusades were waged towards the close of the century. The Fatimid Caliphate in Egypt, the Ghaznavids, and the Chola dynasty in India had reached their zenith in military might and international influence. The Western Chalukya Empire (the Chola's rival) also rose to power by the end of the century. In Japan, the Fujiwara clan continued to dominate the affairs of state. In the Americas, the Toltec and Mixtec civilizations flourished in Central America, along with the Huari Culture of South America and the Mississippian culture of North America. The Tiwanaku Empire centered around Lake Titicaca collapsed in the first half of the century. The Brihadeeswarar Temple of Chola era southern India, completed in 1010, during the reign of Rajaraja I In European history, the 11th century is regarded as the beginning of the High Middle Ages, an age subsequent to the Early Middle Ages. The century began while the translatio imperii of 962 was still somewhat novel and ended in the midst of the Investiture Controversy. It saw the final Christianisation of Scandinavia and the emergence of the Peace and Truce of God movements, the Gregorian Reforms, and the Crusades which revitalised a church and a papacy that had survived tarnished by the tumultuous 10th century. In 1054, the Great Schism saw the political and religious culmination and a formal split between the Western and Eastern church. In Germany, the century was marked by the ascendancy of the Holy Roman Emperors, who hit their high-water mark under the Salians. In Britain, it saw the transformation of Scotland into a single, more unified and centralised kingdom and the Norman conquest of England in 1066. The social transformations wrought in these lands brought them into the fuller orbit of European feudal politics. In France, it saw the nadir of the monarchy and the zenith of the great magnates, especially the dukes of Aquitaine and Normandy, who could thus foster such distinctive contributions of their lands as the pious warrior who conquered Britain, Italy, and the East and the impious peacelover, the troubadour, who crafted out of the European vernacular its first great literary themes. There were also the first figures of the intellectual movement known as Scholasticism, which emphasized dialectic arguments in disputes of Christian theology as well as classical philosophy. In Italy, the century began with the integration of the kingdom into the Holy Roman Empire and the royal palace at Pavia was summoned in 1024. By the end of the century, Lombard and Byzantine rule in the Mezzogiorno had been usurped by the Normans and the power of the territorial magnates was being replaced by that of the citizens of the northern cities. In Northern Italy, a growth of population in urban centers gave rise to an early organized capitalism and more sophisticated, commercialized culture by the late 11th century, most notably in Venice. In Spain, the century opened with the successes of the last caliphs of Córdoba and ended in the successes of the Almoravids. In between was a period of Christian unification under Navarrese hegemony and success in the Reconquista against the taifa kingdoms that replaced the fallen caliphate. In Eastern Europe, there was a golden age for the principality of Kievan Rus.A Scholar in a Meadow, Chinese Song dynasty, 11th century In China, there was a triangular affair of continued war and peace settlements between the Song dynasty, the Tanguts-led Western Xia in the northwest, and the Khitans of the Liao dynasty in the northeast. Meanwhile, opposing political factions evolved at the Song imperial court of Kaifeng. The political reformers at court, called the New Policies Group (新法, Xin Fa), were led by Emperor Shenzong of Song and the Chancellors Fan Zhongyan and Wang Anshi, while the political conservatives were led by Chancellor Sima Guang and Empress Dowager Gao, regent of the young Emperor Zhezong of Song. Heated political debate and sectarian intrigue followed, while political enemies were often dismissed from the