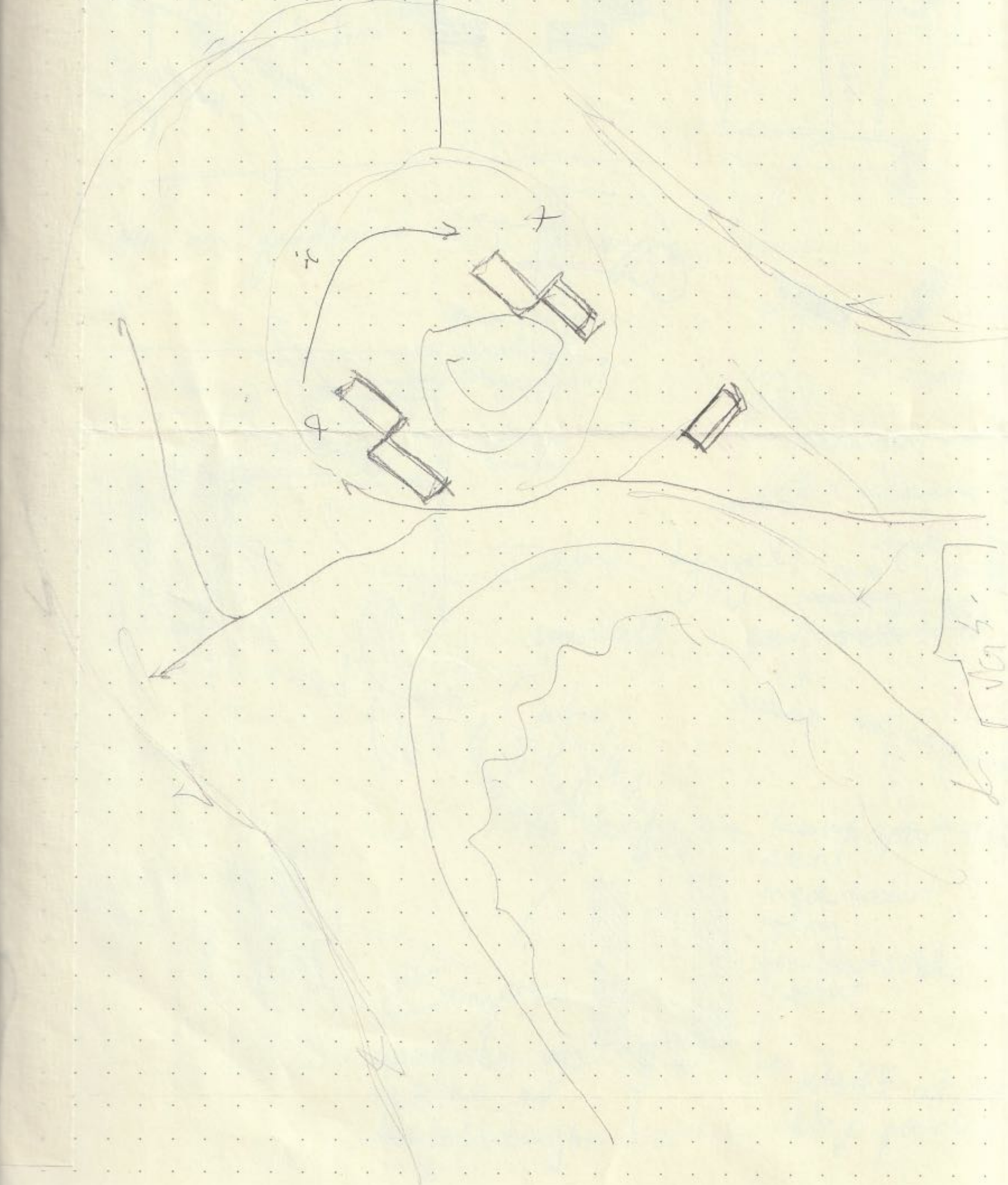


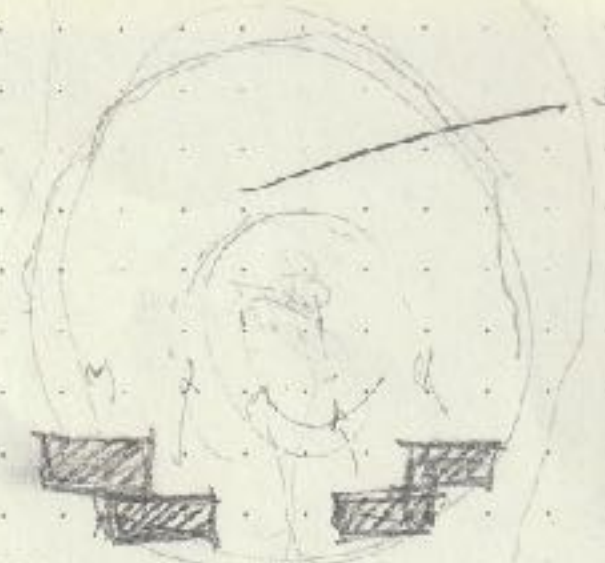
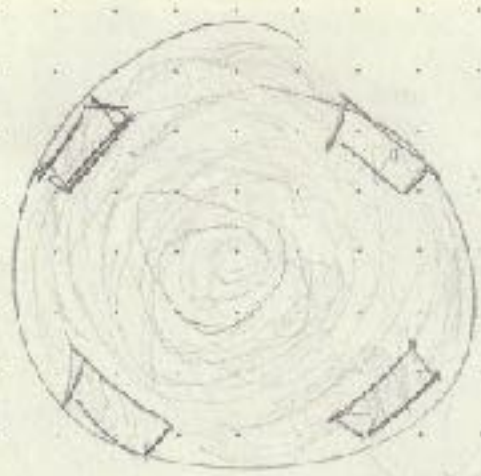


www.twf.gr

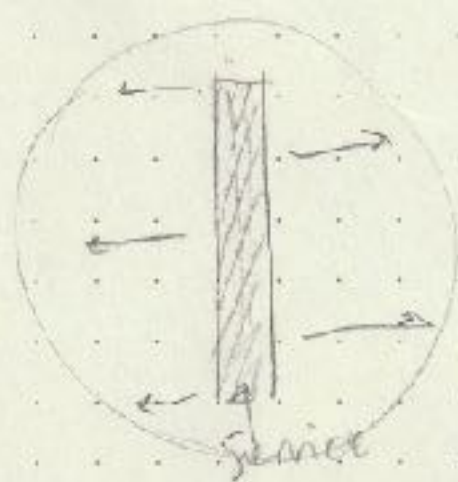
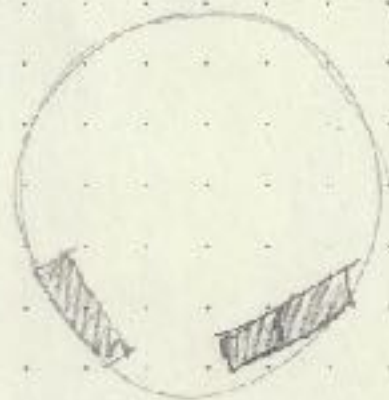
Aikido Institute of San Francisco  
GE. Namura Shihan







egen zone  
meditativt

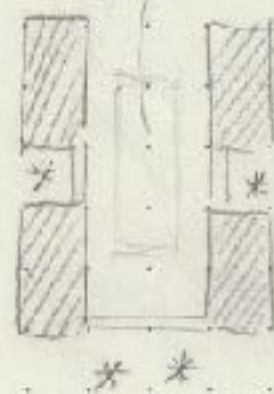


service

daglig  
kontakt  
med  
pølse



planlegging for andre  
dojo s.o?



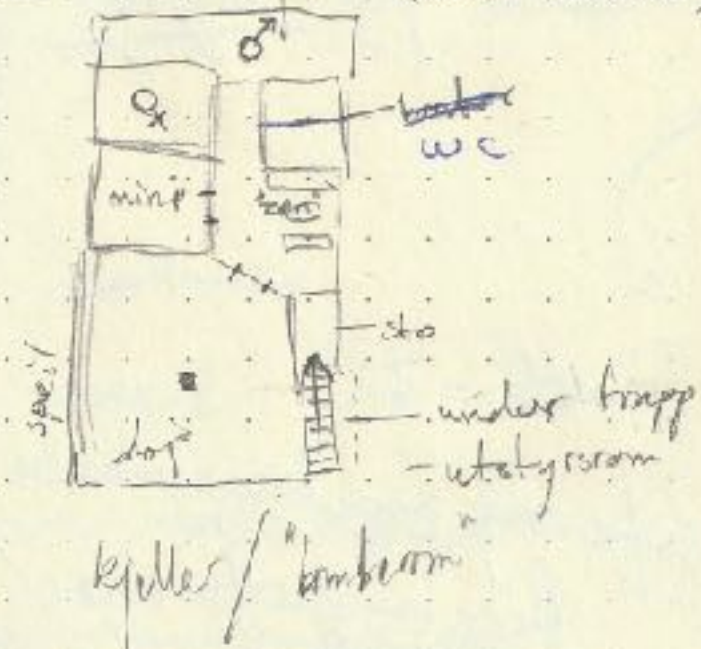
plattform  
for  
gjennom  
sitt  
område

hva om  
daglig  
bygg  
her?

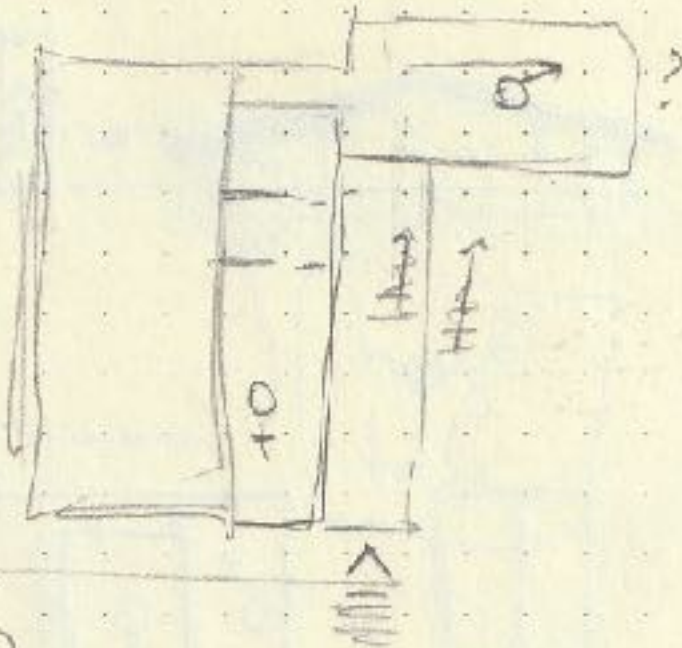


gi  
mellom

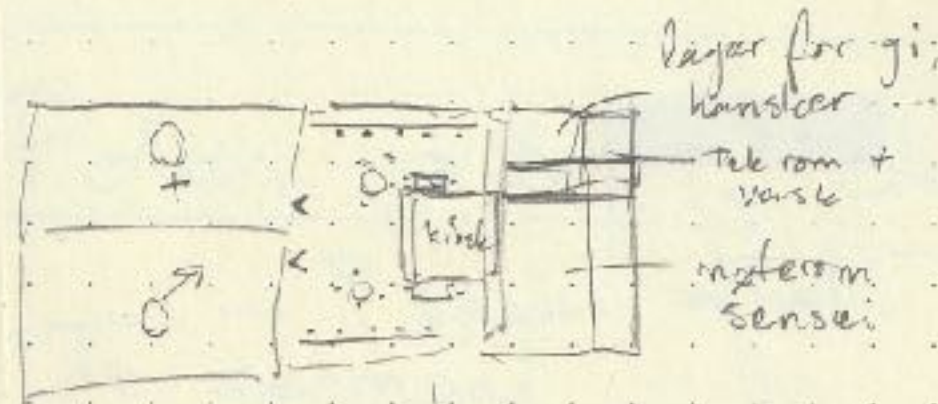
Andre Dojo: (etter mine)



Oslo (santokai) leilighet:  
(kristelig gymnas)



hva om garderobe er i 1 bygg?



café + garderobe  
bygg = møteplass  
↳ interaksjon mellom  
folk + utøvere!

Dette bygget må være  
spesielt i seg selv!

Cafe

5

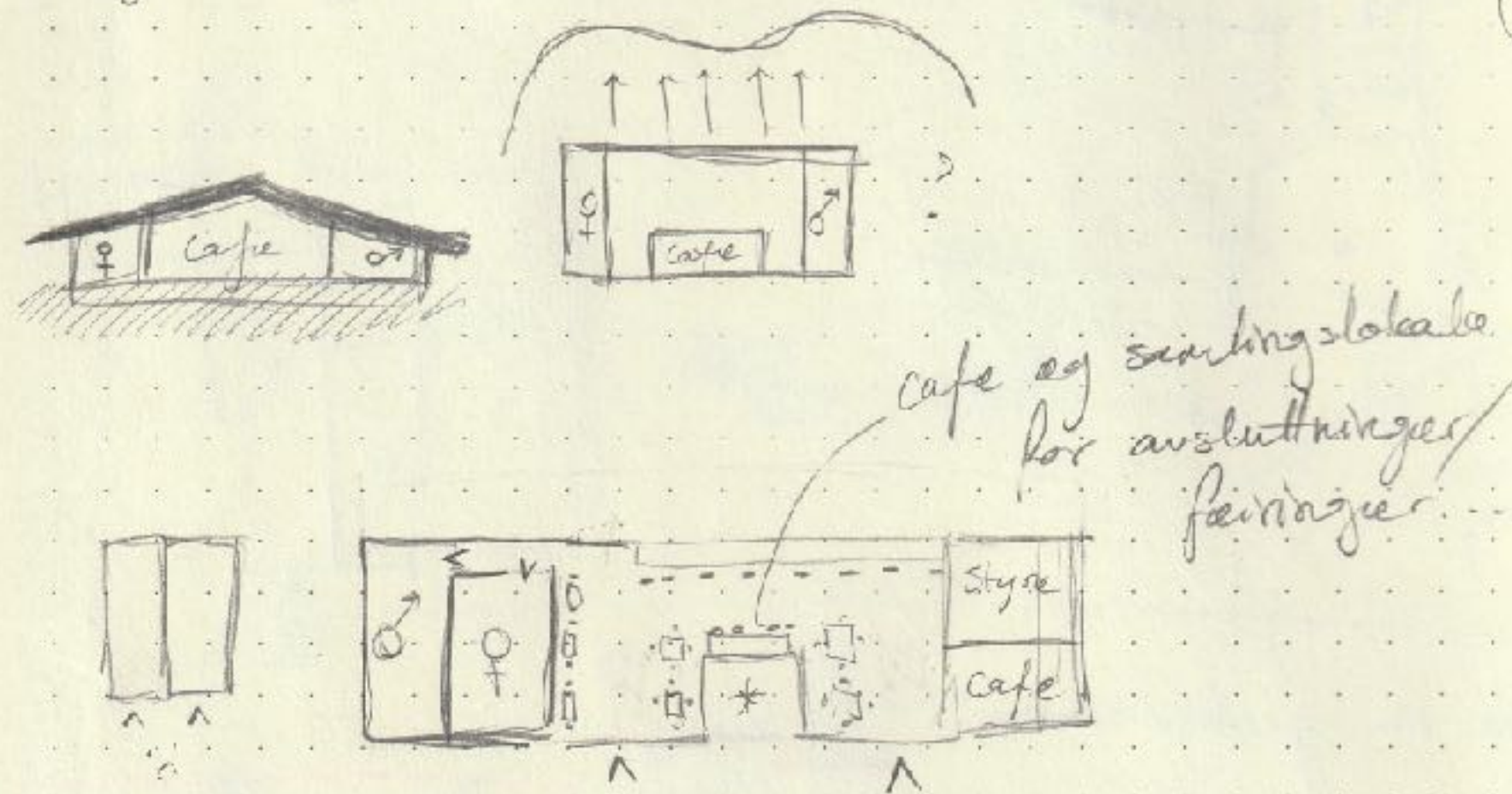
Cafe → kampsport  
zen  
meditativt  
rolig  
for utsikt  
natur

Benyttes av  
sandvika vgs. og  
resten av  
befolkningen!

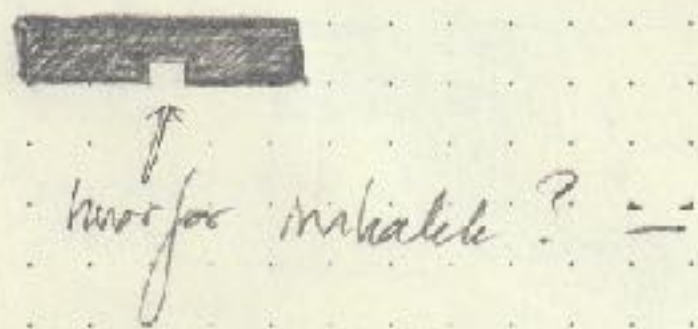
↳ utsikt ut over  
elv/ park



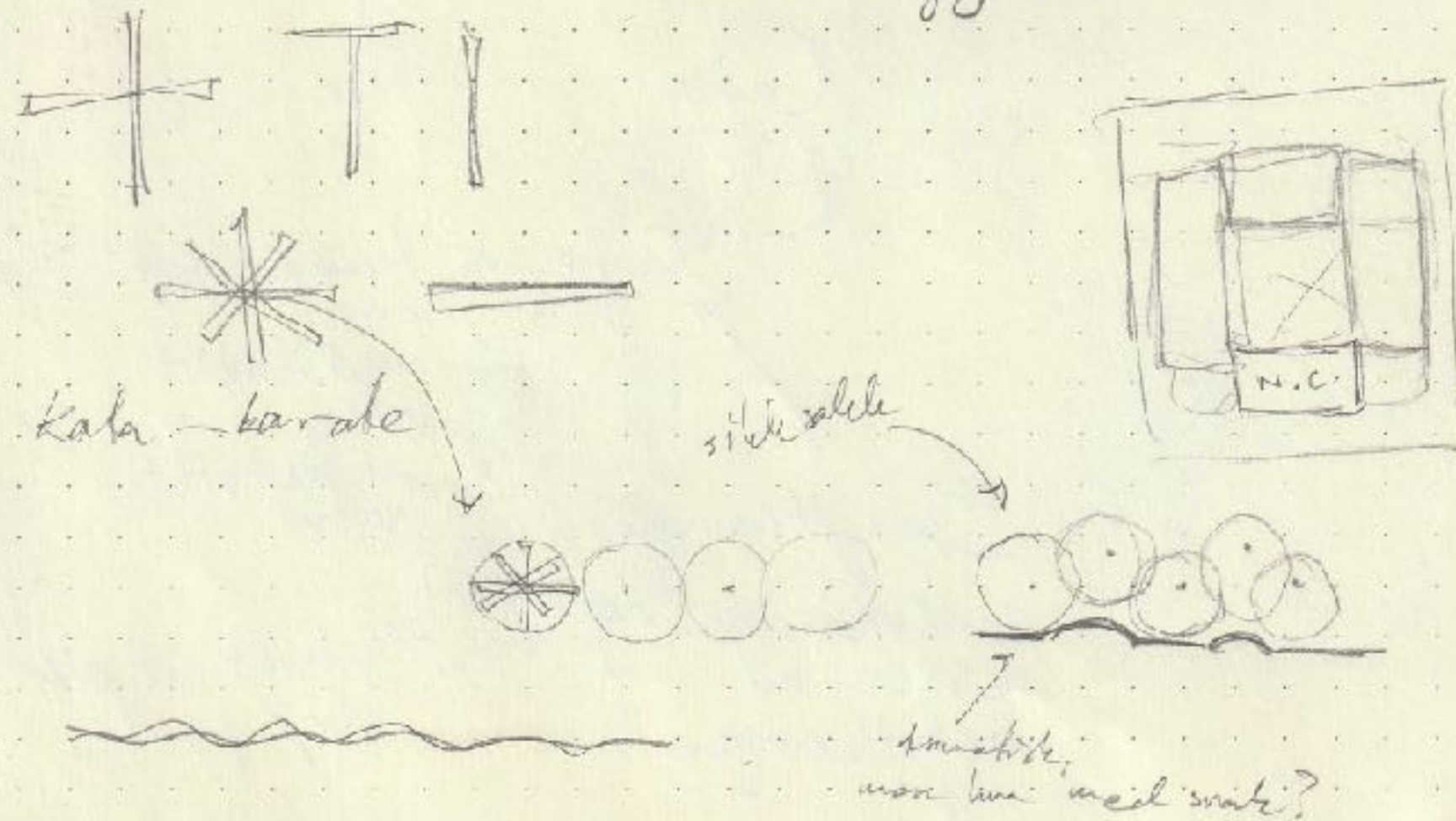
Cafe + garderobe + møtelokale for styret! (3)



Hva er mønsteret?  
Hvert bygg/dojo  
↳ hver sin logikk?



hvorfor murkale? =  
... søyle?  
vegg/skive?



Aikido:

Area:

mattes: Jotsumi

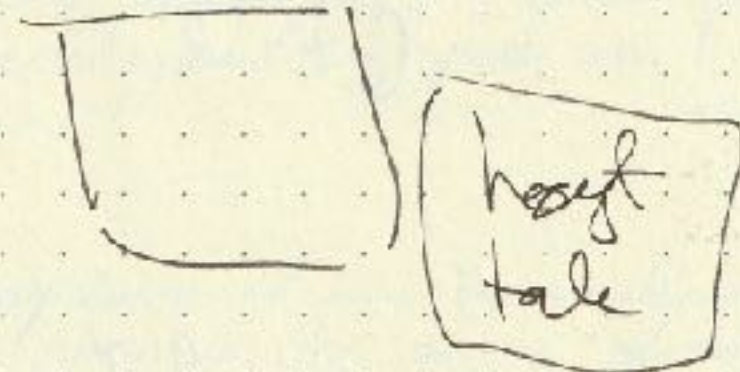
antall utøvere: 15-20

Forbedring: tale høyde

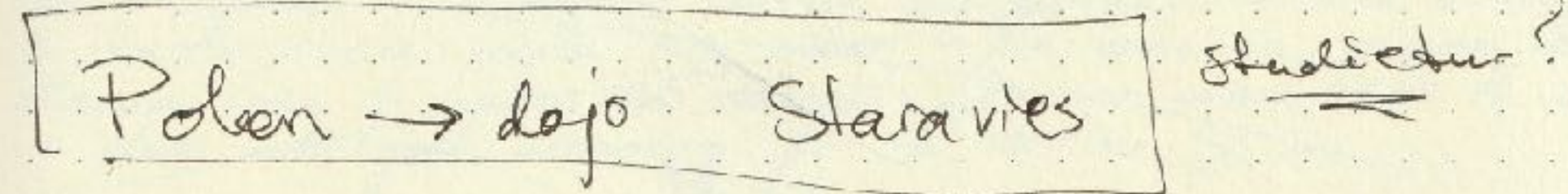
My dojo → hvilke forbedringer?

vide

Shomeen



Startsermoni/Ritualer: stakunleer



Te sermoni

varmt (+) → mange vinduer for ventilering

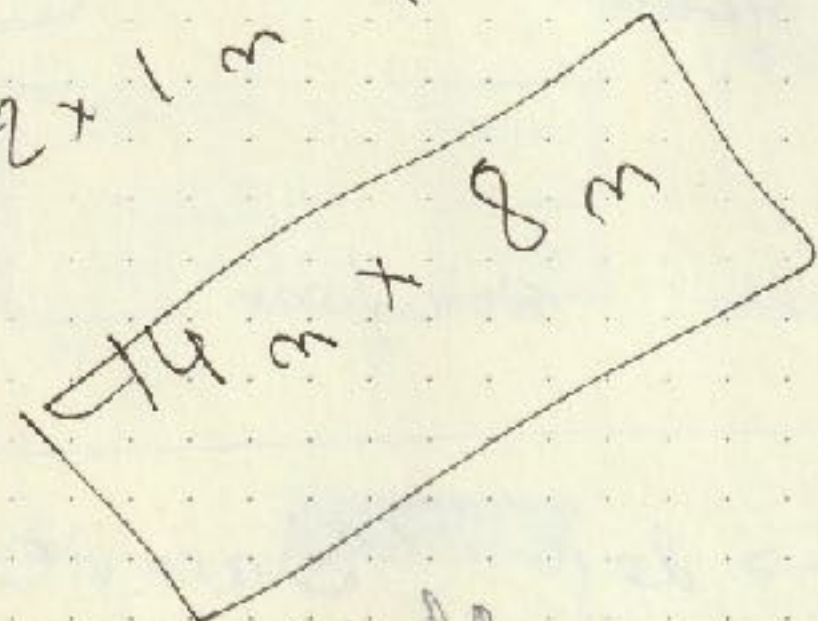
facebook denstunleer → foto

kashiman shisitekan



16 x 6

2 x 1 m taishōmī



Aikido

\* To be connected to a space is more important than one might originally think. When body and space are interacting, you gain presence. Being present is a fundamental part of all martial arts.

To put it boldly, one can say that the ideal dojo acts as a catalyst for presence, intertwining soul, body & space.

Drawn on an dojo:

The dream of the dojo:

The dojo... A space inhabiting a contradicting atmosphere. What you find inside is both brutal and peaceful. A space for people to learn advanced fighting techniques as well as mindfulness.

But how is such a space? This space can be anywhere. It can be anything. Commonly, somewhat plain in the sense of stripped of unnecessary distractions. But it's never empty... never lacking in any way.

