



AIKIDO IN FREDERICKSBURG

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LOCAL NON-PROFIT TO BUILD INNOVATIVE GREEN BUILDING IN SPOTSY

Aikido in Fredericksburg is pleased to announce that The Newhouse Miles Group of Spotsylvania has been awarded the Construction Management contract for the construction of its new headquarters location. Aikido in Fredericksburg is a local 501(c)3 non-profit organization dedicated to the teaching and practice of Aikido, a traditional yet non-violent Japanese martial art.

Among the group's goals is to create a world-class "dojo" or training center for Aikido and a resource for the local community. The new facility, called the "[Shin Dojo](#)", will include features that are lacking in many dojos such as air conditioning, showers, locker rooms, increased mat area, and space for seminars. Many [environmental features](#) have already been incorporated into the site design. The site plan has won a low-impact design [innovation award](#) from [EPA](#). The new dojo will be a "green" building designed by innovative architect [Jeff Owens](#).

Owens reflected on the design process, "The long standing traditions in the study of Aikido have had a profound influence on the design. The owners' commitment to these principles has made possible the journey toward finding a balance between all the elements of design and the site in a sustainable approach with the goal of good *earth stewardship*. The need to live and study is combined to create a collection of

spaces dedicated to *human needs* design with attention to detail based on craftsmanship inherent in the culture that gave birth to this way of life. The materials and techniques are distilled down to the basic within modern requirements of construction. The rural agricultural site is celebrated as is the possibilities of connection and blurring of the separation between interior and exterior environment.”

The building green structural features include insulated concrete form walls and structural insulated panels. Water and energy saving features are designed throughout the facility from energy efficient heat pumps to rain barrels. Architecturally, the building will have simple exterior lines to blend into its rural setting and Asian interior finishes. “This journey has now reached the actual construction of the elements required to give life to this structure”, says Owens.

Spotsylvania County recently issued the building permit for the structure. Construction is expected to start this month under Newhouse’s supervision. Principals of The Newhouse Miles Group bring their combined 30 years of construction experience across a variety of building types to the project. Says Gregg Newhouse, “We are looking forward to adding our construction and project management expertise to the efficient design, and making the project a reality for Aikido in Fredericksburg”.

Aikido’s Chief Instructor Aviv Goldsmith says, “We’ve been working on this project for over four years and it’s heartening that we will finally see the building being constructed. The organization has been active in fundraising for this project and additional support is welcome. We will finally be able to implement the kind of program that is taught at the Iwama Dojo in Japan where Aikido was developed.”

For more information on Aikido or the Shin Dojo project, you can follow the links on the organization’s website at www.aikidoinfredericksburg.org