capital to govern frontier regions in the deep south where malaria was known to be very fatal to northern Chinese people (see History of the Song dynasty). This period also represents a high point in classical Chinese science and technology, with figures such as Su Song and Shen Kuo, as well as the age where the matured form of the Chinese pagoda was accomplished in Chinese architecture. In Japan, the Fujiwara clan dominated central politics by acting as imperial regents, controlling the actions of the Emperor of Japan, who acted merely as a 'puppet monarch' during the Heian period. In Korea, the rulers of the Goryeo Kingdom were able to concentrate more central authority into their own hands than in that of the nobles, and were able to fend off two Khitan invasions with their armies. In the Middle East, the Fatimid Empire of Egypt reached its zenith only to face steep decline, much like the Byzantine Empire in the first half of the century. The Seljuks came to prominence while the Abbasid caliphs held traditional titles without real, tangible authority in state affairs. In India, the Chola dynasty reached its height of naval power under leaders such as Rajaraja Chola I and Rajendra Chola I, dominating southern India (Tamil Nadu), Sri Lanka, and regions of Southeast Asia. The Ghaznavid Empire would invade northwest India, an event that would pave the way to a series of later Muslim expansions into India. In Southeast Asia, the Pagan Kingdom reached its height of political and military power. The Khmer Empire would dominate in Mainland Southeast Asia while Srivijaya would dominate Maritime Southeast Asia. Further east, the Kingdom of Butuan, centered on the northern portion of Mindanao island flourished as the dominant trading polity in the archipelago. In Vietnam, the Lý dynasty began, which would reach its golden era during the 11th century. In Nigeria, formation of city states, kingdoms and empires, including Hausa kingdoms and Borno dynasty in the north, and the Oyo Empire and Kingdom of Benin in the south. An 11th-century rock crystal ewer of Fatimid Egypt 1001: Mahmud of Ghazni, Muslim leader of Ghazni, begins a series of raids into Northern India; he finishes in 1027 with the destruction of Somnath. c. 1001: Norsemen, led by Leif Eriksson, establish short-lived settlements in and around Vinland in North America. 1001–1008: Japanese Lady Murasaki Shikibu writes The Tale of Genji. 1001 ± 40 years: Baitoushan volcano on what would be the Chinese-Korean border, erupts with a force of 6.5, the fourth largest Holocene blast. 1001: The ancient kingdom of Butuan, through its King, Rajah Kiling, made contact with the Chinese, Song dynasty recorded the first appearance of Butuan tributary mission through Lijehan and Jiaminan at the Chinese Imperial Court on March 17, 1001 AD. 1003: Robert II of France invades the Duchy of Burgundy, then ruled by Otto-William, Duke of Burgundy; the initial invasion is unsuccessful, but Robert II eventually gains the acceptance of the Roman Catholic Church in 1016 and annexes Burgundy into his realm. 1004: Song dynasty court prohibited Butuan from exporting several items with their predilection due to issues on rules and regulation. 1004: The library and university Dar Al-Hekma is founded in Egypt under the Fatimids. 1005: The Treaty of Shanyuan is signed between the Chinese Song dynasty and the Khitan Liao dynasty. 1006: King Dharmawangsa's Mataram kingdom falls under the invasion of King Wurawari from Lwaram (highly possible Srivijayan ally in Java).[1] 1007: Butuan king, Rajah Kiling through the ambassador I-hsu-han sent a formal memorial on Song dynasty Imperial court requesting equal status with Champa but the request was denied on the grounds that "Butuan is beneath Champa." due to Champa being an older tributary state since the 4th century. 1008: The Fatimid Egyptian sea captain Domiyat travels to the Buddhist pilgrimage site in Shandong, China, to seek out the Chinese Emperor Zhenzong of Song with gifts from his ruling Imam Al-Hakim bi-Amr Allah, successfully reopening diplomatic relations between Egypt and China that had been lost since the collapse of the Tang dynasty. 