↓ ~~It's not sitting samurai-style! (sit on igon)~~

~~The atmosphere in a dojo is sensible once entered. It's like entering a church where people are sitting on the benches, pray in silence. Even if you're not religious, you can sense that it is a place with great meaning for its users. X~~

↪ In Norway, most dojos are just a room rented out of necessity. Still, most practitioners wish for dojos with more meaningful atmospheres. ~~It is the interactions between people and space that makes the dojo. Ritualistic movement repeated day after day, year after year. Techniques and mindsets practiced, slowly becoming a way of life.~~

When entered, one can sense the dedication, the acquired presence of the people inside. Walls framing synchronized movements. A roof protecting the neatly arranged people. Floors that have felt it all. ~~Rituals performed, not for a god, not for superstition or as a part of a mindless morning routine. X~~

↪ ~~The rituals only performed inside, the dojo giving them meaning...~~

~~The dojo giving meaning to the rituals performed inside. Still, once performed it's affects lingering after exiting the main doors.~~



The room a little  
too small

Anxious, painstakingly shy, 13 years old. Rushing down the stairs, already late. Shoes off, socks off. A smiling face greeting me. Kind, yet determined. My first sensei, showing me where I'll spend the next months. 36rd<sup>2</sup>. One sensei, two pupils. The space a little bit tight, but we make it work. Here we learn the rituals, ceremonies and the basics of karate. Small window on the left wall allowing glimpses of the more experienced practitioners. Synchronized movements, loud yells and intricate techniques repeated until perfection. The walls of the dojo slowly replacing my struggles with structure and focus, with presence and dedication. The relaxation of what once started as a curiosity, is gradually becoming a way of life. The dojo, a catalyst for change into something better.

18 years later... I'm 25 and I still practice. The rituals that once seemed silly or excessive, now a comfort, a part of my week. Still a bit late, not longer as shy, I still have much to learn. Once a black belt philosophy, world view and way of life becomes a part of your training. The rituals performed, now acting as a foundation to your process.



Martial arts → Stale hands, touch spars, bow, or otherwise engage in some ritualistic display of respect... then they will punch, kick, struggle, throw, pin or stab each other

What purpose does these rituals serve? <sup>start end of Karate</sup>  
 Bow entering the dojo → show of respect for the location specifically dedicated to our growth in the art  
 Keep our belts from touching the ground → respect for the symbol of our progress in the art

Rituals of respect → drawn from the cultural significance of respect has in Japan... China... even though the culture itself is not talked about the rituals and the respect remains.

These rituals are somewhat also reminders of that the significance of martial art is a way of life.

Some say that: when you show respect and courtesy to others, you are truly respecting yourself... in context of architecture... the rituals performed in a dojo → is almost a way to become aware in the presence of...

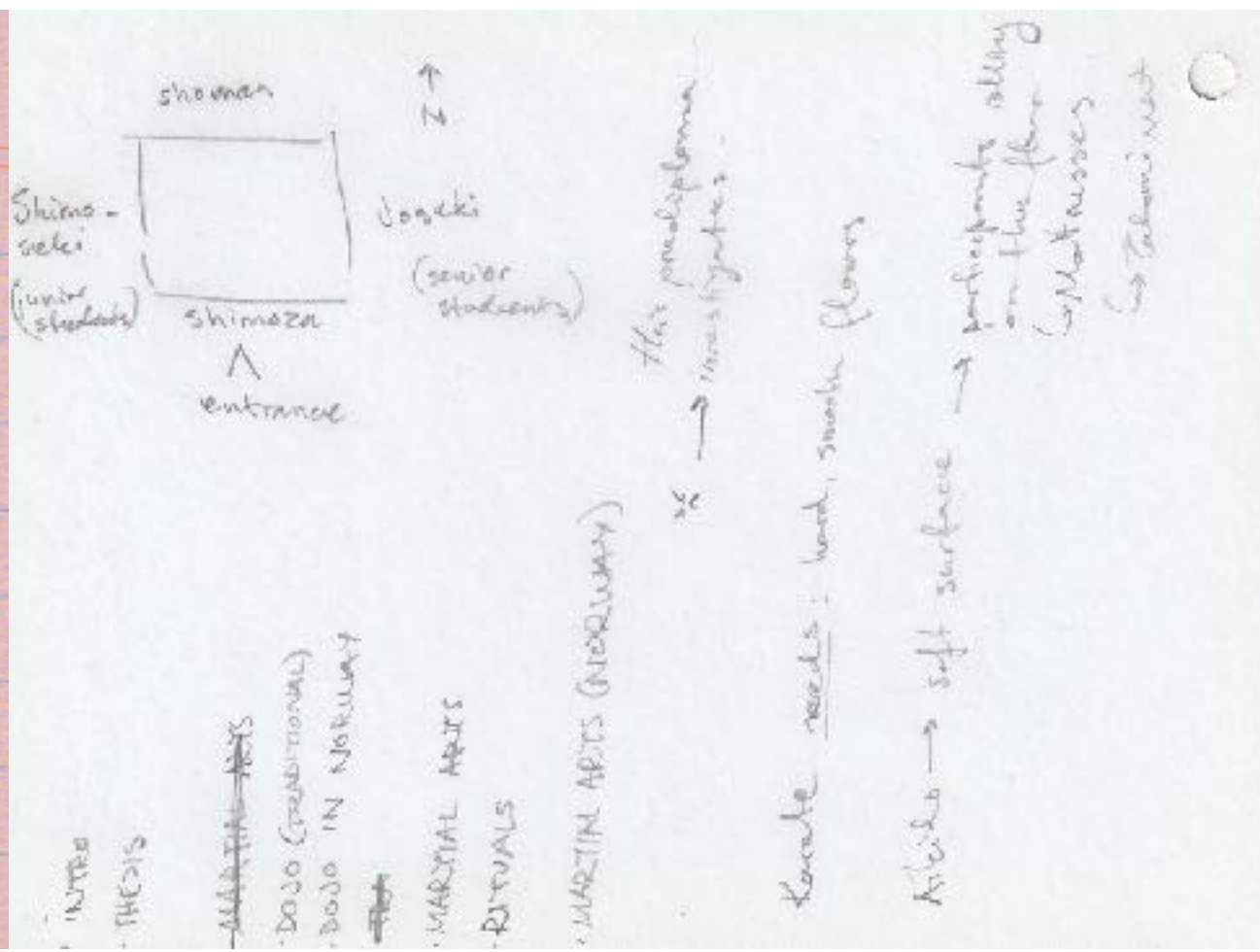
Respect → A display of humility

Martial art → fighting techniques → strength discipline determination  
 artform → harmony presence awareness

Dojo → exclusively for Japanese martial arts  
 ↳ Aikido, judo, karate-do

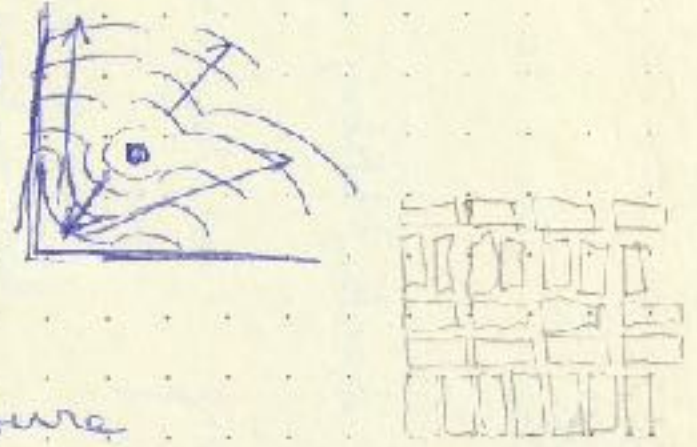
Soji → cleaning ritual → pride + respect for the dojo + maintaining humbleness in participants itself  
 Bowing in & out of class → + before stepping on soft the dojo floor  
 bowing to partner  
 → eget room n. basketballs tiknyttat dojo room cleanliness. Soji: none than just cleanliness: responsibility, respect & humbleness

Japanese martial arts:  
 karate, aikido, jaido, kyudo and kendo



Room Acoustics (lecture) no. 01

Architectural → Room & Theater acoustics  
 Shock & vibration (noise)



90° → response back to center.

↳ walls / wall meeting floor/roof

vibrations in materials & structure

Sound is spread 4 times in air surface when doubled in distance. The intensity of sound is reduced 1/4 per 1m

ex: meter

1	100
2	94
3	88
4	82

desibel (dB)

Reverberation = Reflected sound

— n — time (RT)  
 — n — level (room gain) (m<sup>2</sup> of absorption in room)

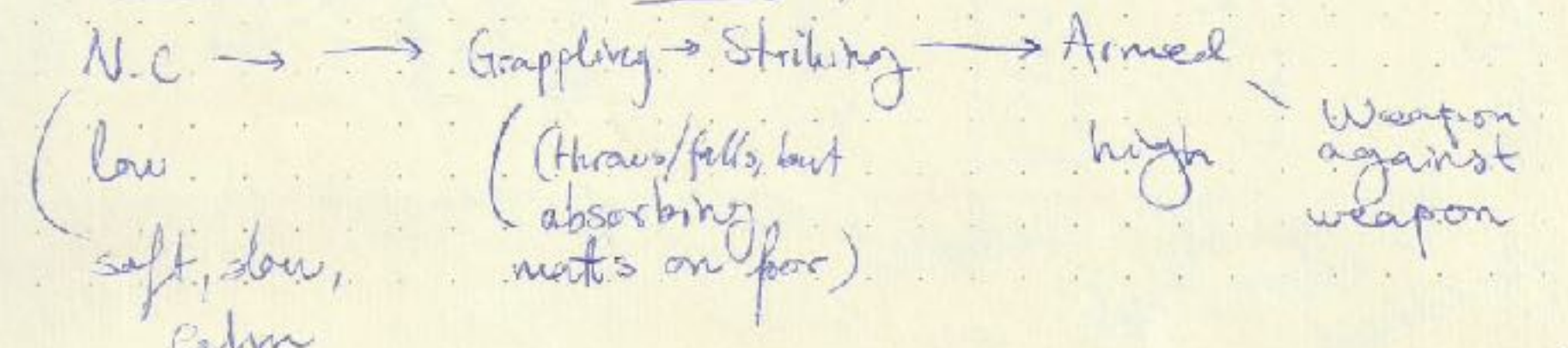
~~Absorption~~ Absorption (A) (in room) Room volume (V)

$T = 0,16 \cdot V/A$  (Sabines formula)

"Universal design ideal" = similar sound absorption as in a forest

Armed martial arts needs the greatest absorption due to sharp sounds from wood hitting wood.

Martial arts sound (Yells, hard floor)





co  
leah  
er  
stråger

3/3/4  
in  
Bogstav

★ Åben porcellet fasthold

□ Bøygde

△ Uprødelig stang  
(Cuvstang)

grønforhold: porcellet

KILDEN

egnet som  
fuldtørret jord

vede klasse  
dyrket jord: midlets, holdiges dyrket, porcellet, hve soltørret (hve vaterk)

Arma: Løsninger  
↳ Løsninger benyttelse og permeabilitet, sand puddehale og  
forhold indtæner godt i luftspærte. Fiskekøle  
lylde og sand & gus over grunneniveauet. Dufatter store  
brevl- og elvæusninger, samt stand auserne  
og sorte partier i vandover kan ha

Ålty nedlæs 658, 5 mm

gald i luftspærte

Løsningstype: Elve- og bølgeusning (Fluvial  
avsetning)

Ring - Greenland



Qiqong - Greenland:

~~Profile sketch of the~~  
~~house and steeple (Suaresis and others)~~

co-  
 leah  
 is

atlas

4 buildings adapted → ritualistic movements, 4 martial arts

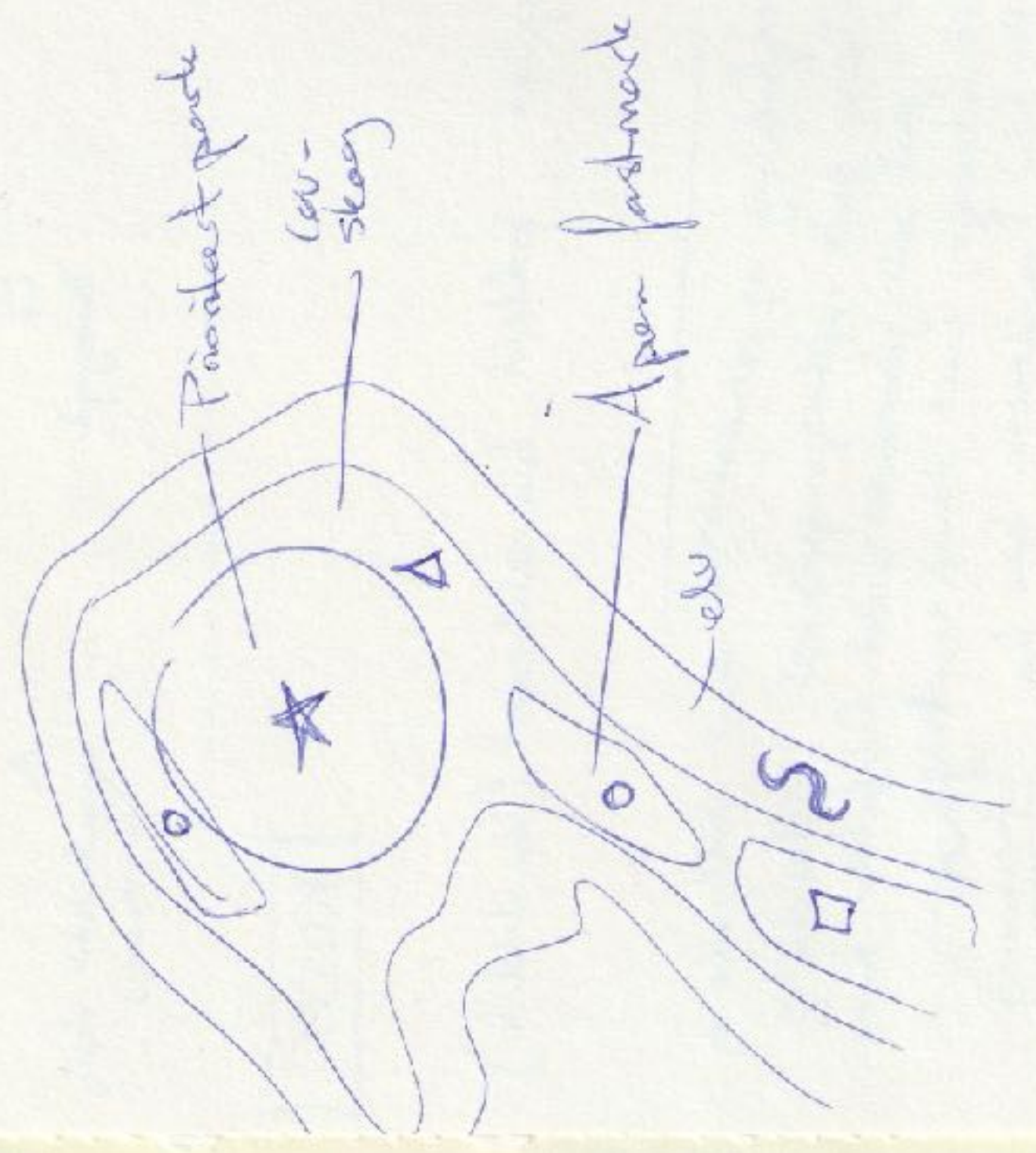
special + needs

(enhance/simplify the rituals through well adapted slop's)

↳ entrances → bowing / greeting

Quong  
 in the  
 hills  
 24  
 27

NIBIO

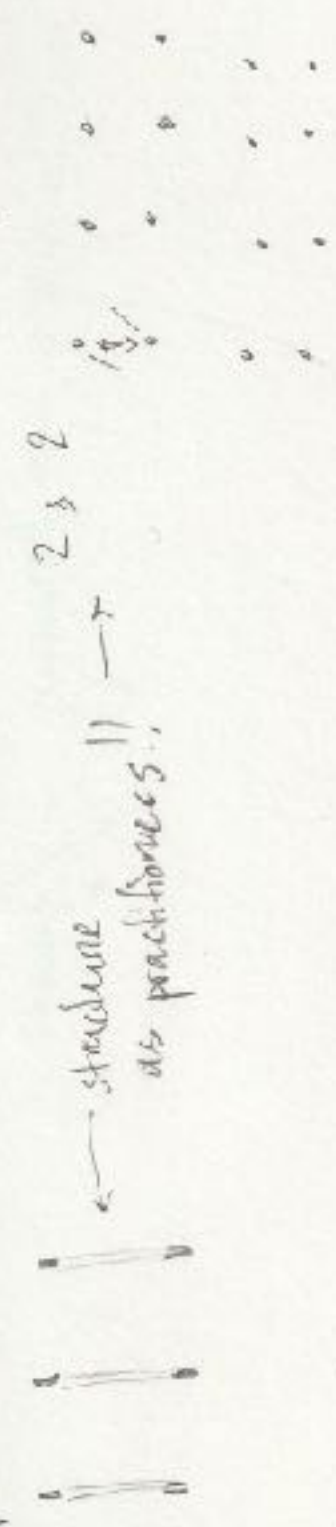




KARATE: Upright stance, speed + techniques, logical/linear

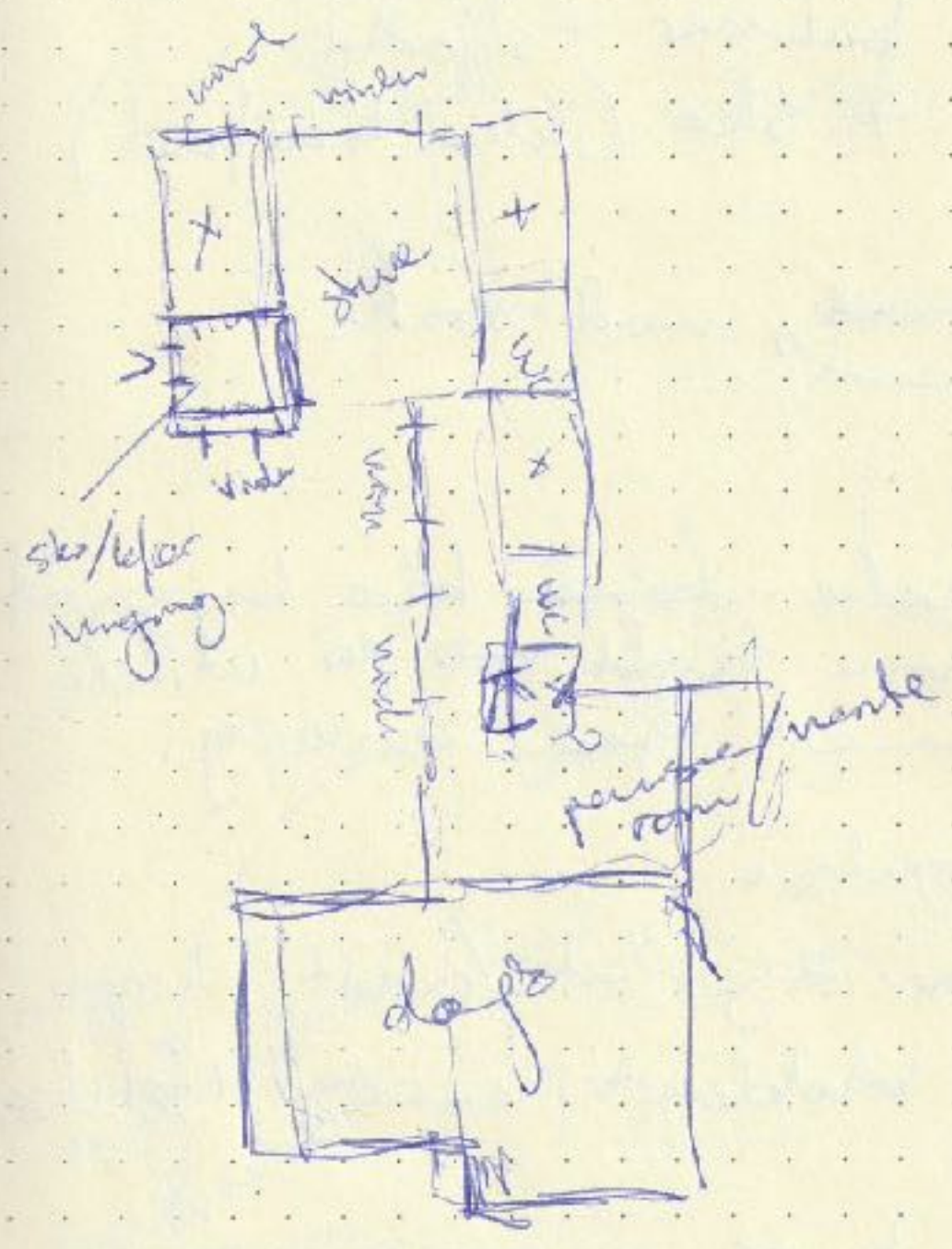
AIKIDO: Flow, throws/graps/lock, up & down → core = strong  
body = flowing/relaxed

KENDO: Rapid strikes with bamboo sword, height, sound, structure



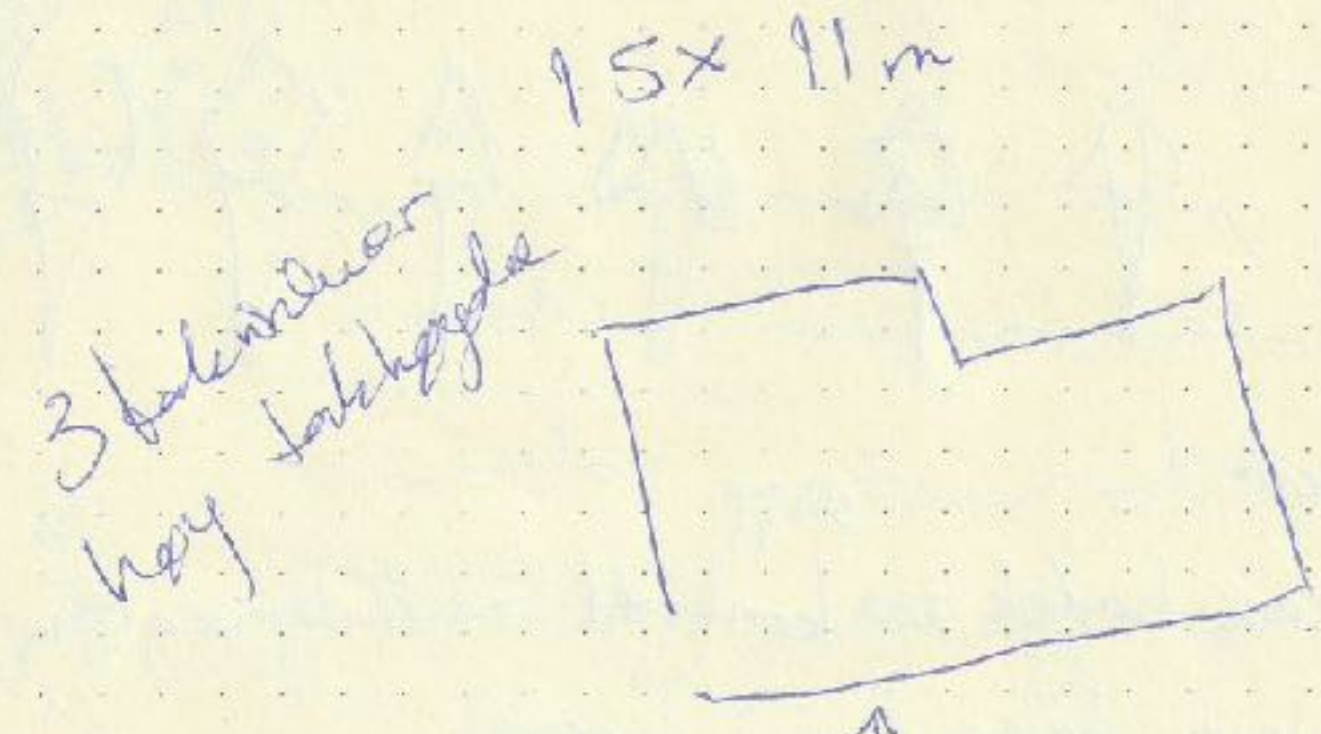
QIGONG: Soft, fluid movements, breathing, heaven (roof) + earth (floor)  
light, calm

Qigong - Greenland



↳ no studio  
↳ music studio  
Ragna Colbjørnsen & co.  
Danish metal lab  
2012 take over  
bambugub

teakplanker →  
stydempende  
noen qigong redninger  
brukes her



↑ vinduer oppre ved tak  
stort vindu ut til  
ballong



bulker m. i dag  
vanlig kles → nybegynnere

spesielle type pulser + skorte  
+ sko (ikke barfott)

Energi → qi  
↳ hva gjør annet, med oss? :

~~hva~~

Før → annet lokale → på bane bygget  
om, måtte finne rett → på utleie  
etter et sted med god energi

daop → guidet bevegelse

energi inn og ut / rundt i kroppen  
↳ slipp ut blokkert energi + følelser

Teign m. piler på hvor energien går



fastarbeid

slipp

↳ kobler av hodet → kontroll → la energien flyte

Energien kan tas m. i kamp

↳ Bevegelsene gjøres rett med mer qi + lyd/  
Trenor vanligvis sakte og rolig

Armer / Lær



nytt arbeidsområde

gruppung

↳ stillt i stapp m

god luft  
kvalitet

(opp og ned  
fokk og gule)

nye arbeidsområde

taochi → var med kamp

figong → helser, energi  
meditasjon / indre ro  
punkt, kontakt m. kropp

god luft  
kvalitet

trener kommer og jobber

med energi

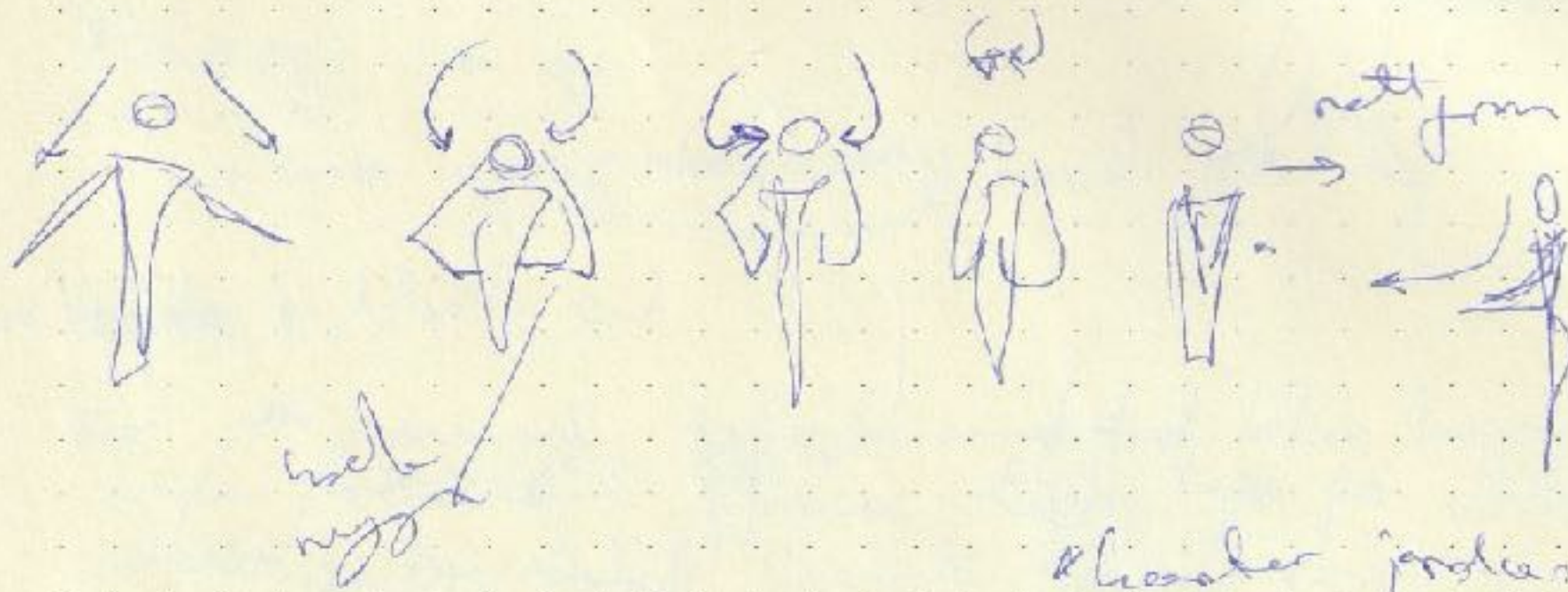
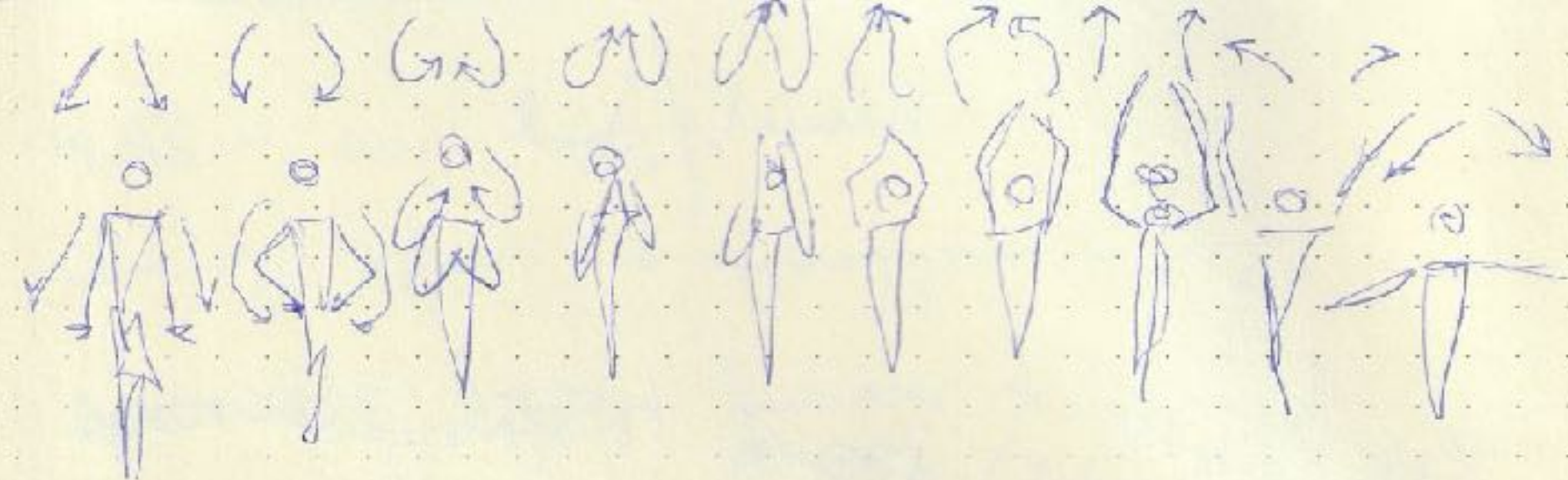
meditasjon

physiolog villog sutt

god luft  
kvalitet

↳ Trener ikke  
stor plass, men godt  
med litt plass  
til nabene





dundren → varm med et  
altid område

Skulder "problemer"  
for det gjennem  
kroppen gjennem  
alle energi punkter  
og ut av kroppen  
"Jen"

god energi opp

Avansert qigong er  
det for bevegelse  
og god

"alt henger  
sammen med  
magen"

små, korte  
bevegelser

[kontroll + flyt.]

avslappet  
glad stemning  
ro, glede, avslapping

mange sliter med  
å slite ut  
halsen

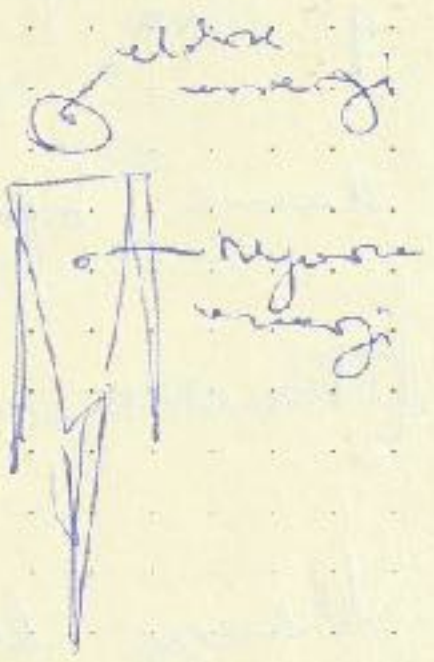
HIMMEL OG JORD  
YIN & YANG  
ENERGI ~~av~~ av kroppen

alle trenes sammen  
men i eget tempo  
allere står bladet / ribbe system

Tommet → hodet lunger  
Repefinger → mage fordøyelse  
Rangefinger → rygg  
knefinger → hjertet med energi  
Allefinger

Dampet buljong  
Rokog mott

indre bevegelse  
↳ gjespe, gråte, lee



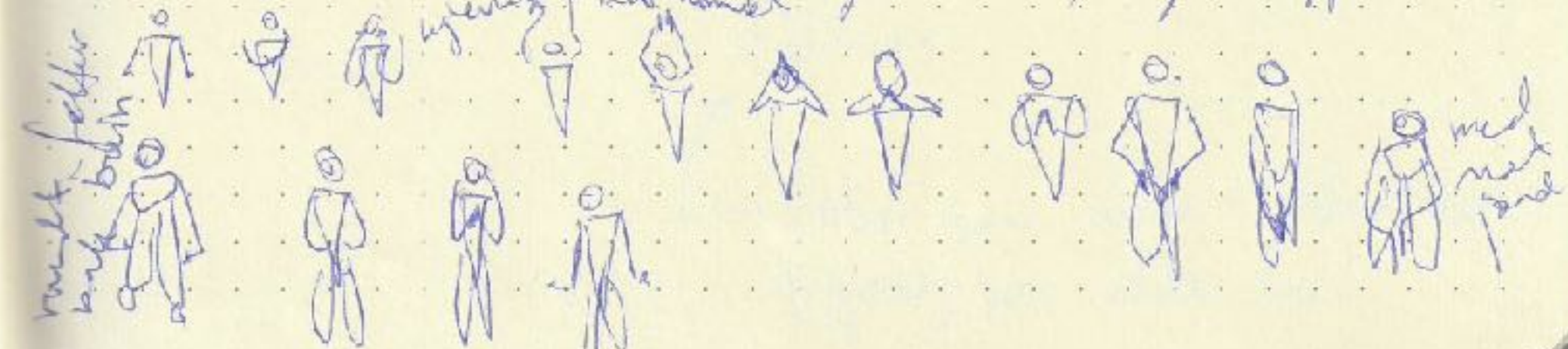
"Vi er voksne nå, la oss slappe på det gamle"



Wushi stavene  
? wushi  
wushi  
wuchi

Skulders bredde, parallelle  
fotter

Slapp av i beina / dytt ned / dytt opp





Ritualer eller seremonier?

mange som blir eldre går over  
fra harde kampspalter til taichi og  
qigong / kombinere det

qi inn i karate

dance bruker qigong for hun trener velder

[Trente 11:30 - 12:45]

lange lampes + damped belysning → no

Qigong → gratis 12<sup>00</sup> - 16<sup>00</sup> → (14-15)  
Grønland åpen dag (dagkurs)  
(taichi) ← ? (15-16)

[Rytter til te]  
matter Litt utvett?!

HIMMEL/  
JORD  
  
TAK/GULL



Benegjer seg i alle 4 retninger  
av rommet.

Søndag. Drage → store benegjerer

lille 2,5 x 2,5 m □ 8 retninger

dome → "tempel"  
° N °  
° S °

Leder ut hallen i helgene → dans  
man blir ans for

Taichi → "shu" på gulvet m. foten  
↳ svært tregull + myke sko

Ulike dyr: ~~best, bjørn, drage~~

- ↳ "animal focus":
- 1) Bear
  - 2) Crane
  - 3) Monkey
  - 4) Tiger
  - 5) Deer

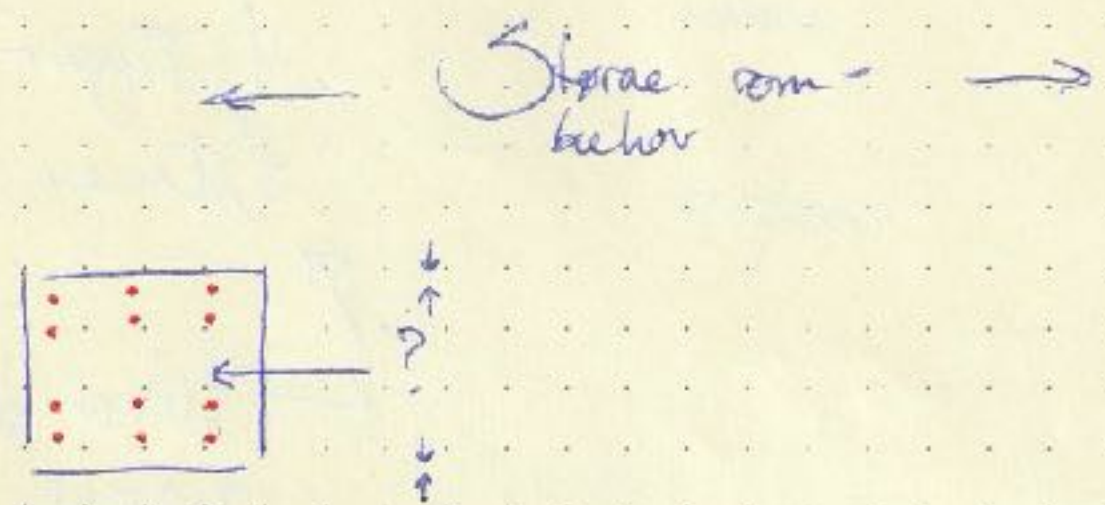
↳ Viker som ikke står av  
qigong har ulike dyr!



1. Kona er det vanlig i fransk giganer ute  
Semi-åpent → inviter folk inn i parken  
 Parken er utrolig flott → man ønsker at folk skal gå dit  
 ↳ Åpne opp → inviter inn (café)  
 ↳ Bygg kan ramme foruten?!

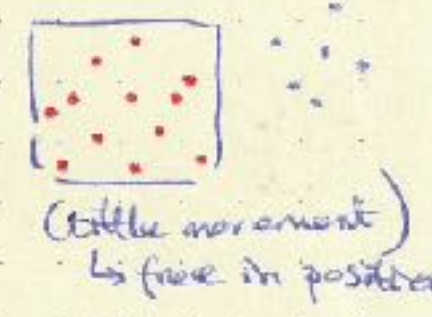
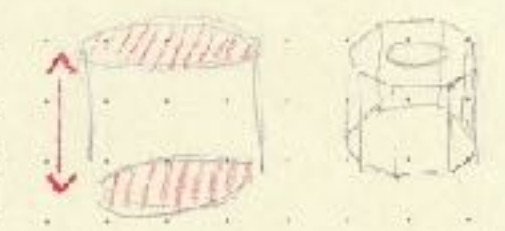
- Ⓚ
- Kende:
- 2 pers / separat
  - Hardt gulv
  - Lydisolering
  - Høy takhøyde
  - Stort areal

(ut i fra anlyselser)



QIGONG:

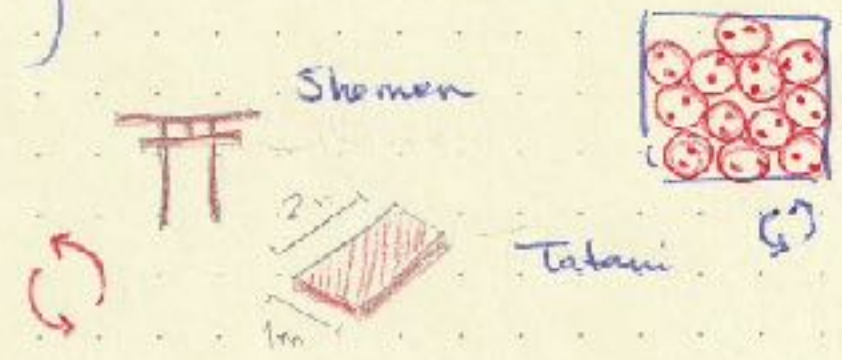
- Yin/Yang → Himmelf/Jord → Tak/Gulv
- Dempet belysning
- Takvindu
- Hardt tregulv
- "Te-cermoni"
- Natur + kropp (semi-åpent?)
- "Lifestilt" sirkulering



Mindre rom-behov

AIKIDO:

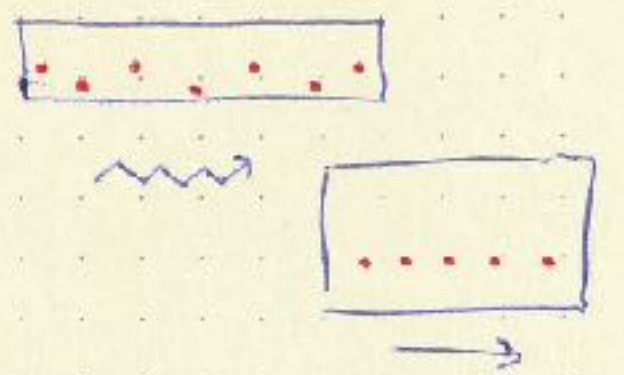
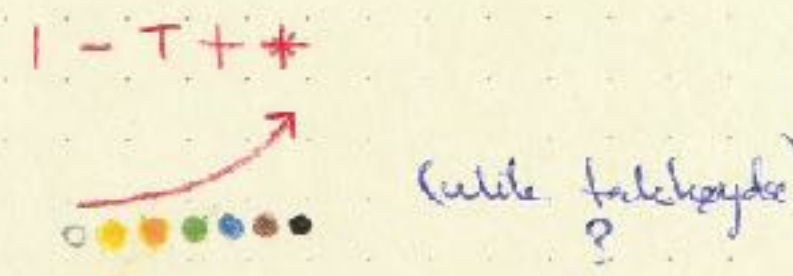
- Sirkulært
- 2 pers.
- Tatami



- Shomen → Inkorporere inn i berende stuktur?
- Sterk kjerne / nylke ekstremiteter
- "Lifestilt" sirkulering

KARATE:

- Synchronitet
- 2 pers. / separat
- Strukturert - 1 T++ (linejart)
- Hardt gulv
- Lydisolering
- Belting → omplassering / sirkulering

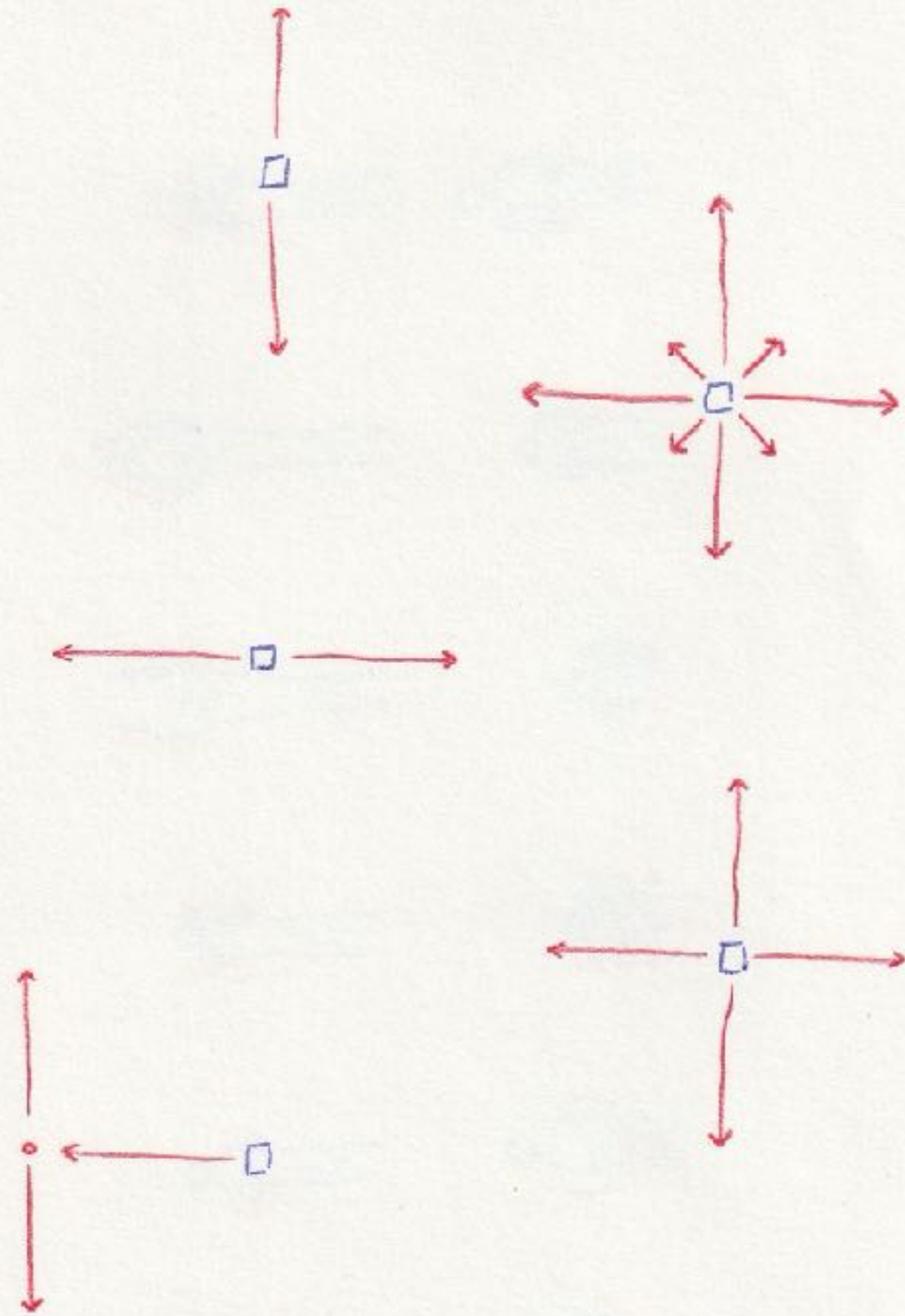




QIGONG

QIGONG

KARATE (KATA)



## Sacral - Ritualistic movements

Program: 4 natural sit dips adapted for ritualistic movements  
 ↳ Kambe, Akele, Kende, Qigong

### Wood

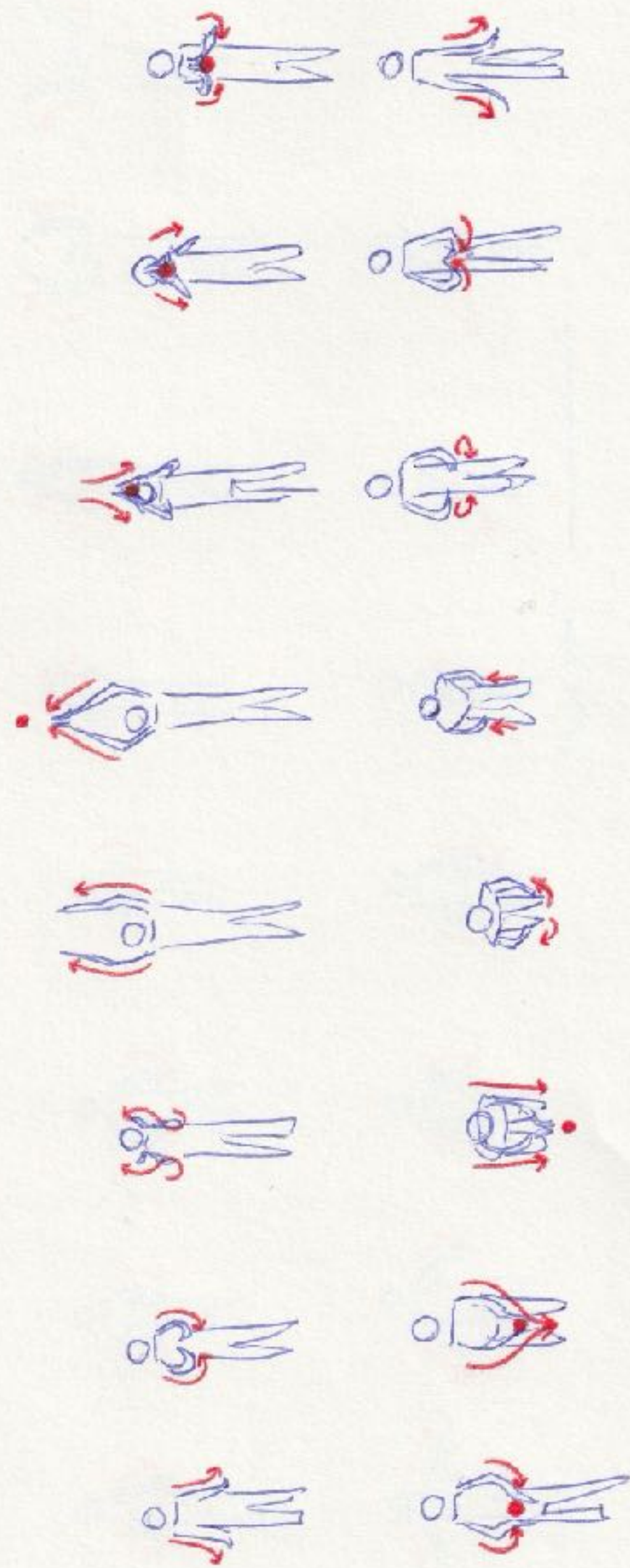
surrounding area → defined as a no basement zone.