1009: Lý Thái Tổ overthrows the Anterior Lê dynasty of Vietnam, establishing the Lý dynasty. 1009–1010: The Lombard known as Melus of Bari leads an insurrection against the Byzantine Catepan of Italy, John Curcuas, as the latter was killed in battle and replaced by Basil Mesardonites, who brought Byzantine reinforcements. Defeat of the Bulgarians by the Byzantines depicted in the Madrid Skylitzes 1010–1011: The Second Goryeo-Khitan War; the Korean king is forced to flee the capital temporarily, but is unable to establish a foothold and fearing a counterattack, the Khitan forces withdrew. 1011–1021: Ibn al-Haytham (Alhacen), a famous Iraqi scientist working in Egypt, feigns madness in fear of angering the Egyptian caliph Al-Hakim bi-Amr Allah, and is kept under house arrest from 1011 to 1021. During this time, he writes his influential Book of Optics. 1011: Under a new Rajah named Sri Bata Shaja, Butuan finally succeeded in attaining diplomatic equality with Champa after being denied in an older request made 4 years earlier to the Song dynasty court by sending the flamboyant ambassador Likanhsieh. 1013: Danish king Sweyn Forkbeard conquers England. 1014: The Byzantine armies of Basil II are victorious over Samuil of Bulgaria in the Battle of Kleidion. 1014: The Gaelic forces of Munster and most other Irish kingdoms under High King Brian Boru defeat a combined Leinster-Viking force in the Battle of Clontarf but Brian Boru is killed at the end of the battle. 1014–1020: The Book of Healing, a vast philosophical and scientific encyclopaedia, is written by Avicenna, Persian scholar.[2] 1015: In the Battle of Nesjar in Oslofjord, Norway, the forces of Olav Haraldsson fought the forces of Sveinn Hákonarson, with a victory for Olav. 1018: The First Bulgarian Empire is conquered by the Byzantine Empire 1018: The Byzantine armies of Basil Boioannes are victorious at the Battle of Cannae against the Lombards under Melus of Bari. 1018: The Third Goryeo-Khitan War; the Korean General Kang Kam-ch'an inflicted heavy losses to Khitan forces at the Battle of Kwiju. The Khitans withdrew and both sides signed a peace treaty. 1019: Airlangga establishes the Kingdom of Kahuripan.[3] Celadon statue of an imperial guardian lion of the Chinese Song dynasty, 11th or 12th century 1021: the ruling Fatimid Caliph Al-Hakim bi-Amr Allah disappears suddenly, possibly assassinated by his own sister Sitt al-Mulk, which leads to the open persecution of the Druze by Ismaili Shia; the Druze proclaim that Al-Hakim went into hiding (ghayba), whereupon he would return as the Mahdi savior. 1025: the Chola dynasty of India uses its naval powers to conquer the South East Asian kingdom of Srivijaya, turning it into a vassal. 1025: ruler Rajendra Chola I moves the capital city of the empire from Thanjavur to Gangaikonda Cholapuram 1025: Rajendra Chola, the Chola king from Cholamandala in South India, conquers Pannai and Kadaram from Srivijaya and occupies it for some time. The Cholas continue a series of raids and conquests of parts Srivijayan empire in Sumatra and the Malay Peninsula.[4] 1028: the King of Srivijaya appeals to the Song dynasty Chinese, sending a diplomatic mission to their capital at Kaifeng. 1030: Stephen I of the Kingdom of Hungary defeats Conrad II of the Holy Roman Empire; after the war, Conrad had ceded the lands between the rivers Leitha and Fischa to Hungary in the summer of 1031. 1030: the Battle of Stiklestad (Norway): Olav Haraldsson loses to his pagan vassals and is killed in the battle. He is later canonized and becomes the patron saint of Norway and Rex perpetuum Norvegiae ('the eternal king of Norway'). 1030: Sanghyang Tapak inscription in the Cicatih River bank in Cibadak, Sukabumi, West Java, mentioned about the establishment of sacred forest and Kingdom of Sunda. (to 1579) 1033: An earthquake strikes the Jordan Valley, followed by a tsunami along the Mediterranean coast, killing tens of thousands.