↳ can be anywhere → movements & participants placement in

Sacral: participants ritualistic movements, however repetitive patterns performed in a space

Controlled space





QIGONG  
QIGONG

## Sacral - Ritualistic movements

Program: 4 natural sit dips adapted for ritualistic movements  
 ↳ Kambe, Akele, Kande, Qigong

Wood

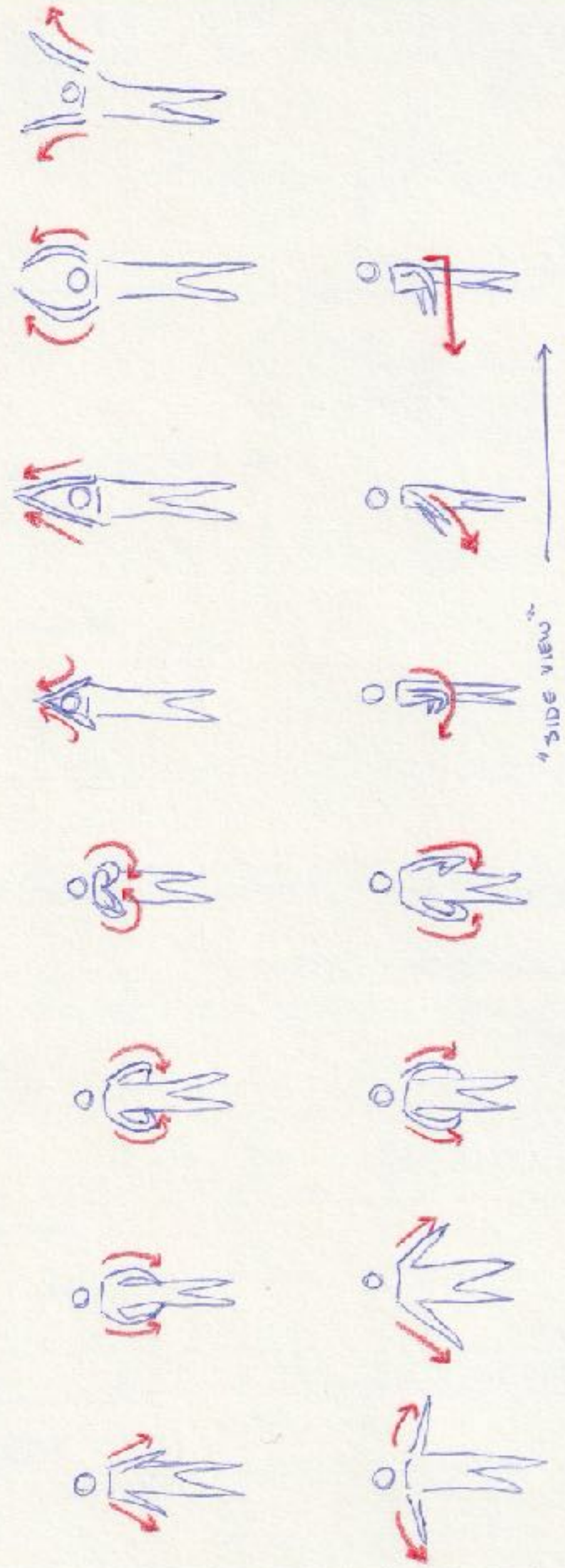
surrounding area → designed as a no basement zone.

↳ can be ~~anywhere~~ → movements & participants placement in.

Sacral: participants ritualistic movements, however repetitive patterns performed in a space

Controlled space





### Sacral - Ritualistic movements

Program: 4 natural sit dips adapted for ritualistic movements  
 ↳ Kambe, Akele, Kande, Qigong

### Wood

surrounding area → designed as a no basement zone.

↳ can be replaced → movements & participants placement in

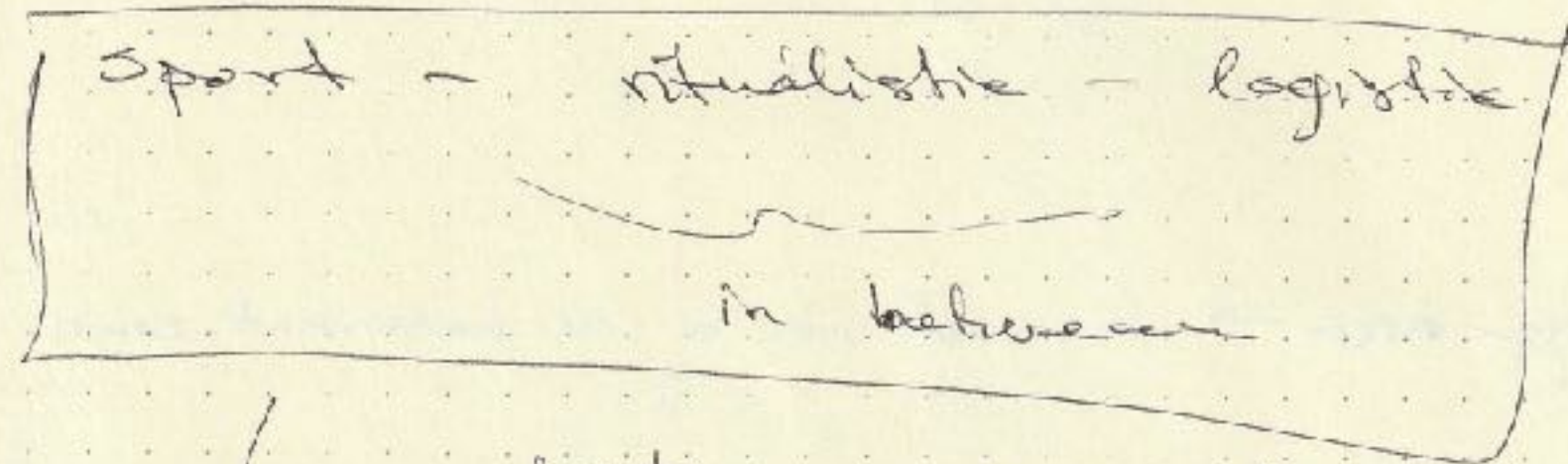
Sacral: participants ritualistic movements, however repetitive patterns performed in a space

Controlled space



Partials & functional factory.  
defining.

Counter - space - time

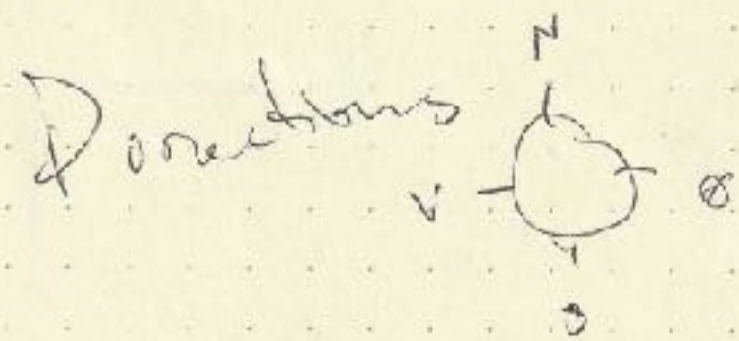


↳ restrictive movement  
from movement

Courtyard studies (Donald Judd)  
Model

○ → Make something else  
water, veg. levels

Model



entry ways

go from one state  
of mind  
to another

Structuring elements

Wood → construction → small scale

Biblio → basketla dealer → traditional  
depos

Lunch → dry → water

Building

Alto → Helsinki - Sport hall

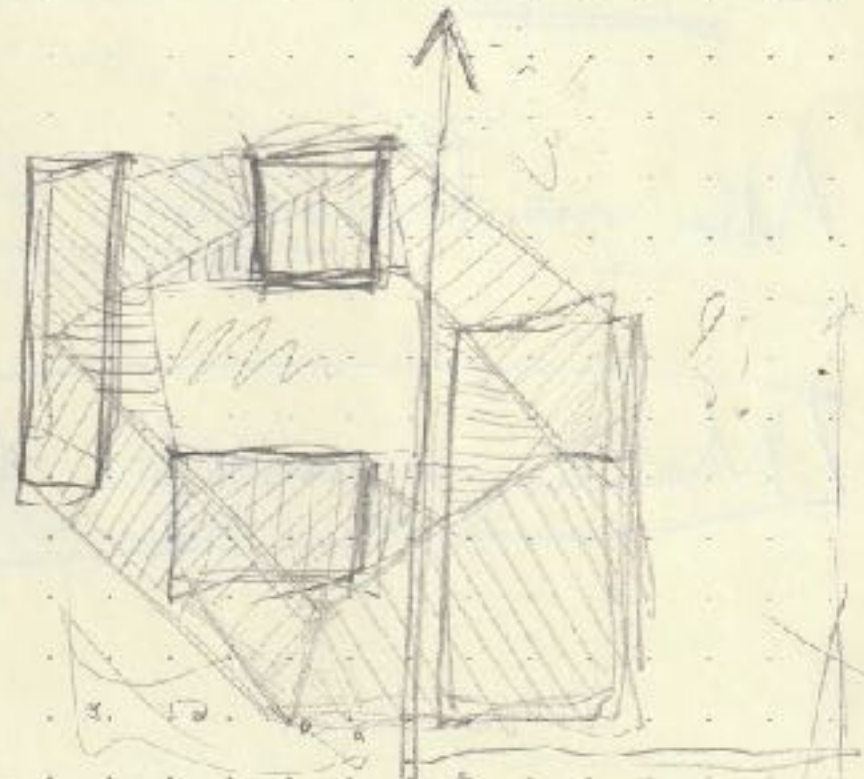
Make beautiful things



○ → taken significant for foot/histories!  
↳ Native stories called implementing better

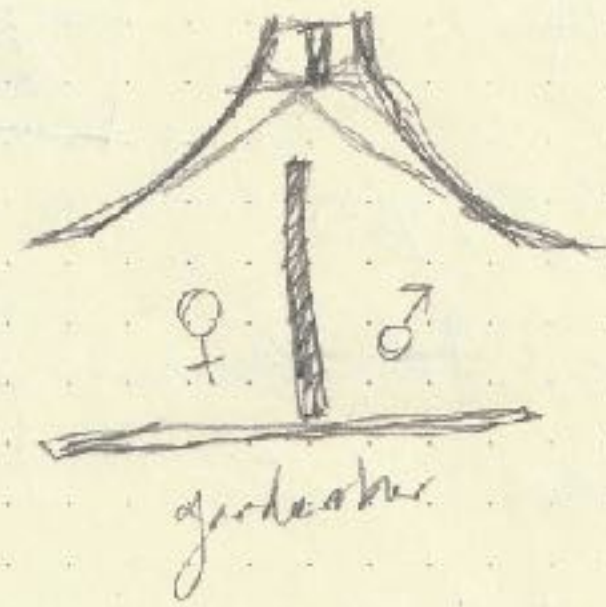
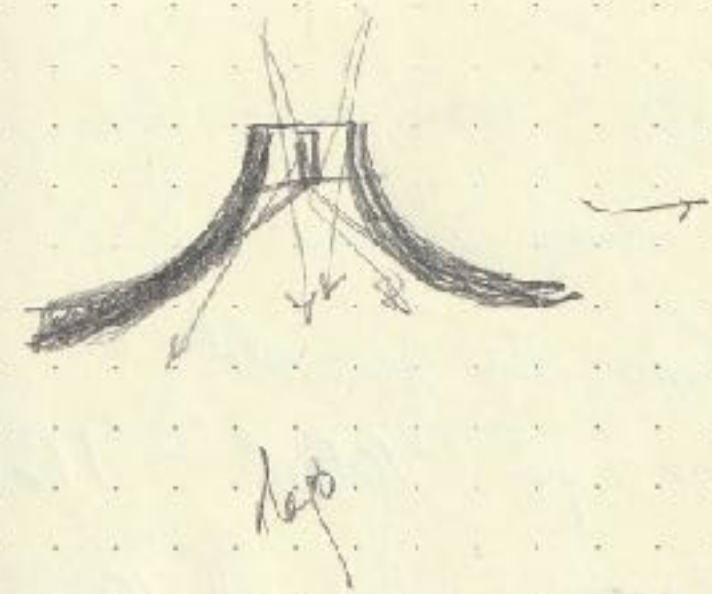


Legal lands



○ ○ ○ } spiler  
○ ○ ○ } TRIP

shyve





Amaal Dojo:



Sandeste:  $20m^2 \times 2(?)$   
 Dooj + WC:  $9m^2 \times 2$   
 Dooj + Balder:  $30m^2$   
 + + +

Kan bli for alt  
 inn for  $105m^2 - 115m^2$   
 (utenom Dojo) <sup>ish ned</sup> til  $100m^2$

Let mye?  
 Karate:  $190 + 100$  |  $290m^2$   
 Aikido:  $136 + 100$  |  $236m^2$   
 Kendo:  $180 + 100$  |  $280m^2$   
 Bujutsu:  $90 + 100$  |  $190m^2$

$240m^2$   
 var utregelsen!

→ "15t" inn mates opp helt riktig en gang til  
 → Bare mine proporsjoner til mat

$12 \times 23 = 276$  Karate

$30 \times 9 = 270$  Kendo

Orig. klass ( $13 \times 17$ ) =  $240$  Aikido (6 m) OK

$14 \times 14 = 196$  Bujutsu (6 m) OK



North side of a Dojo = Kamiza

↳ Most sacred space in a dojo! (where sensei sits)

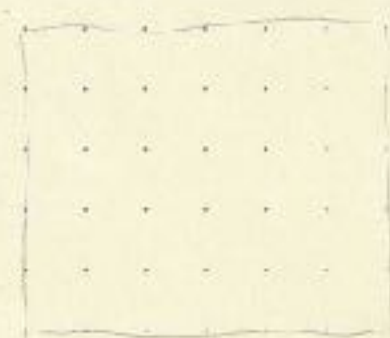
South side = Shimozu (where students sit)

↳ Bow to north

Some dojos bow to the east (Doshu) to show  
 recognition to enlightenment (rising sun)

↳ Still many dojos are arranged with what gives  
 the dojo floor back floor

Sakalt/hellig



Opplysthet  
 Sol

Studente  
 de som lare

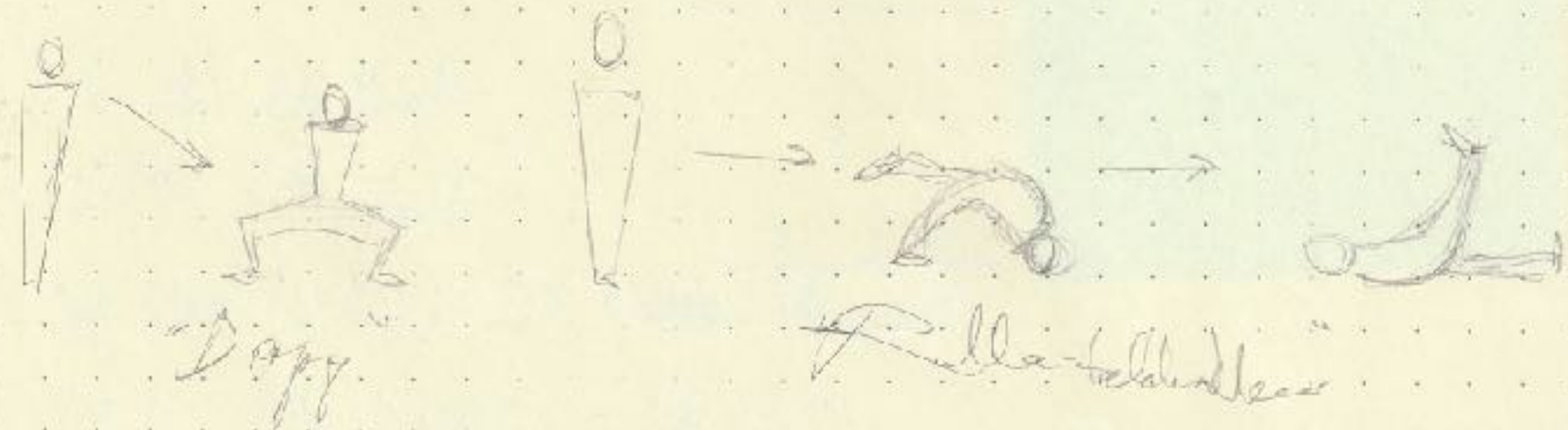


Karaktä: 4. höjder

Wytal	——	168.5
Monteatsobatch	——	161.5
Nekobatch & Suletsobatch	——	153.5
^	——	148.5

\*Högla eller vässe vail!

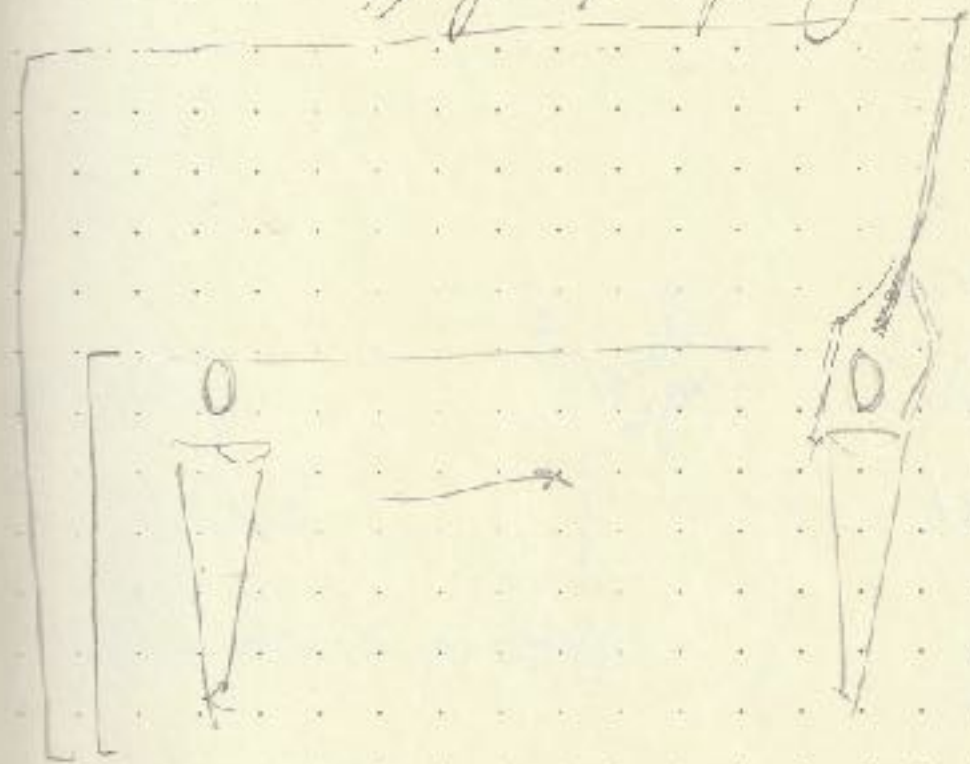
Älska belys "linda" lopp  
i de flesta takutslätt.



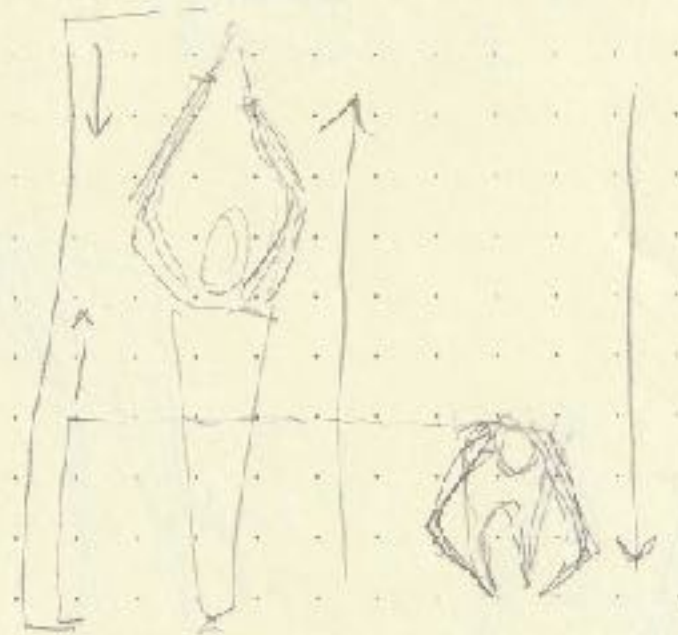
3. höjder

1. Skakade
2. Dopp
3. Rull

Kända: smultron stabil höjder → stadi höjder.  
↳ Höjdeförskjell förkortat i sk. bänk. av väpnen.



Ögong: flyt → flera punkter





Vedlegg 6.03

Udsk. skoler

→ Graduat pensjon

Bebyggelse

Høyder

Tradisjonelle elementer

Dobbel → vedlegg

Takstudier → vedlegg

Kontakten

høyde

sol

vind

forhøyder

Karate

- struktur
- linjeart
- balanse
- Solo eller kumite

Kendo

- —
- —
- trener vs. student
- 2 og 2 (kan trenne solo)

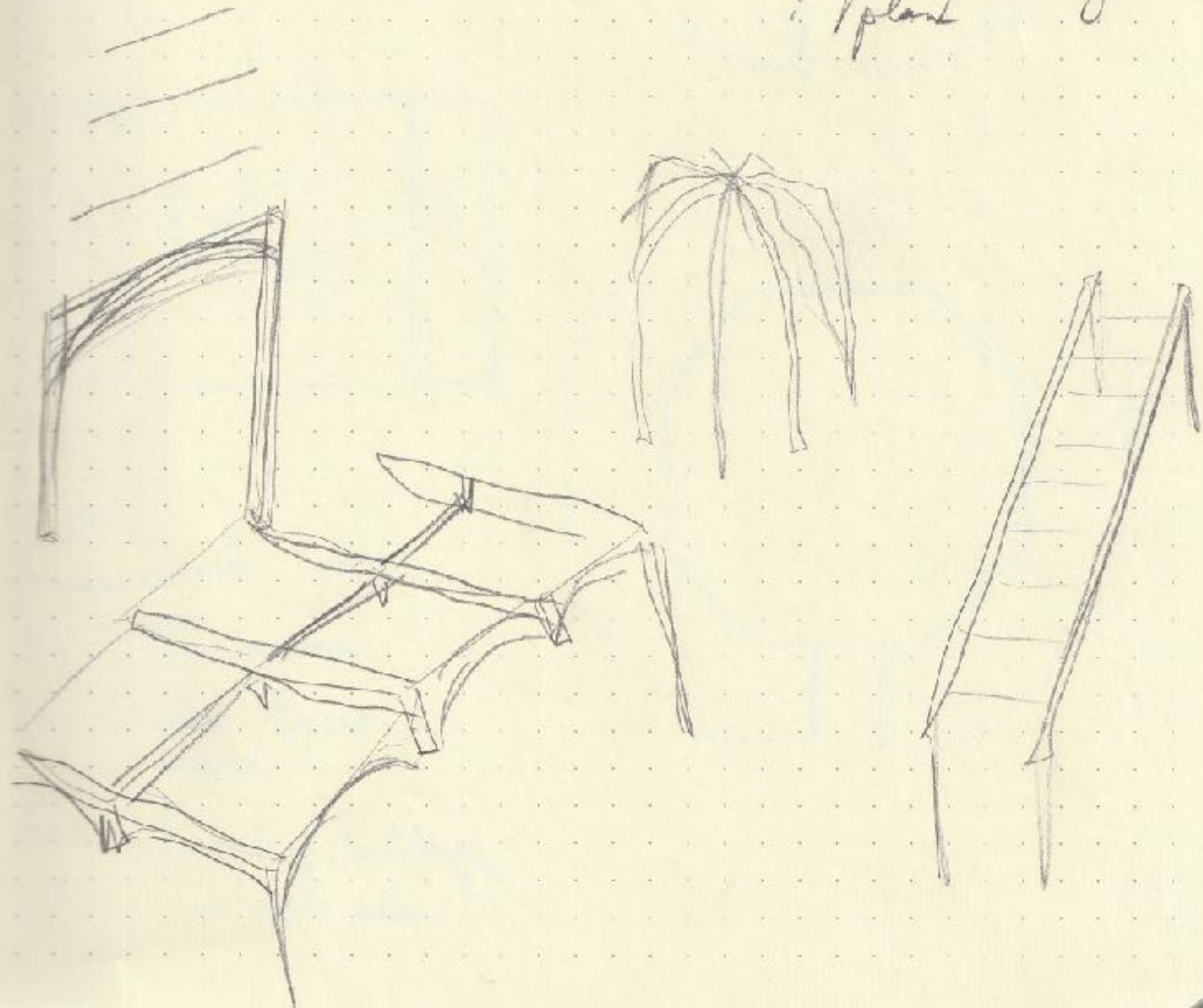
Aikido

- sirkulært
- flyt
- stort fokus på kropp

linjeart  
og  
syn!

Qigong

- —
- —
- ro
- snitt → ikke for mye bevegelse i plan

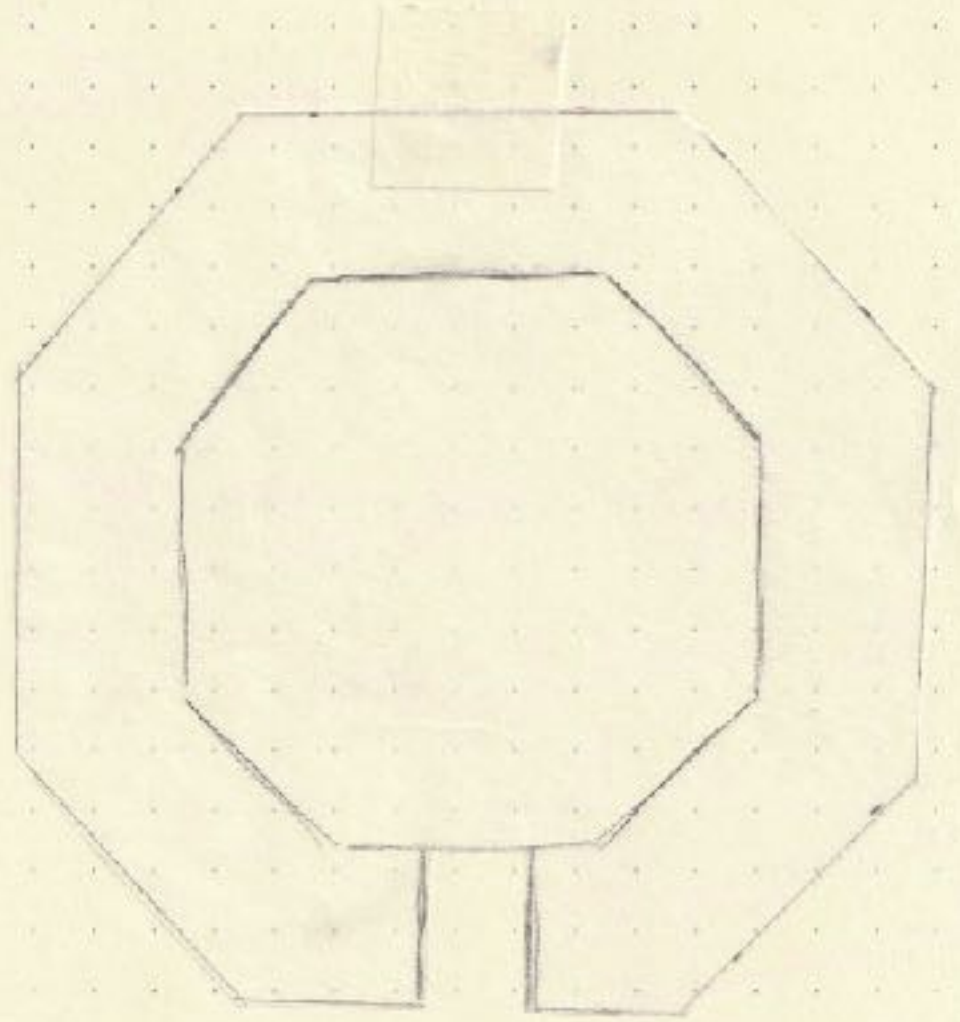
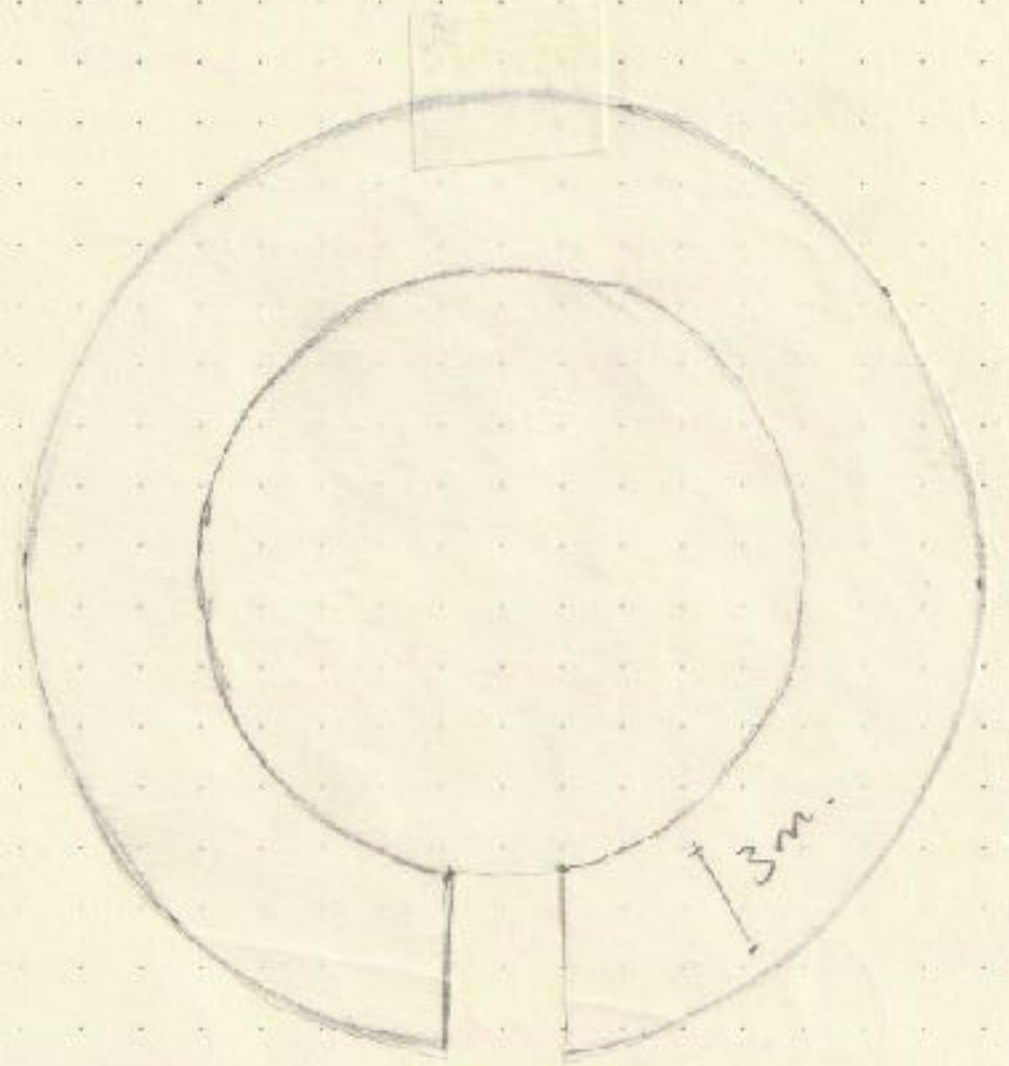
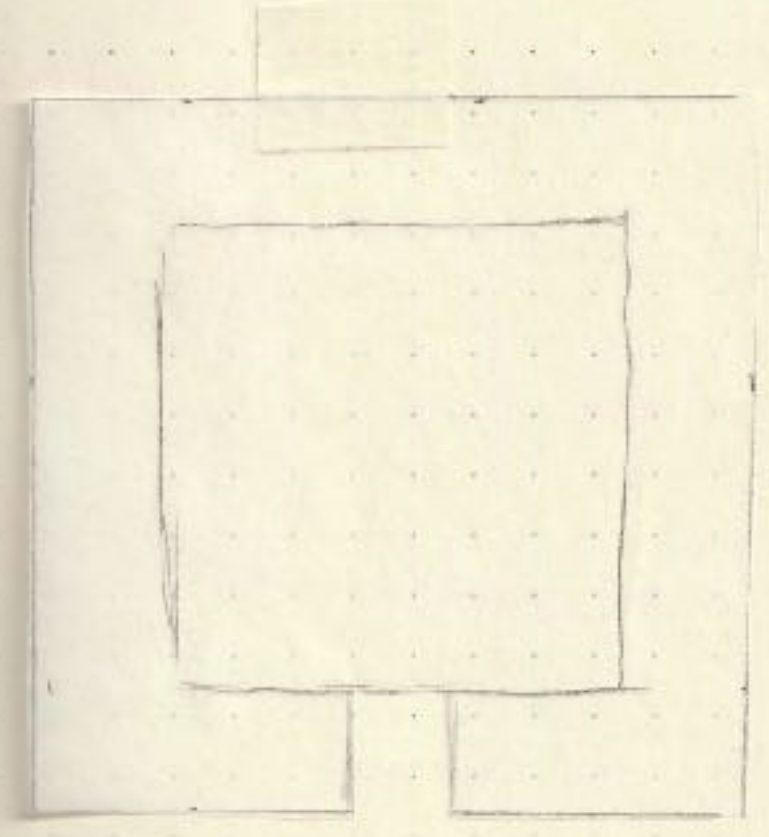
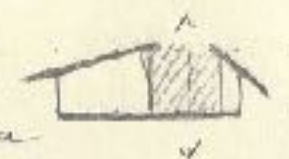




Bigong



enclosed training space  
only connection up & down



Scale 1:200

training room  
with logistic  
around

↳ rest of building  
is open plan



Sedimenter → hvordan fundamentene

Det er godt på tomte

Nordvest →

Fra bygg til  
yttre treningsplass

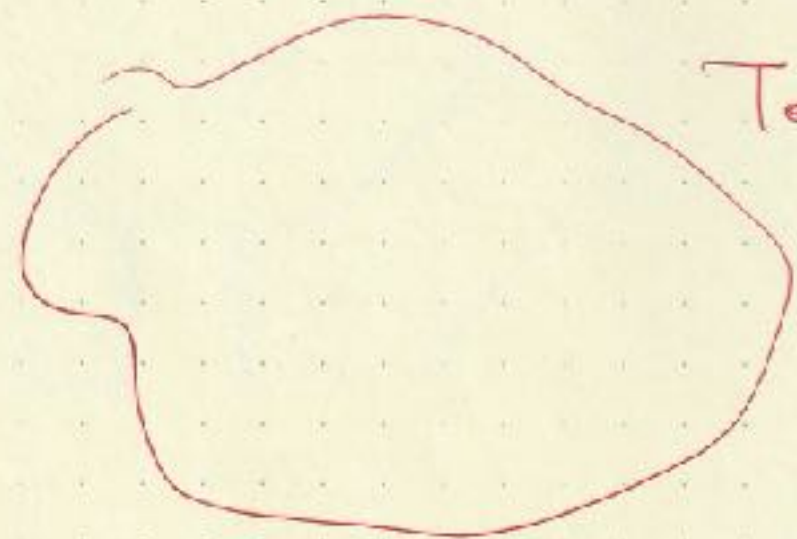
Ytre form

↳ forholdet seg  
til tomte

Regulering → nei!

Gangbane til Aigang over  
flomområdet!

Papir → nei være lovende

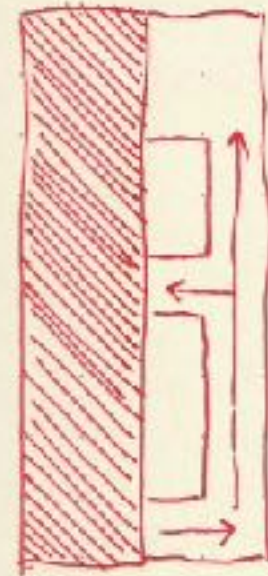


Tomte → Ytre  
byggingskapp

Stram bestemt  
inni

"Kampsport - og  
dømmeser" →

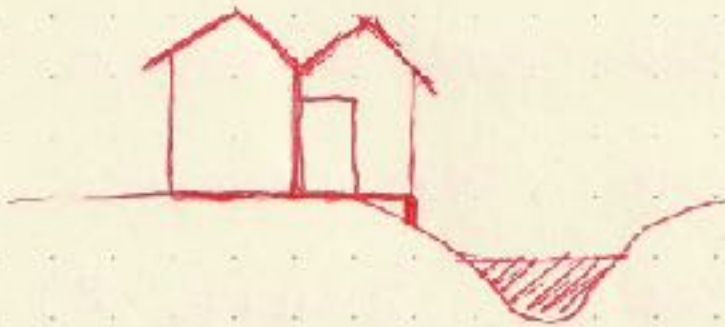
Kendo



Tomte

H  
Fortelling

Tomte er form  
for å vise arde...



regulering X

posisjon + sted legger  
til rette for prosjektet

Formuler: ideene → egne logiske  
kultur (sett)

- Må ikke mangler dele

Prosjektet kan tas i 2 deler

1. Tomte → idell situasjon som tilbyr ulike budstener  
til de ulike sporene

2. Kvalitet i tomte

↳ Ståtere at  
det er  
et paperprosjekt

Kendo → tydeligere krav

Plassering → tydeligere i plassering/kontekst



The main aim for this project is to create the optimal loop for daily use, adapted after movement and rituals.

I have not focused on the international dimensions for competition arenas.

Ting jeg nei tenk på!

• BRAUNBIL - FRANKONST (QIGONG)? → holder det i sta på andre siden av elven?

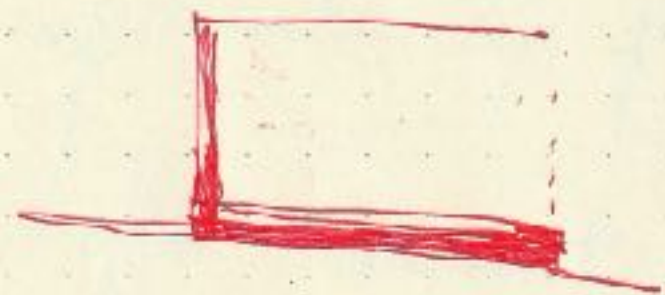
• BRØYTEBIL DIMENSJON (STR. VEI + BRØ)

• LANDSKAP → UTE-AREAL + UTE-TRENINGSPASS

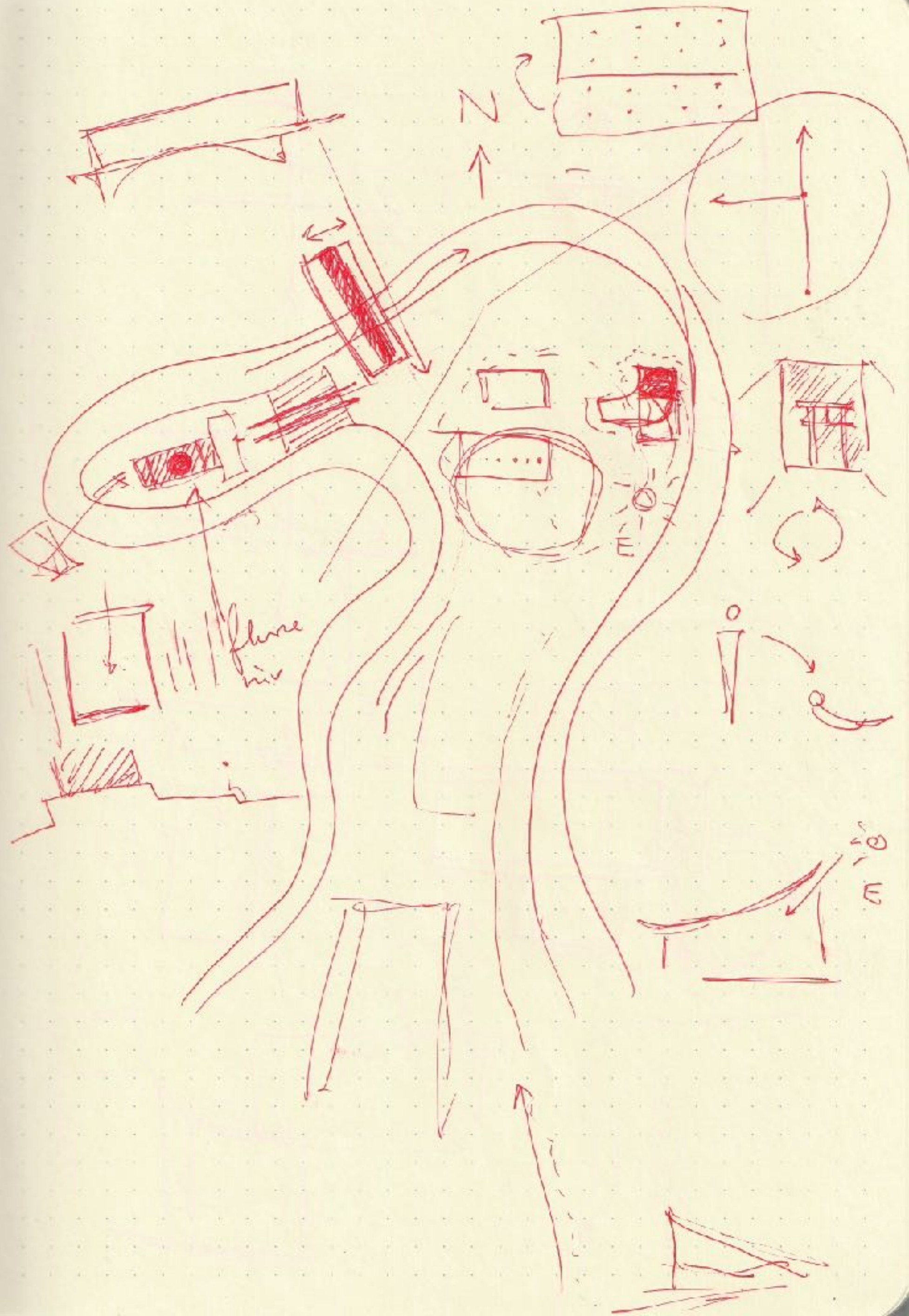




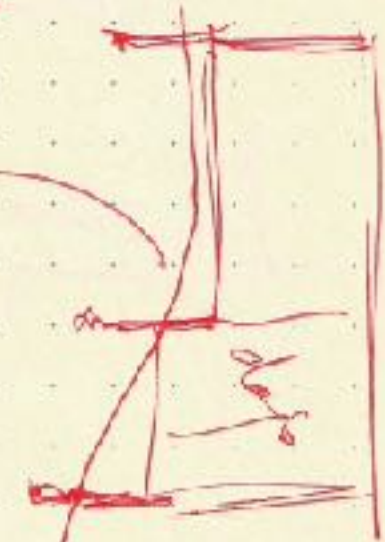
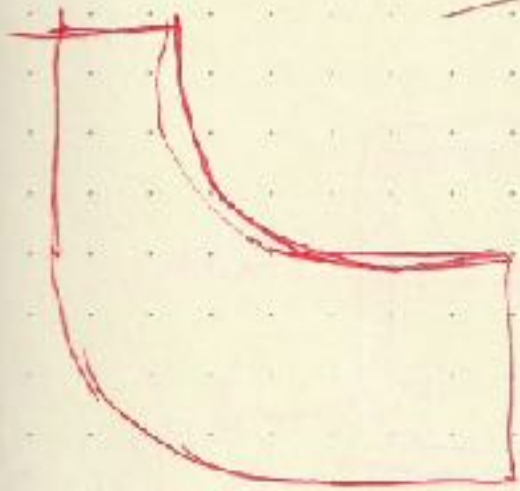
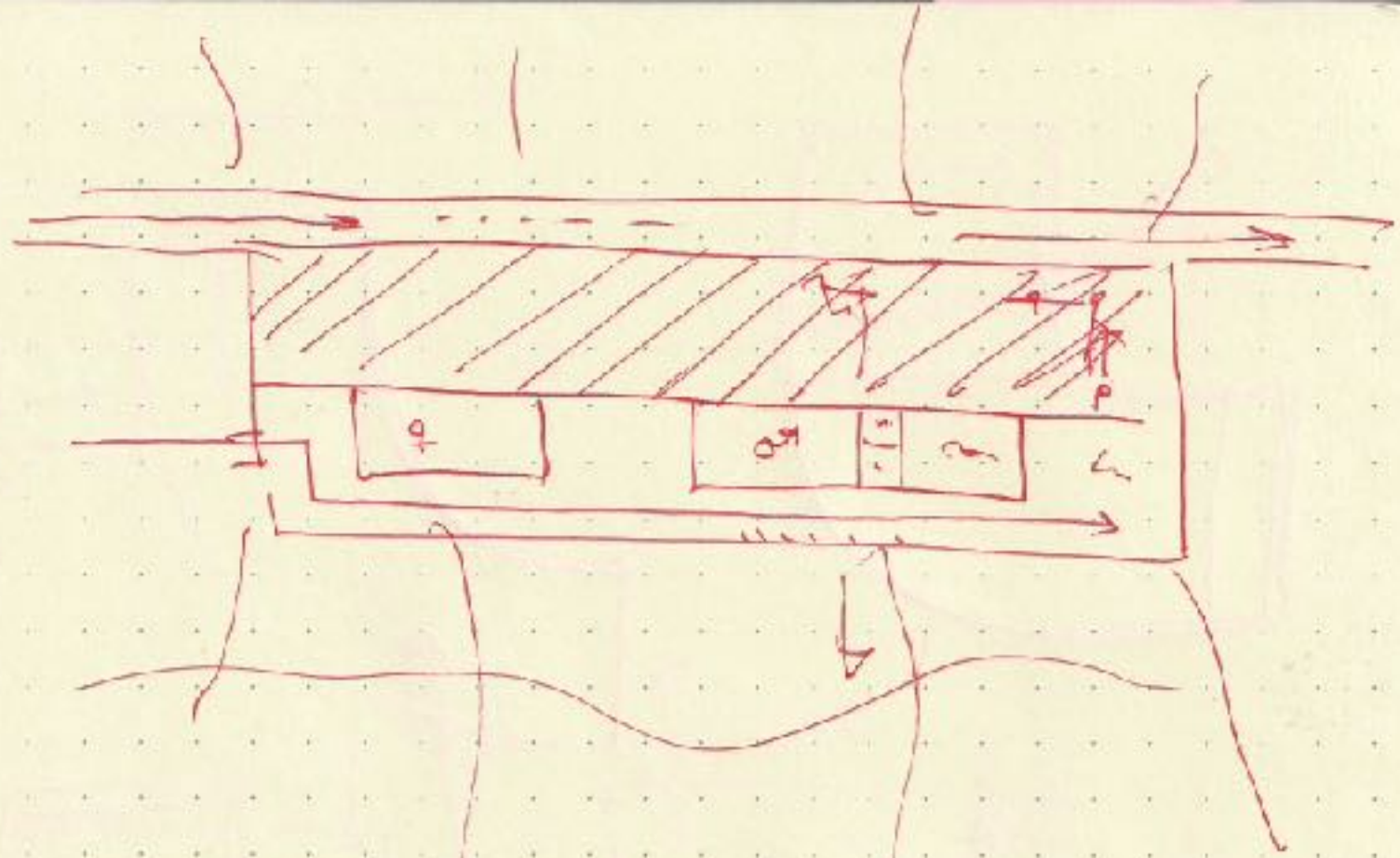
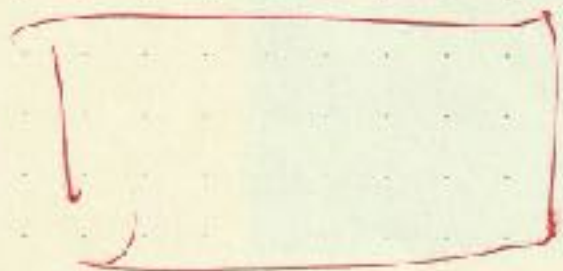
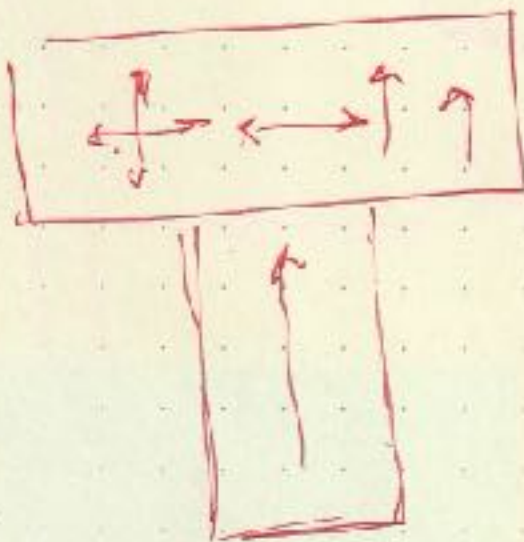
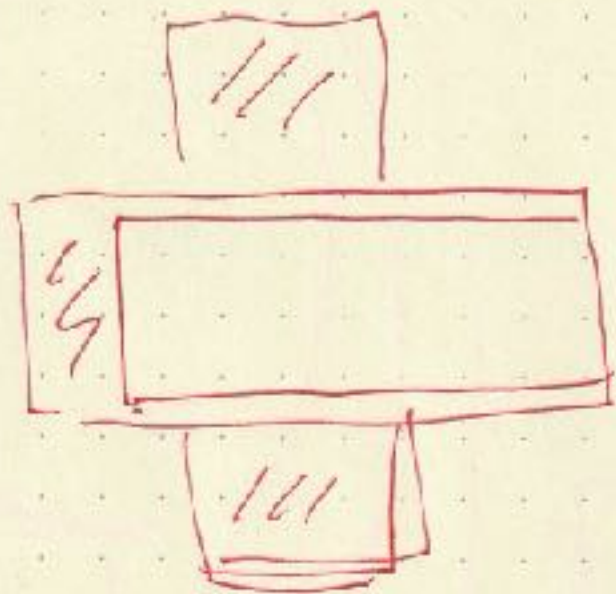
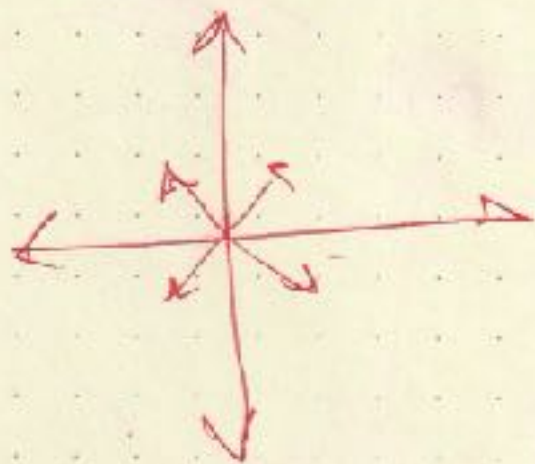
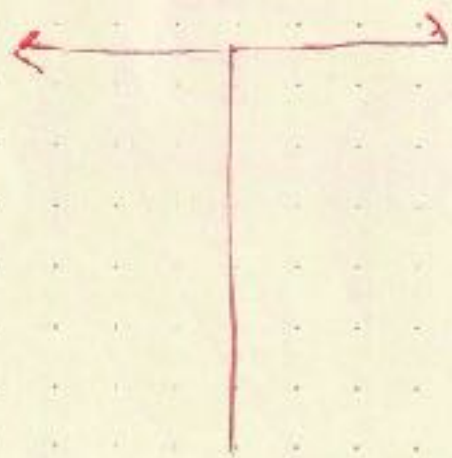
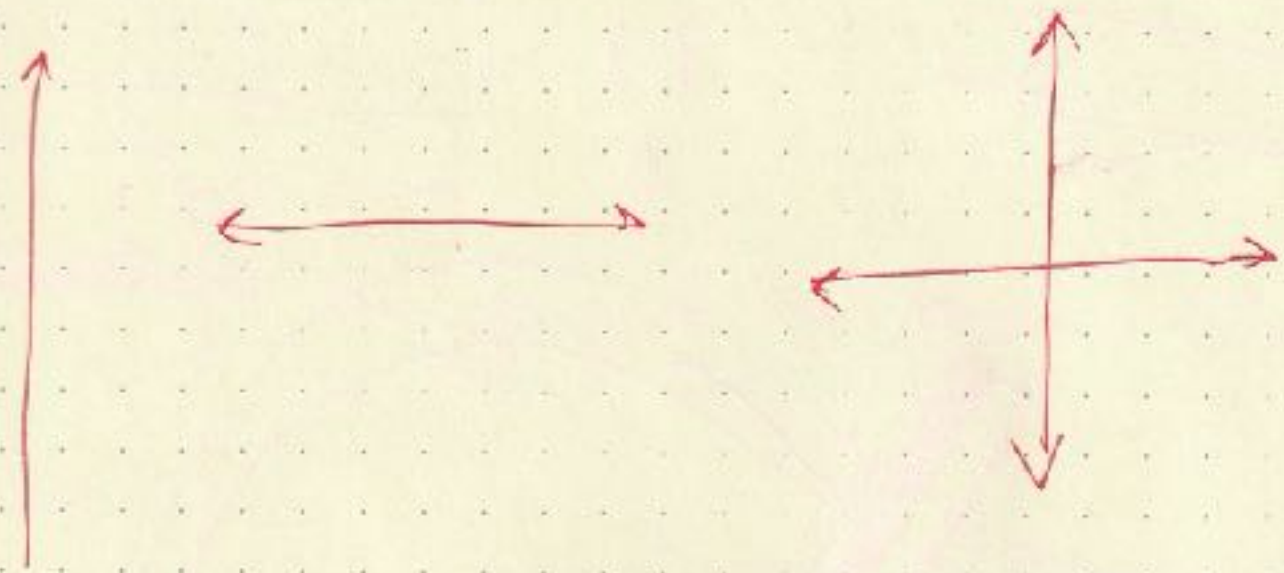
← apphoyat te-sone i Arkivlo?