[5] 1035: Raoul Glaber chronicles a devastating three-year famine induced by climatic changes in southern France 1035: Canute the Great dies, and his kingdom of present-day Norway, England, and Denmark was split amongst three rivals to his throne. 1035: William Iron Arm ventures to the Mezzogiorno 1037: Ferdinand I of León conquers the Kingdom of Galicia. Territories of Zirids and Hammadids after the invasions of Banu Hilal, of Norman incursions and the weakening of the Almoravids 1040: Duncan I of Scotland slain in battle. Macbeth succeeds him. 1041: Samuel Aba became King of Hungary. 1041: Airlangga divides Kahuripan into two kingdoms Janggala and Kadiri and abdicates in favour of his successors.[6] 1042: the Normans establish Melfi as the capital of southern Italy. 1041–1048: Chinese artisan Bi Sheng invents ceramic movable type printing 1043: the Byzantine Empire and Kievan Rus engage in a naval confrontation, although a later treaty is signed between two parties that includes the marriage alliance of Vsevolod I of Kiev to a princess daughter of Constantine IX Monomachos. 1043: the Byzantine General George Maniaces, who had served in Sicily back in 1038, is proclaimed emperor by his troops while he is catepan of Italy; he leads an unsuccessful rebellion against Constantine IX Monomachos and is killed in battle in Macedonia during his march towards Constantinople. 1043: the Song dynasty Chancellor of China, Fan Zhongyan, and prominent official and historian Ouyang Xiu introduce the Qingli Reforms, which would be rescinded by the court in 1045 due to partisan resistance to reforms. 1043: the Kingdom of Nri of West Africa is said to have started in this year with Eze Nri Ìfikuánim 1044: the Chinese Wujing Zongyao, written by Zeng Gongliang and Yang Weide, is the first book to describe gunpowder formulas;[7] it also described their use in warfare, such as blackpowder-impregnated fuses for flamethrowers.[8] It also described an early form of the compass, a thermoremanence compass.[9] 1044: Henry III of the Holy Roman Empire defeats the Kingdom of Hungary in the Battle of Ménfő; Peter Urseolo captured Samuel Aba after the battle, executing him, and restoring his claim to the throne; the Kingdom of Hungary then briefly becomes a vassal to the Holy Roman Empire. 1045: The Zirids, a Berber dynasty of North Africa, break their allegiance with the Fatimid court of Egypt and recognize the Abbasids of Baghdad as the true caliphs. A flat casket carved out of ivory from Al-Andalus (Islamic Spain), c. 1050 1052: Fujiwara no Yorimichi converts the rural villa at Byōdō-in into a famous Japanese Buddhist temple. 1053: the Norman commander Humphrey of Hauteville is victorious in the Battle of Civitate against the Lombards and the papal coalition led by Rudolf of Benevento; Pope Leo IX himself is captured by the Normans. 1054: the Great Schism, in which the Western (Roman Catholic) and Eastern Orthodox churches separated from each other. Similar schisms in the past had been later repaired, but this one continues after nearly 1000 years. 1054: a large supernova is observed by astronomers, the remnants of which would form the Crab Nebula. 1054: the Battle of Atapuerca is fought between García V of Navarre and Ferdinand I of León. 1055: the Seljuk Turks capture Baghdad, taking the Buyid Emir Al-Malik al-Rahim prisoner. 1056: Ferdinand I of León, King of Castile and King of León, is crowned Imperator totius Hispaniae (Emperor of All Hispania). 1056: William II of England the son of William the Conqueror, was born. 1057: Anawrahta, ruler of the Pagan Kingdom, defeated the Mon city of Thaton, thus unifying all of Myanmar. 1057: Macbeth, king of Scotland, dies in battle against the future king Malcolm III. 1057: Invasion of the Banu Hilal, Kairouan destroyed, Zirids reduced to a tiny coastal strip, remainder fragments into petty Bedouin emirates.