- vaskarom
- gardrobe
- wc . utstyr
- tek. ste
- kontor
- ventilering

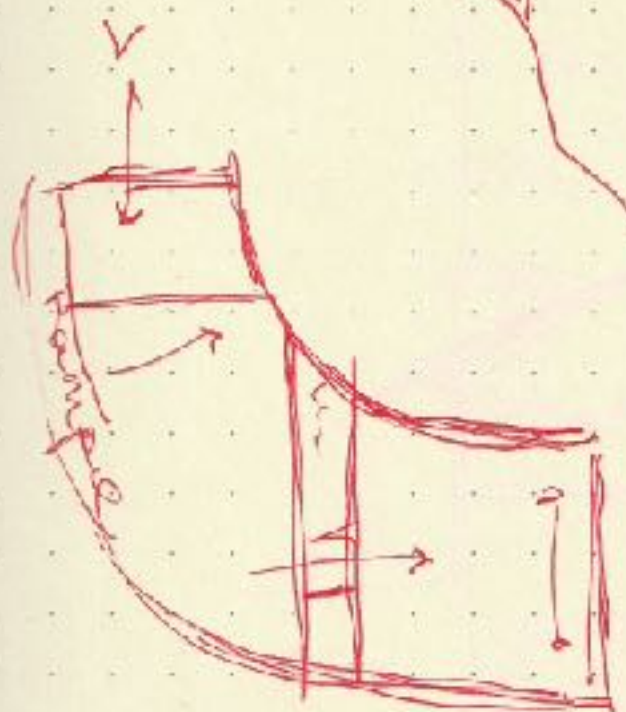




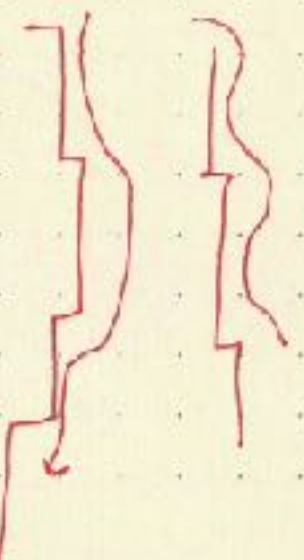
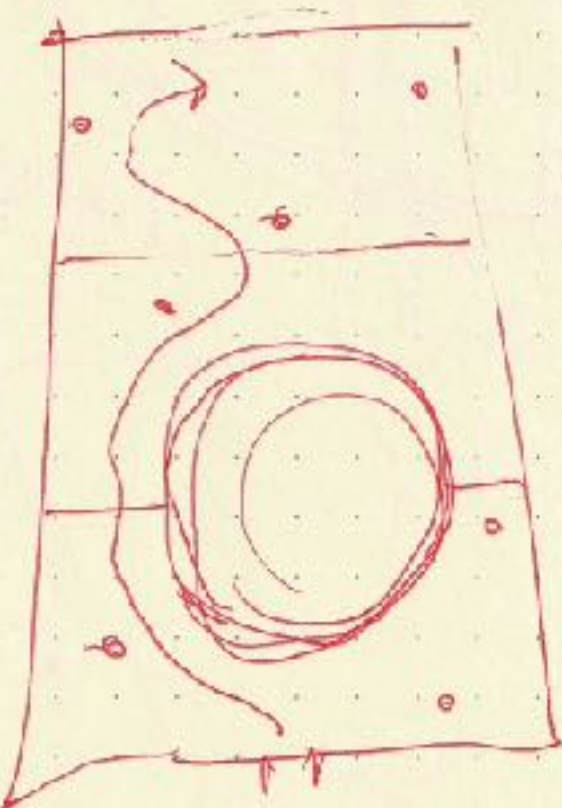


Skru i boret?  
Kraft?

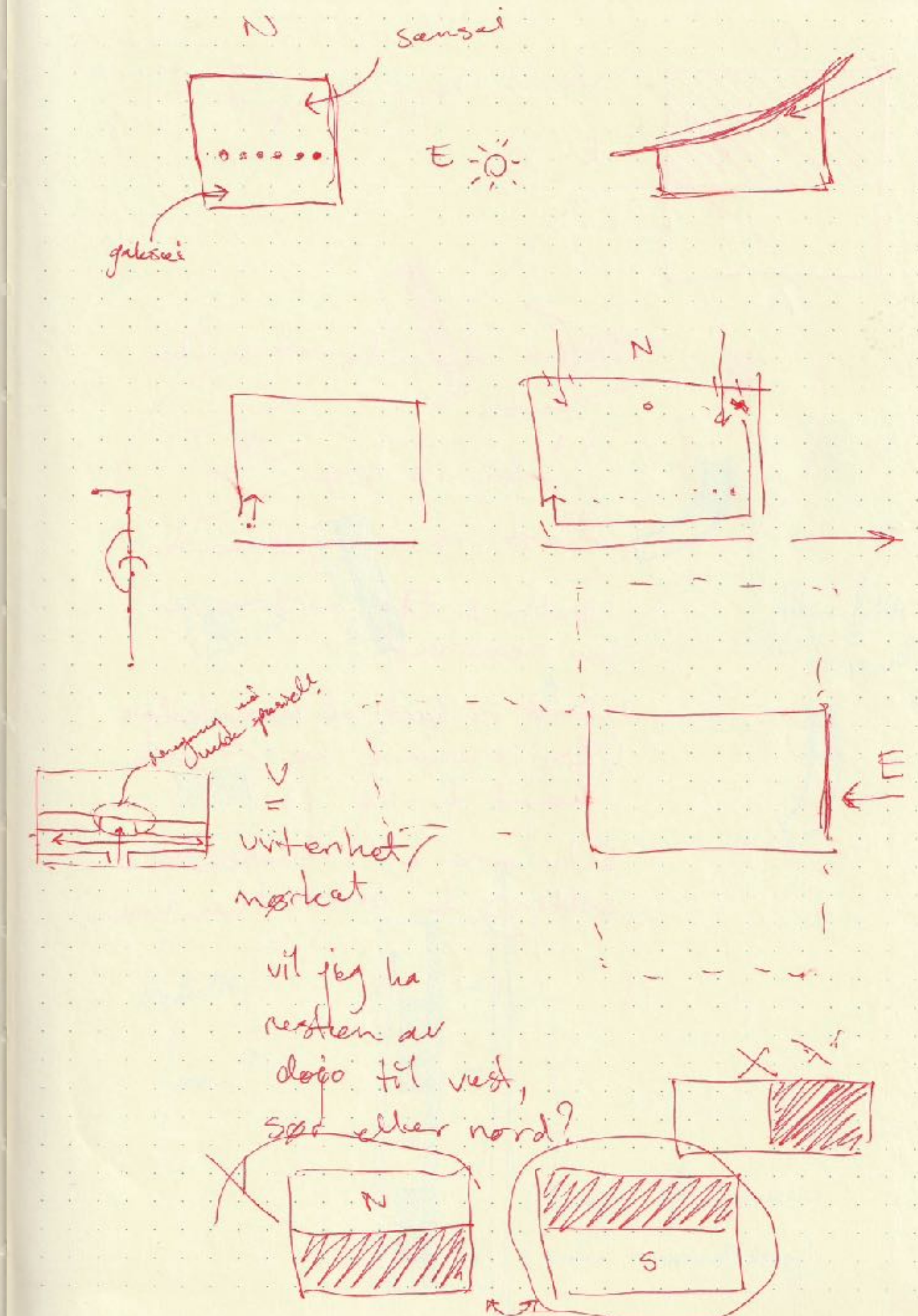
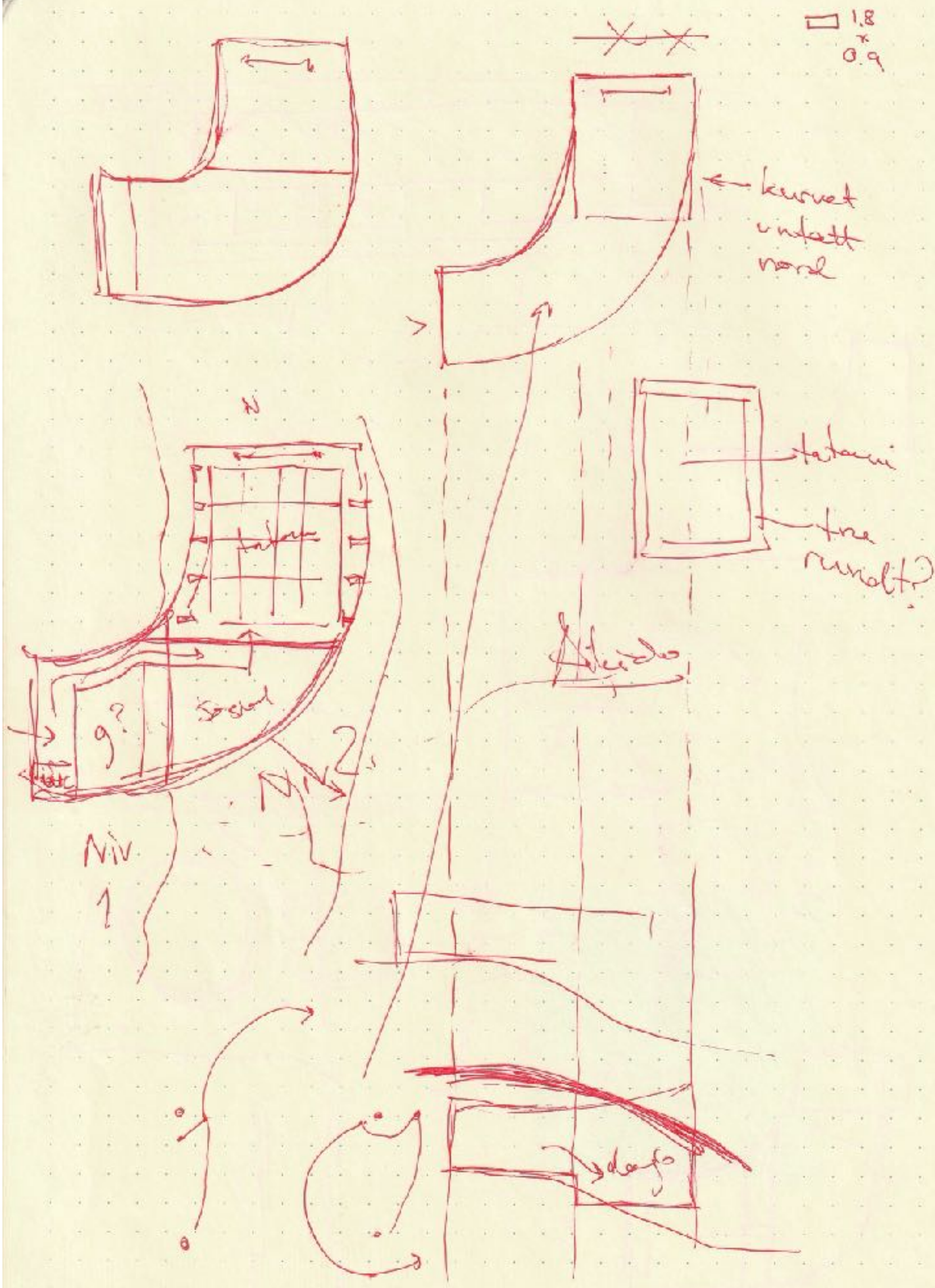
Spyd/Suend  
hoyt + vule



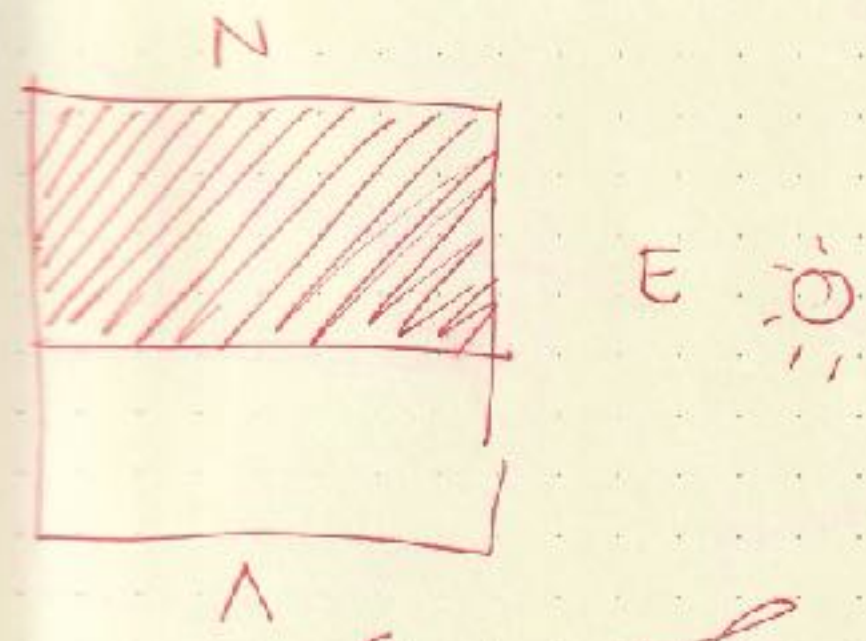
2











— The students sit in the south.

North is holy

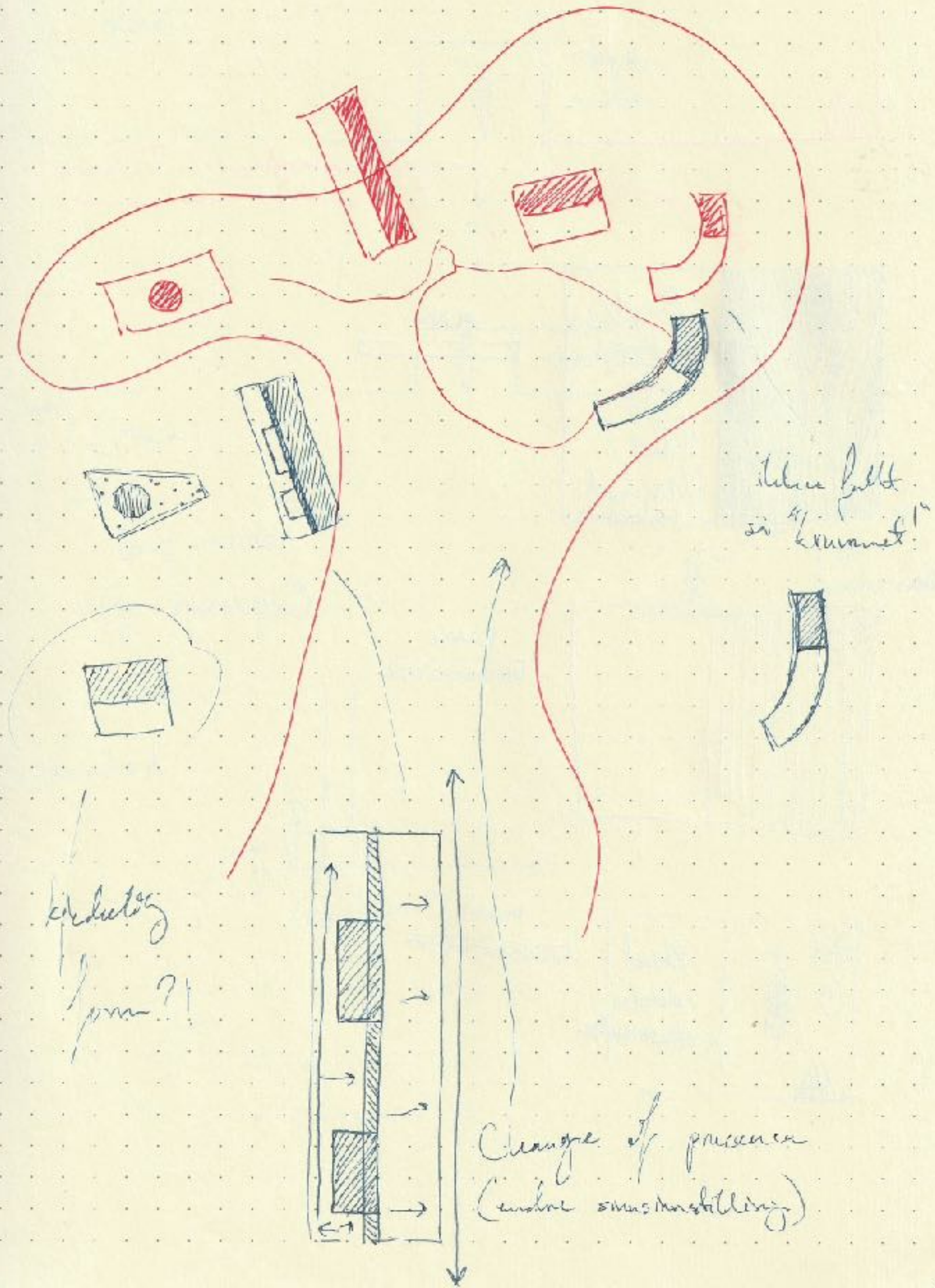
East is enlightenment

North & East will never be reached

West is lack of knowledge  
(This is where we do not want to be...)

We are all students willing to learn this way.

Prayer in glass windows



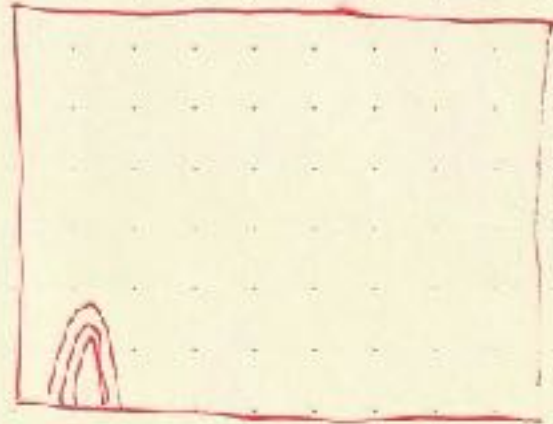
Education  
/  
/

Change of presence  
(and/or surroundings)

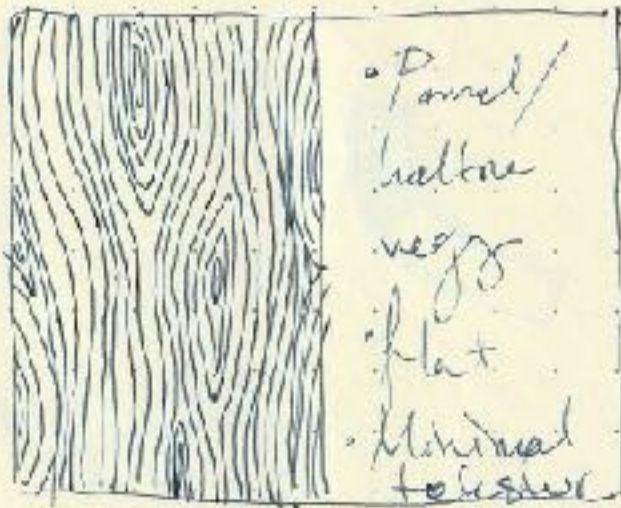


VEGG

! GJØR BYGGENE SÅ SMÅ SOM MULIG!

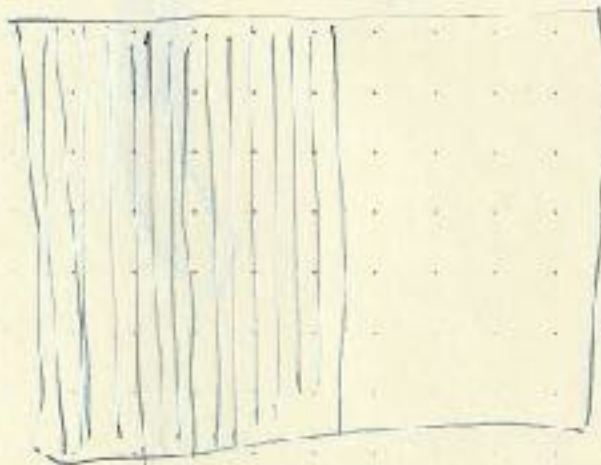


tegn tekestur i Plan!

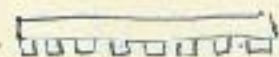


- Panel/halvvegg
- flat
- Minimal tekestur

PLAN

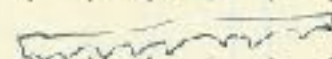


PLAN



- Buset
- dør
- + skillevegg

PLAN

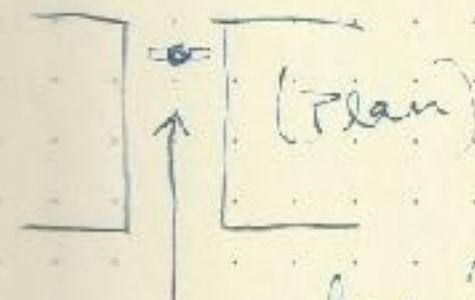


ences

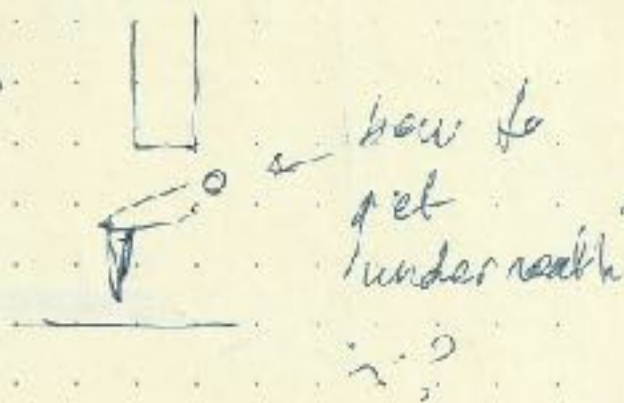
DØR



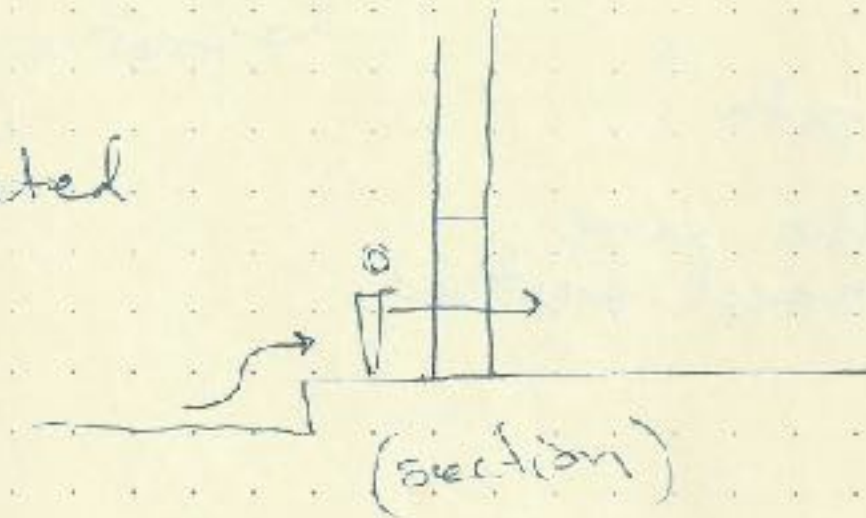
↓  
or  
↓



long "corridor"  
(go through)

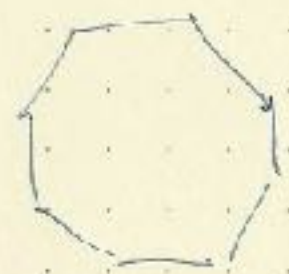


elevated





Bigging



enclosed walls/space



many small columns?