[10] The Bayeux Tapestry depicting events leading to the Battle of Hastings in 1066 1061–1091: Norman conquest of Sicily in the Mediterranean Sea 1064-1065: The Great German Pilgrimage, consisting of around unarmed 7,000 pilgrims, travels to Jerusalem under the leadership of Gunther of Bamberg.[11] 1065: Seljuks first invasion to Georgia under leadership of Alp Arslan 1065: Independence of the Kingdom of Galicia and Portugal under the rule of Garcia 1066: in the Battle of Stamford Bridge, the last Anglo-Saxon King Harold Godwinson defeated his brother Tostig Godwinson and Harold III of Norway. 1066: Edward the Confessor dies; Harold Godwinson is killed in the Battle of Hastings, while the Norman William the Conqueror is crowned king of England. This is what most experts think of as the end of the Viking age. 1066: the Jewish vizier Joseph ibn Naghrela and many others are killed in the 1066 Granada massacre. 1068–1073: the reign of Japanese Emperor Go-Sanjō brings about a brief period where central power is taken out of the hands of the Fujiwara clan. 1068: Virarajendra Chola begins sending military raids into Malaysia and Indonesia. 1068: Seljuks destroyed Georgia for the second time 1069–1076: with the support of Emperor Shenzong of Song, Chancellor Wang Anshi of the Chinese Song dynasty introduces the 'New Policies', including the Baojia system of societal organization and militias, low-cost loans for farmers, taxes instead of corvée labor, government monopolies on tea, salt, and wine, reforming the land survey system, and eliminating the poetry requirement in the imperial examination system to gain bureaucrats of a more practical bent. An 11th-century Chola dynasty bronze figurine of Arthanariswara 1070: the death of Athirajendra Chola and the ascension of Kulothunga Chola I marks the transition between the Medieval Cholas and the Chalukya Cholas. 1071: Defeat of the Byzantine Empire at the Battle of Manzikert by the Seljuk army of Alp Arslan, ending three centuries of a Byzantine military and economic Golden Age. 1072: the Battle of Golpejera is fought between Sancho II of Castile and Alfonso VI of Castile 1073: the Seljuk Turks capture Ankara from the Byzantines. 1074: the Seljuk Turks capture Jerusalem from the Fatimids, and cut pilgrim transit. 1075: Henry IV suppresses the rebellion of Saxony in the First Battle of Langensalza. 1075: the Investiture Controversy is sparked when Pope Gregory VII asserted in the Dictatus papae extended rights granted to the pope (disturbing the balance of power) and a new interpretation of God's role in founding the Church itself. 1075: Chinese official and diplomat Shen Kuo asserts the Song dynasty's rightful border lines by using court archives against the bold bluff of Emperor Daozong of Liao, who had asserted that Liao dynasty territory exceeded its earlier-accepted bounds. 1075–1076: a civil war in the Western Chalukya Empire of India; the Western Chalukya monarch Someshvara II plans to defeat his own ambitious brother Vikramaditya VI by allying with a traditional enemy, Kulothunga Chola I of the Chola Empire; Someshvara's forces suffer a heavy defeat, and he is eventually captured and imprisoned by Vikramaditya, who proclaimed himself king. 1075–1077: the Song dynasty of China and the Lý dynasty of Vietnam fight a border war, with Vietnamese forces striking first on land and with their navy, and afterwards Song armies advancing as far as modern-day Hanoi, the capital, but withdraw after Lý makes peace overtures; in 1082, both sides exchange the territories that they had captured during the war, and later a border agreement is reached. 1076: the Ghana Empire is attacked by the Almoravids, who sack the capital of Koumbi Saleh, ending the rule of king Tunka Manin 1076: the Chinese Song dynasty places strict government monopolies over the production and distribution of sulfur and saltpetre, in order to curb the possibility of merchants selling gunpowder formula components to enemies such as the Tanguts and Khitans. 1076: the Song Chinese allies with southern Vietnamese Champa and Cambodian Chenla to conquer the Lý dynasty, which is