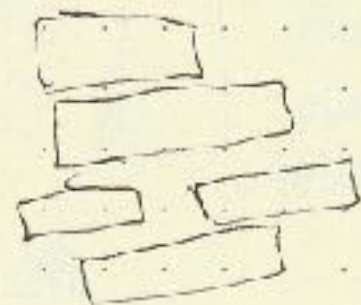
maybe not



~~the~~ Moss garden? (semi-shaded)

↳ forest + river  
↳ dam?

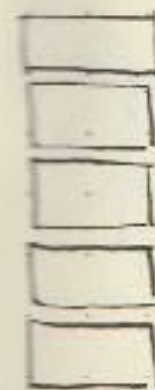
- Combine with path!
- Paths should be the same for all! → connect together.



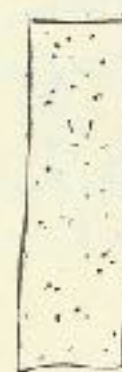
Not going to work

↳ needs to be wide enough for snow-plough machine!

2m wide or 2.5m



concrete "blocks"  
↳ grassclipper + snow-plougher



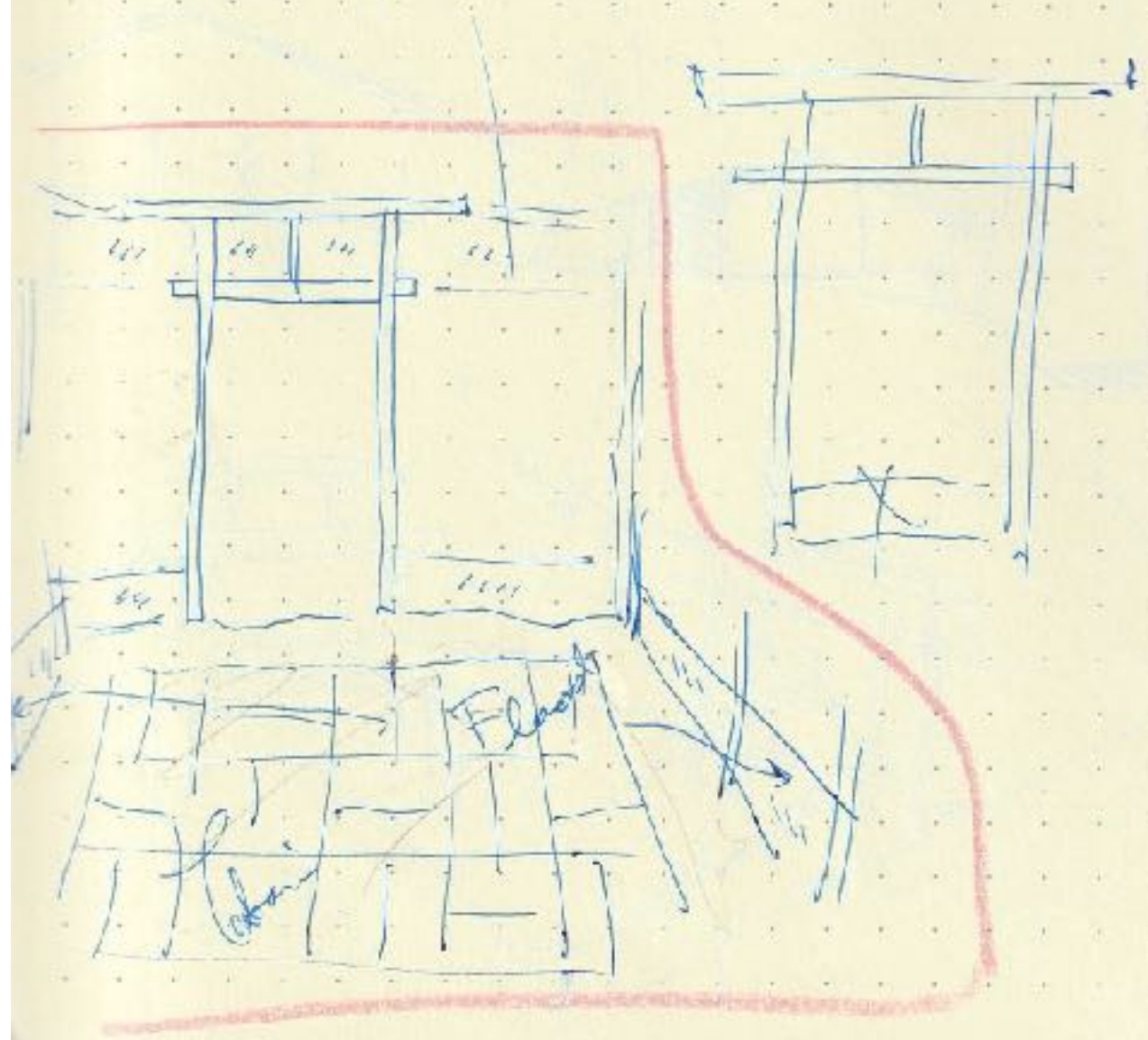
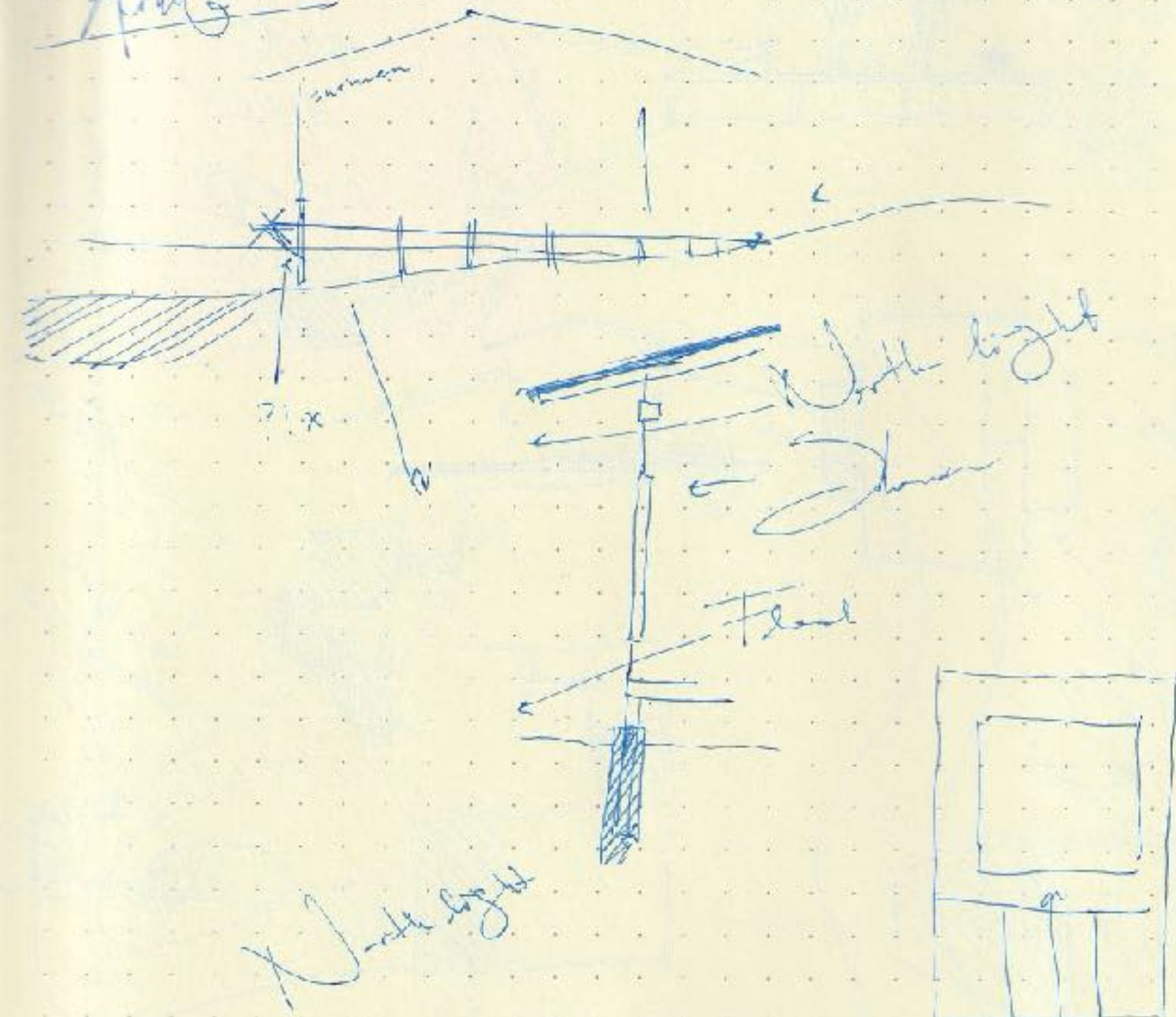
gravel path  
↳ not nice to plough snow on!





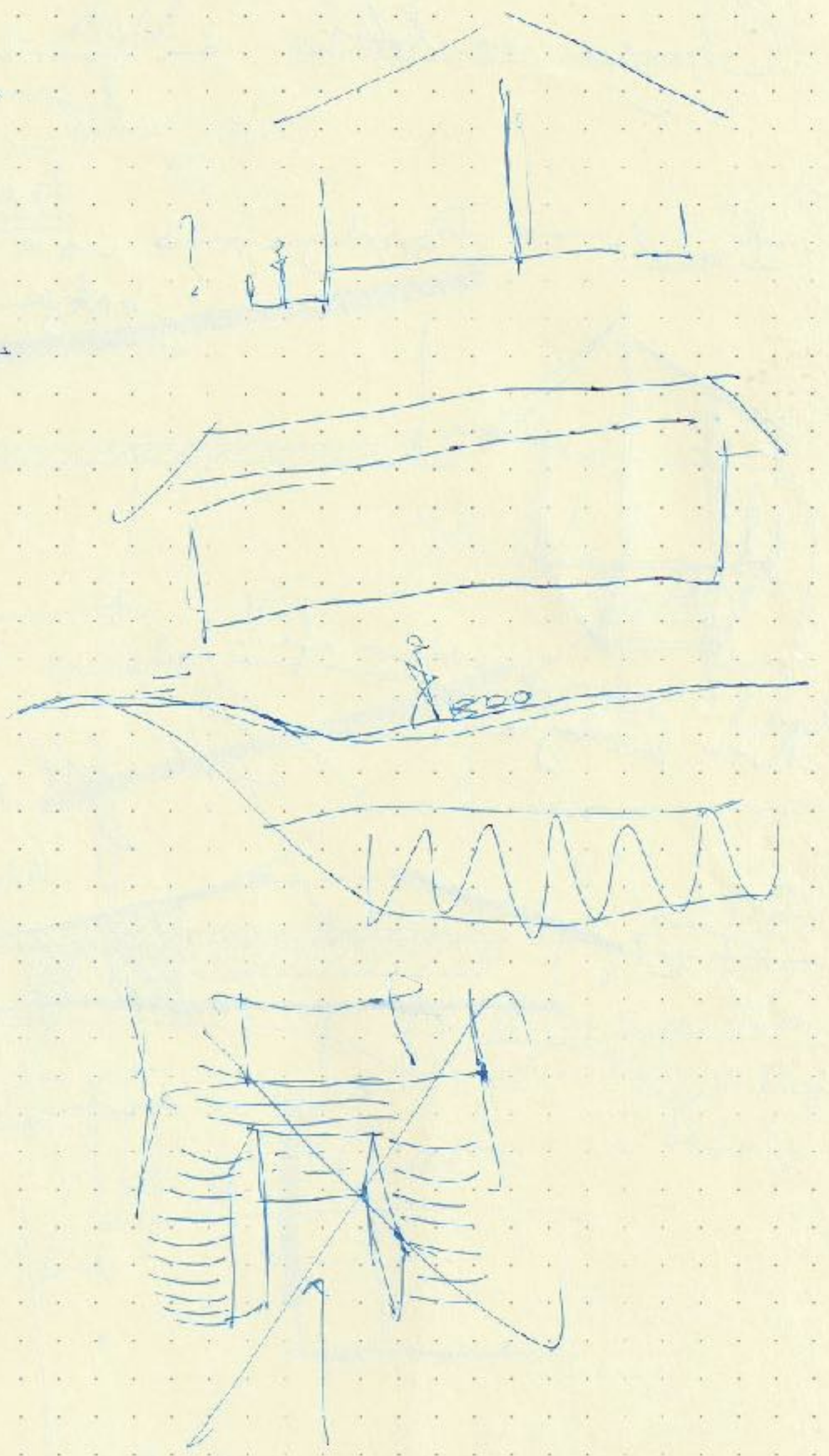


Archie



Kunde

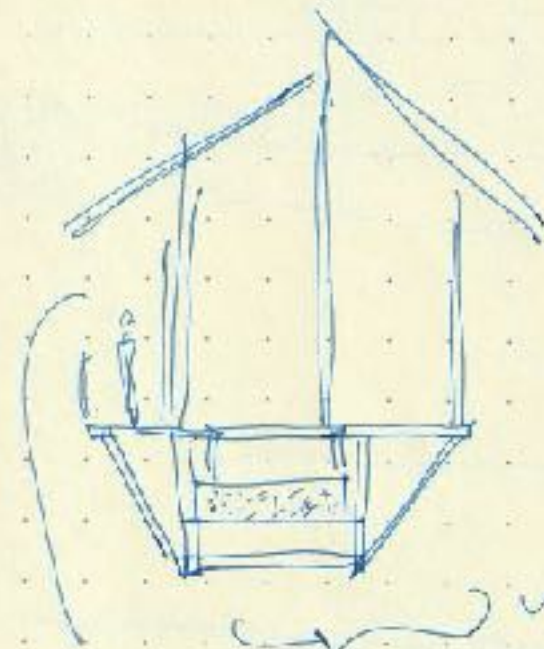
Integer bar





Change as little as possible.

Kando → Bridge → use the concrete bridge as a base!



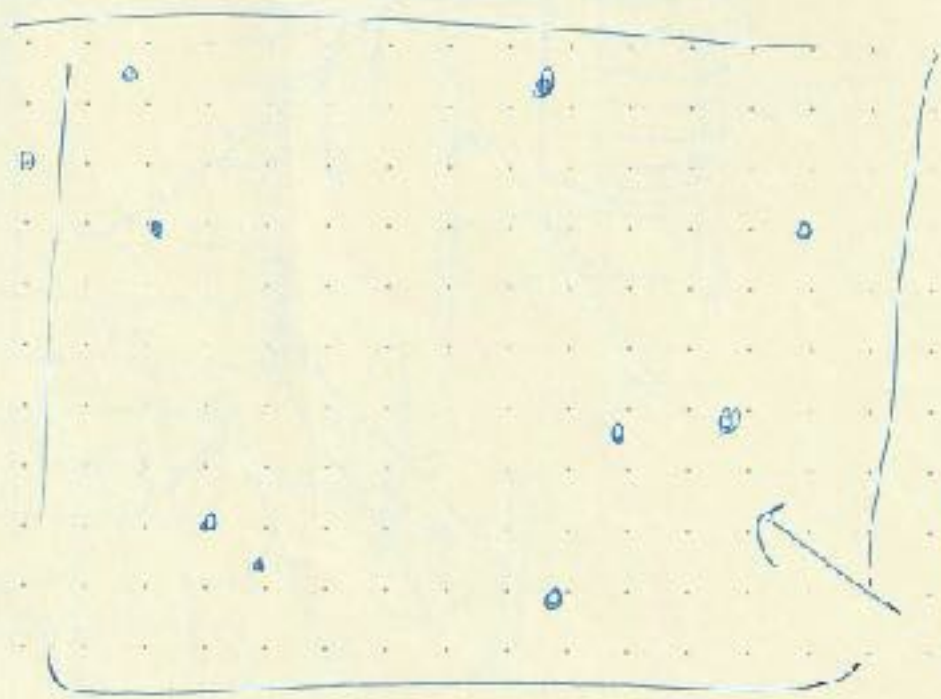
wider. safe!!  
Near bridge



Bigging

Not so "dramatic"

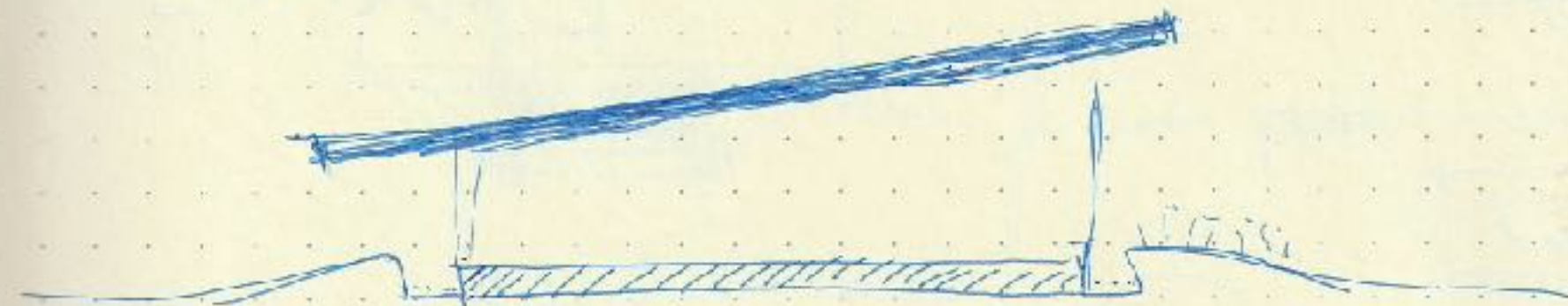
The forest around is still like a wall!



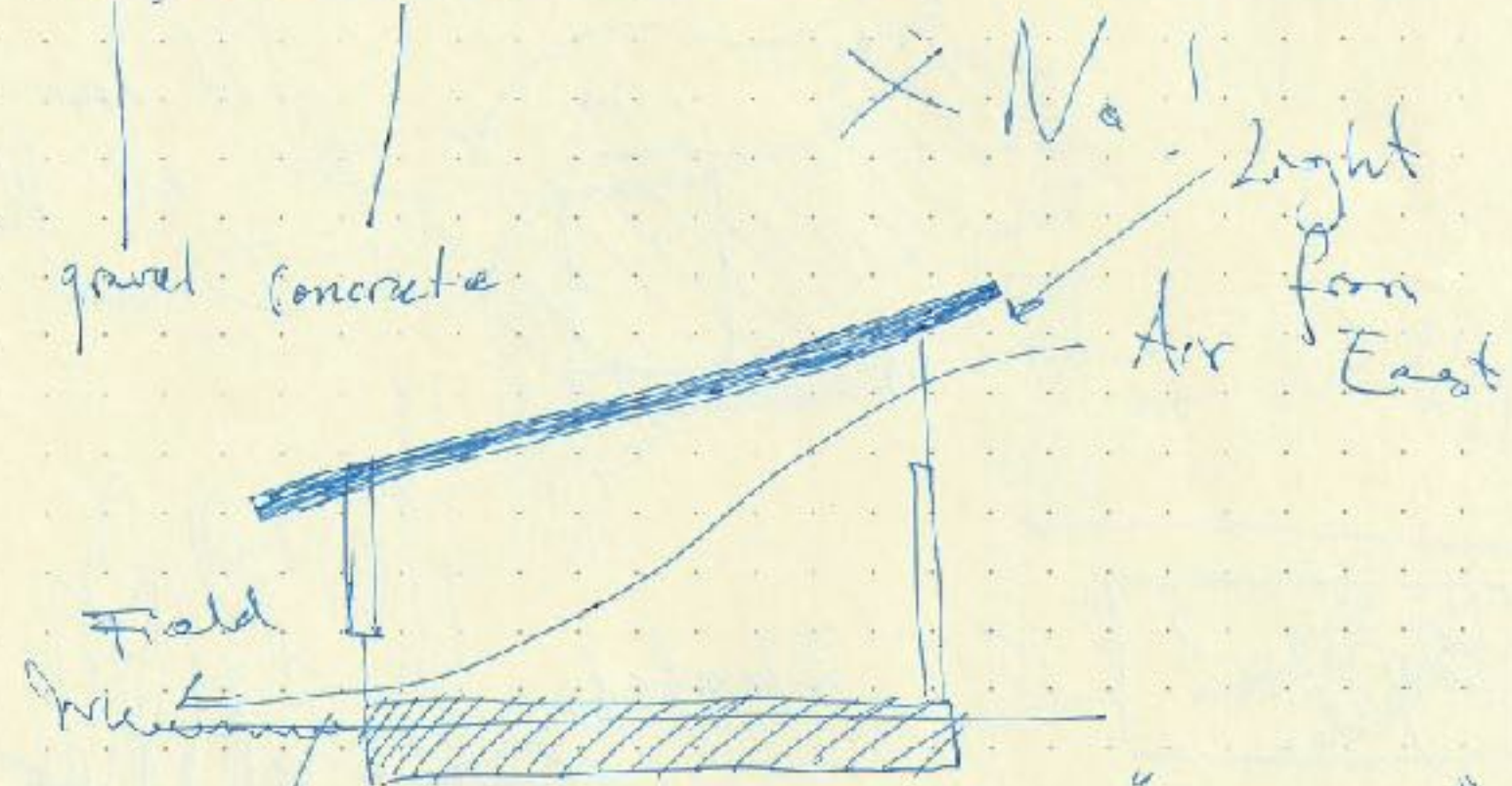
Multiple smaller beams?

No, its like a clearing!

Kanda: Field sun  
Sun + East  
Sandbag + East



gravel concrete



Field

Not to fall!

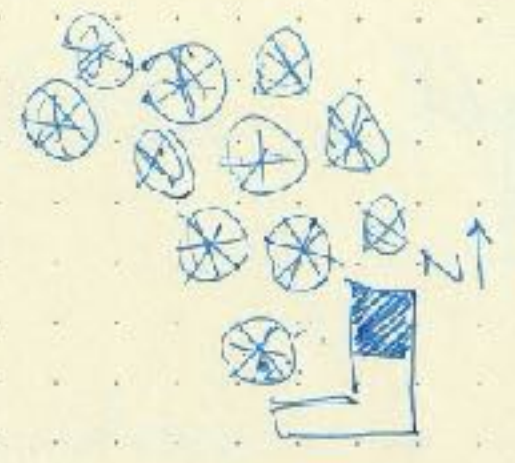
Concrete

"Supershort" Not like this!



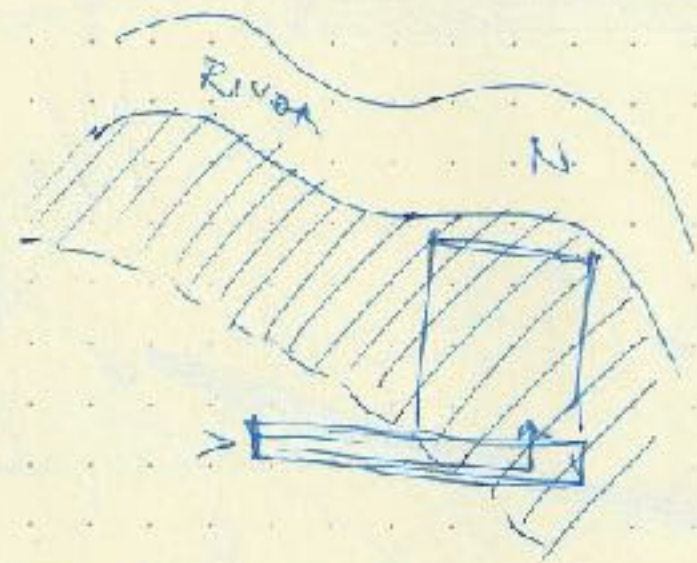
Archi:

Edge



Open space vs. Mass

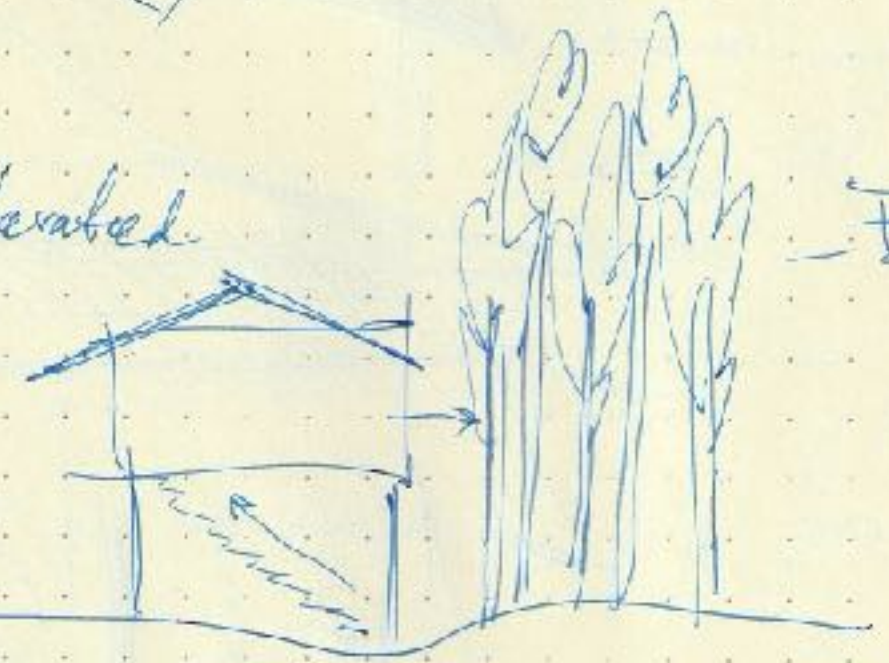
Flood



14 hours not flood all the time! Doesn't make sense!

Sky/Air?

Elevated



Birch

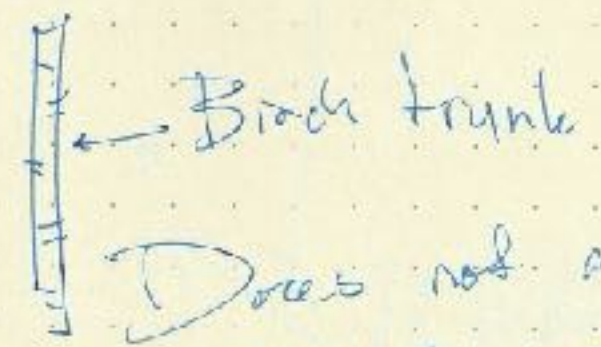
New?

New terrain

move around use the opponents movements to ones advantage

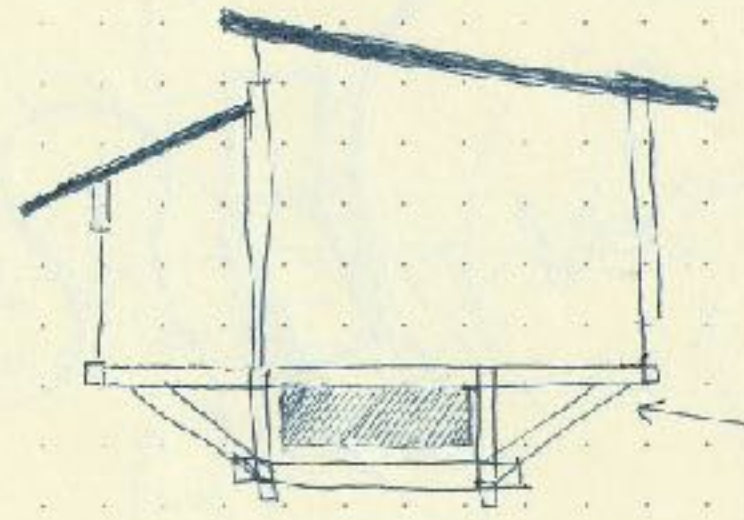
2 levels

look out and see



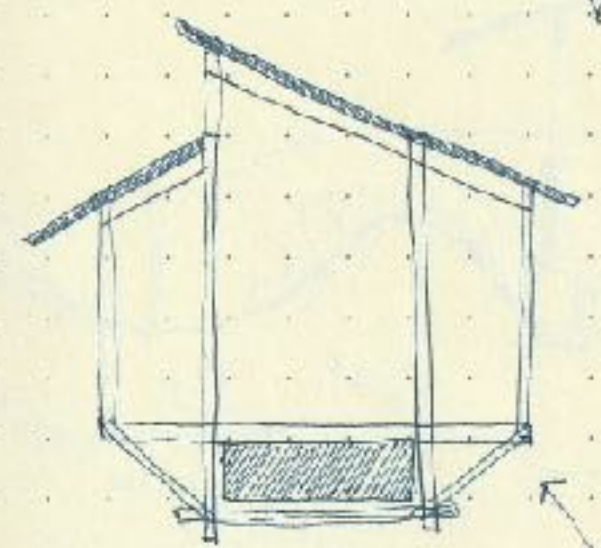
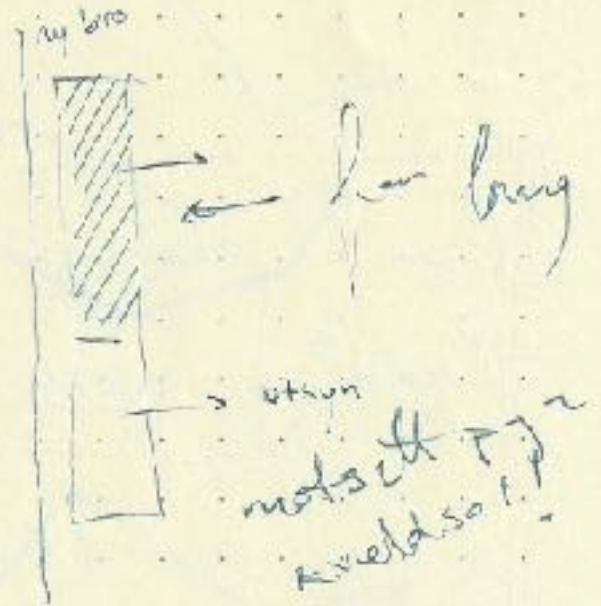
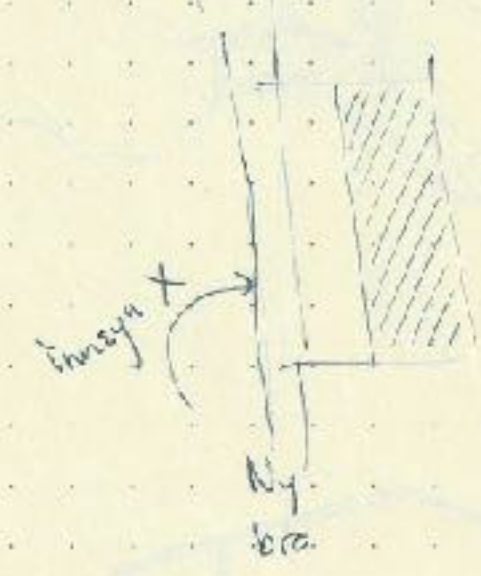
Does not make sense -> Why?

Kendo:



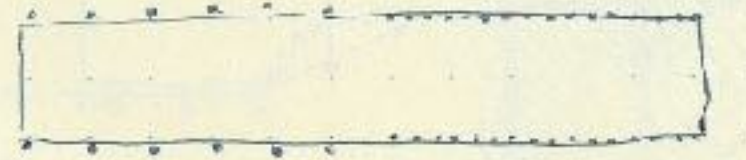
for water proof

How on other "2" view 1?



how tall? Ba plan

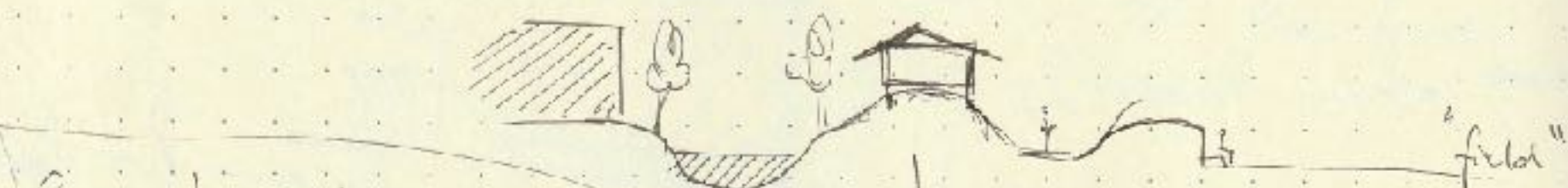
How window?



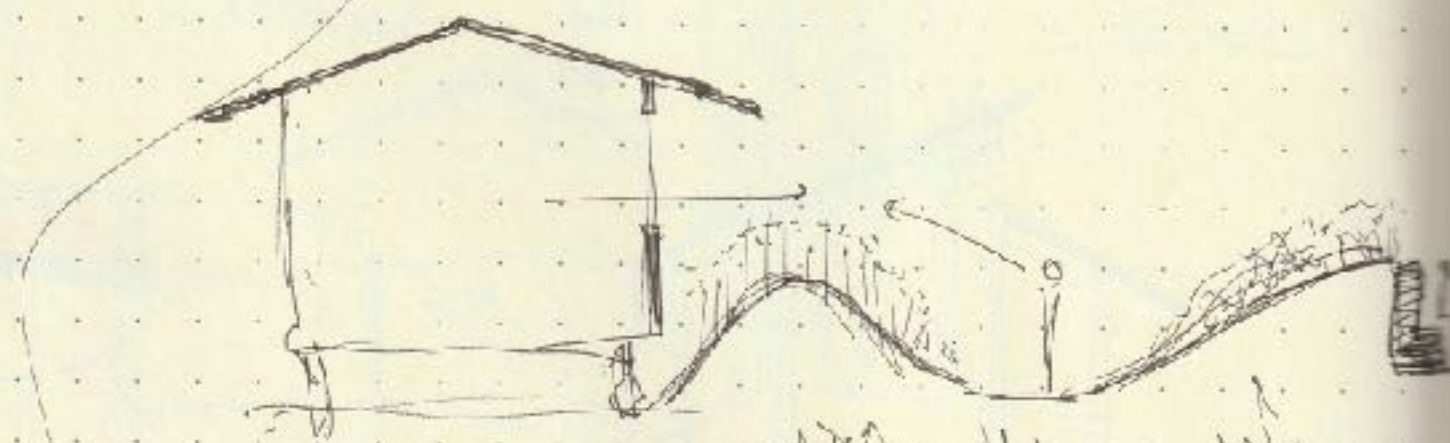
How? other



fields → new terrain?



Can I really "add" a new quality?



building is not really meeting the terrain!



Dig down? (instead)

use earth dirt to add  
No-basement zone!  
a little?

More than 1 m! X

plan

seats

sitting group benches

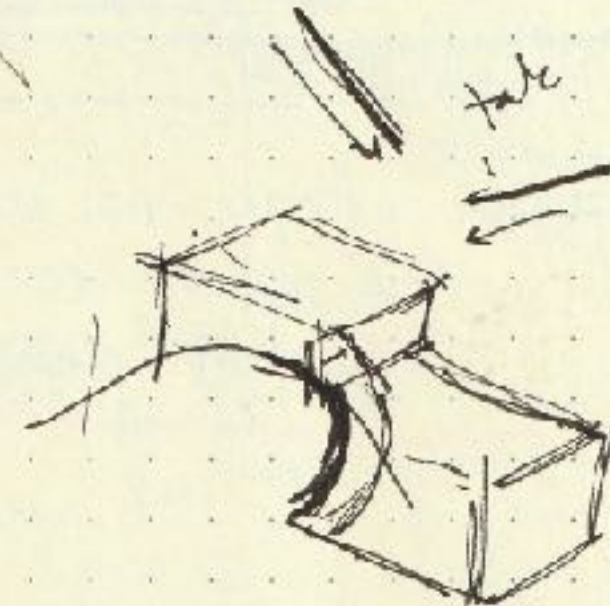
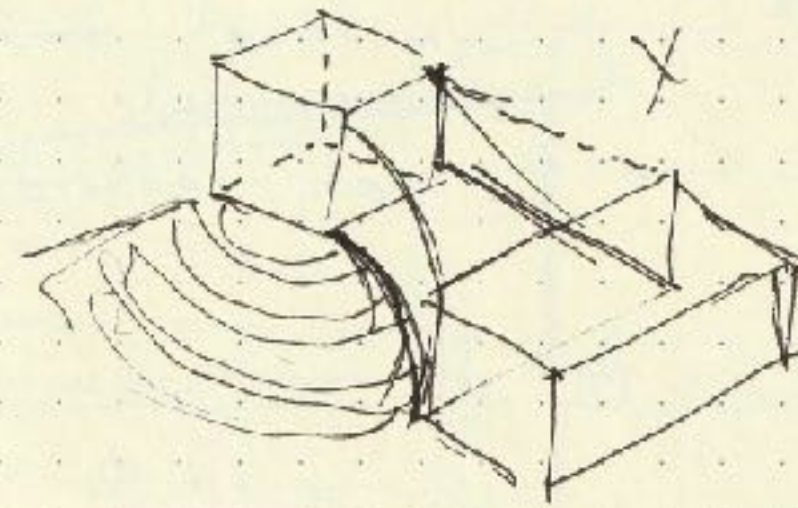
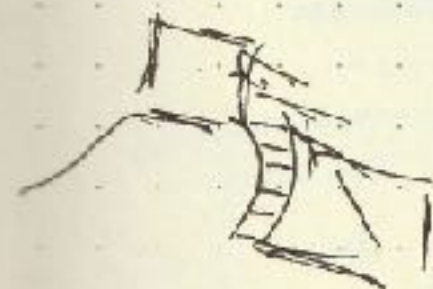
new terrain?

Atesla:

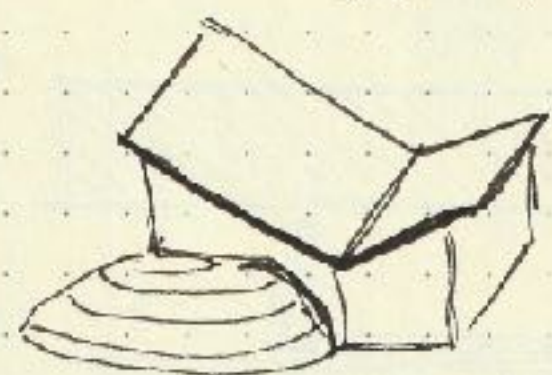
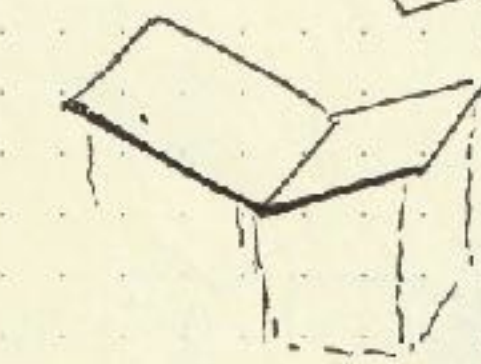


~~diff terrain~~

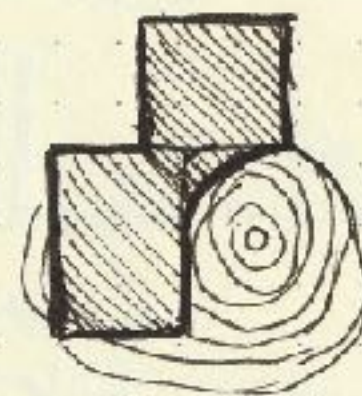
~~No~~



NE!

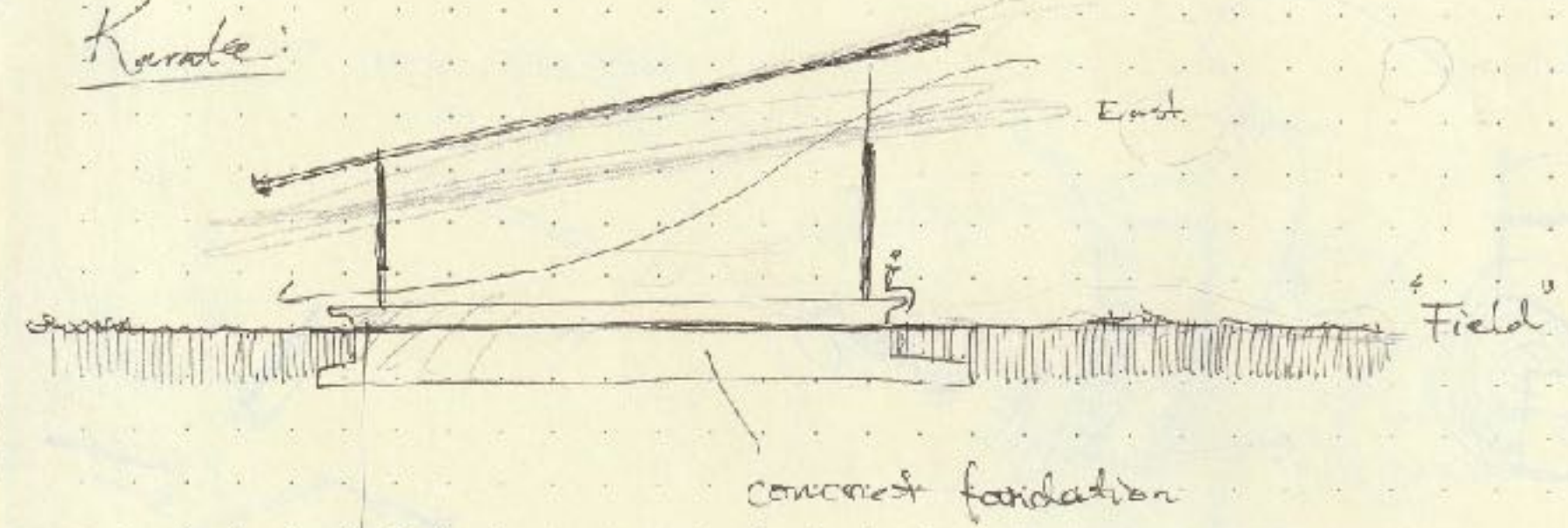


Plan

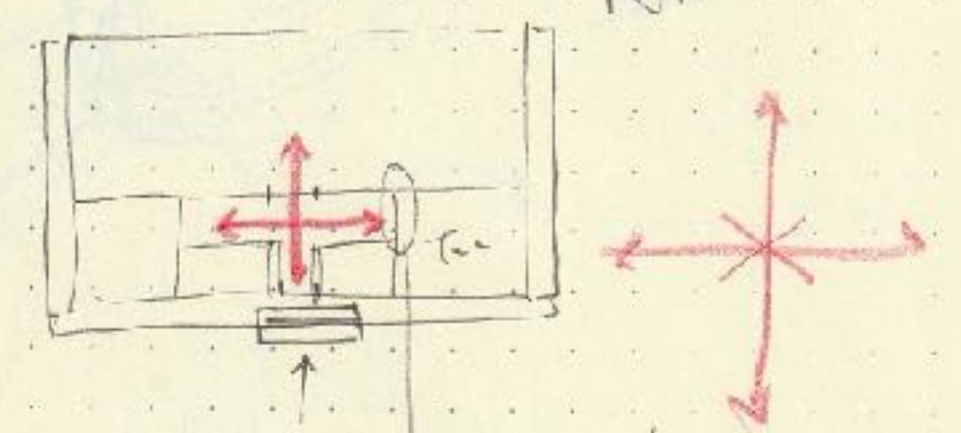




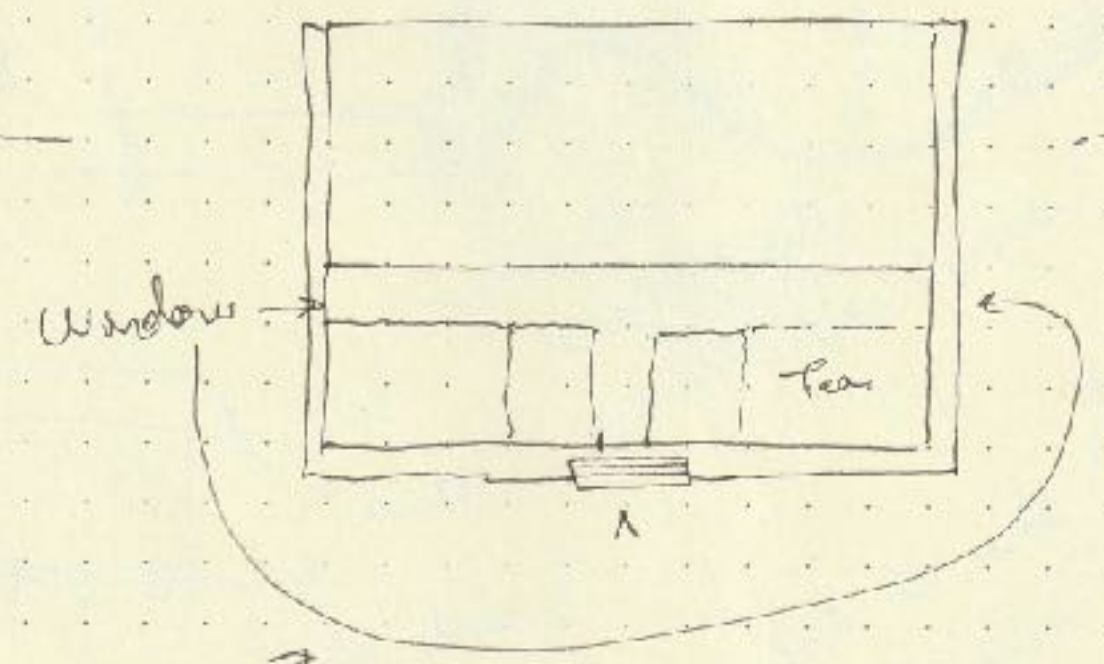
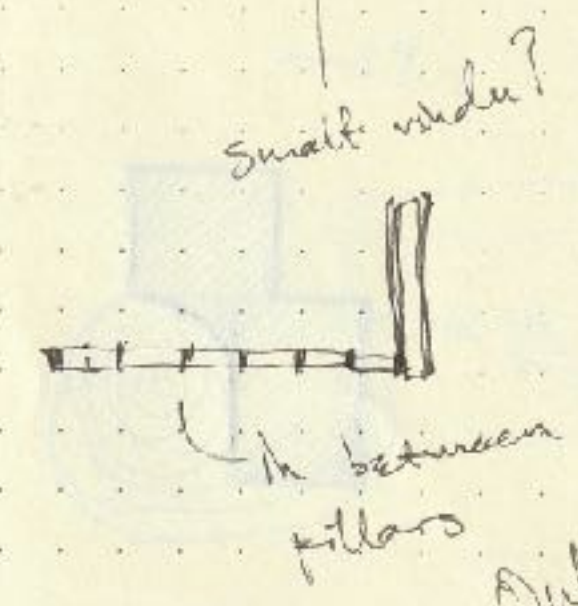
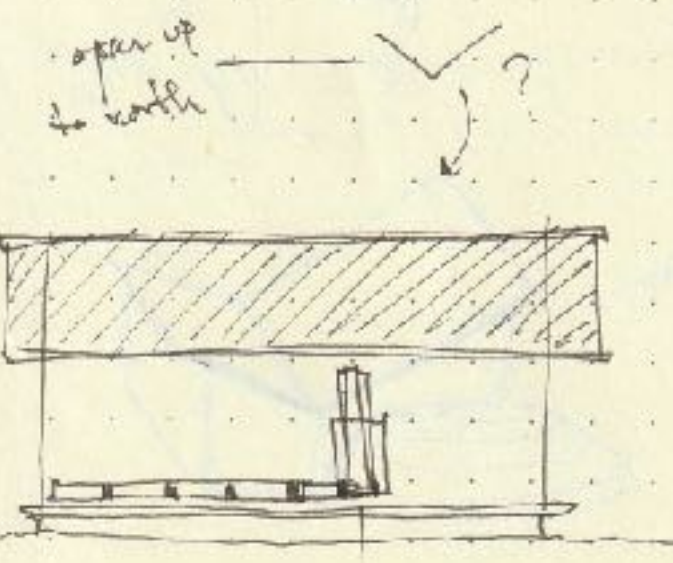
Karate



Not a place to sit...? → Symmetrical in ~~plane~~ horizontal not vertical



Not good! Most complex movement pattern (all directions)

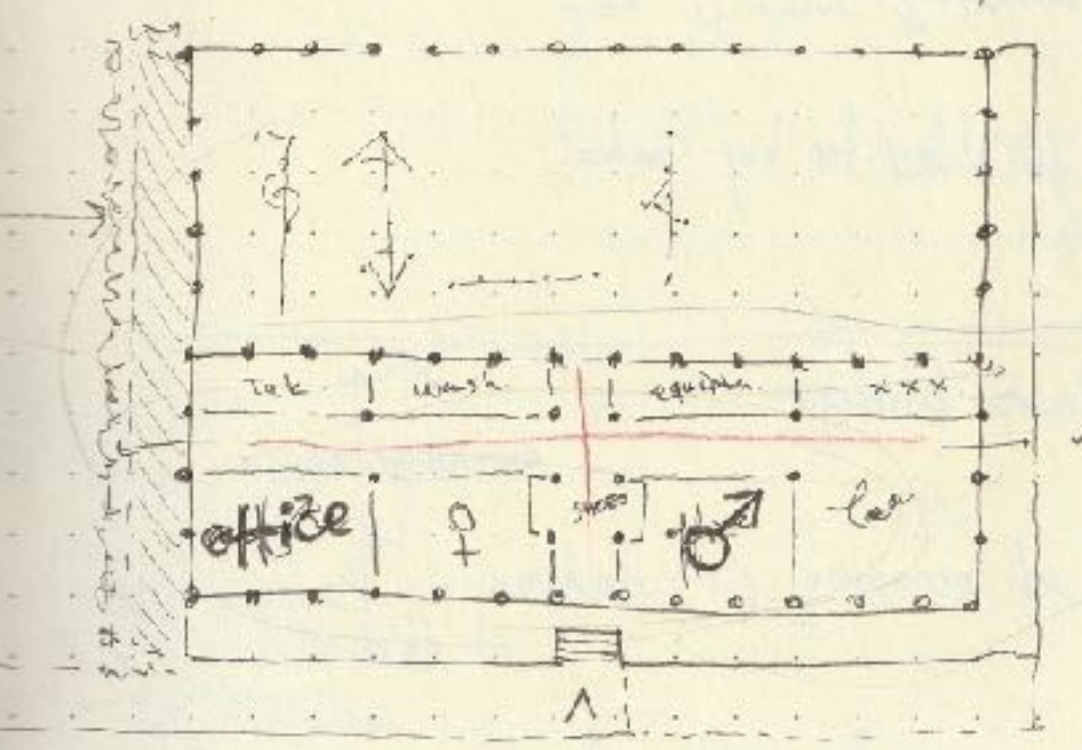
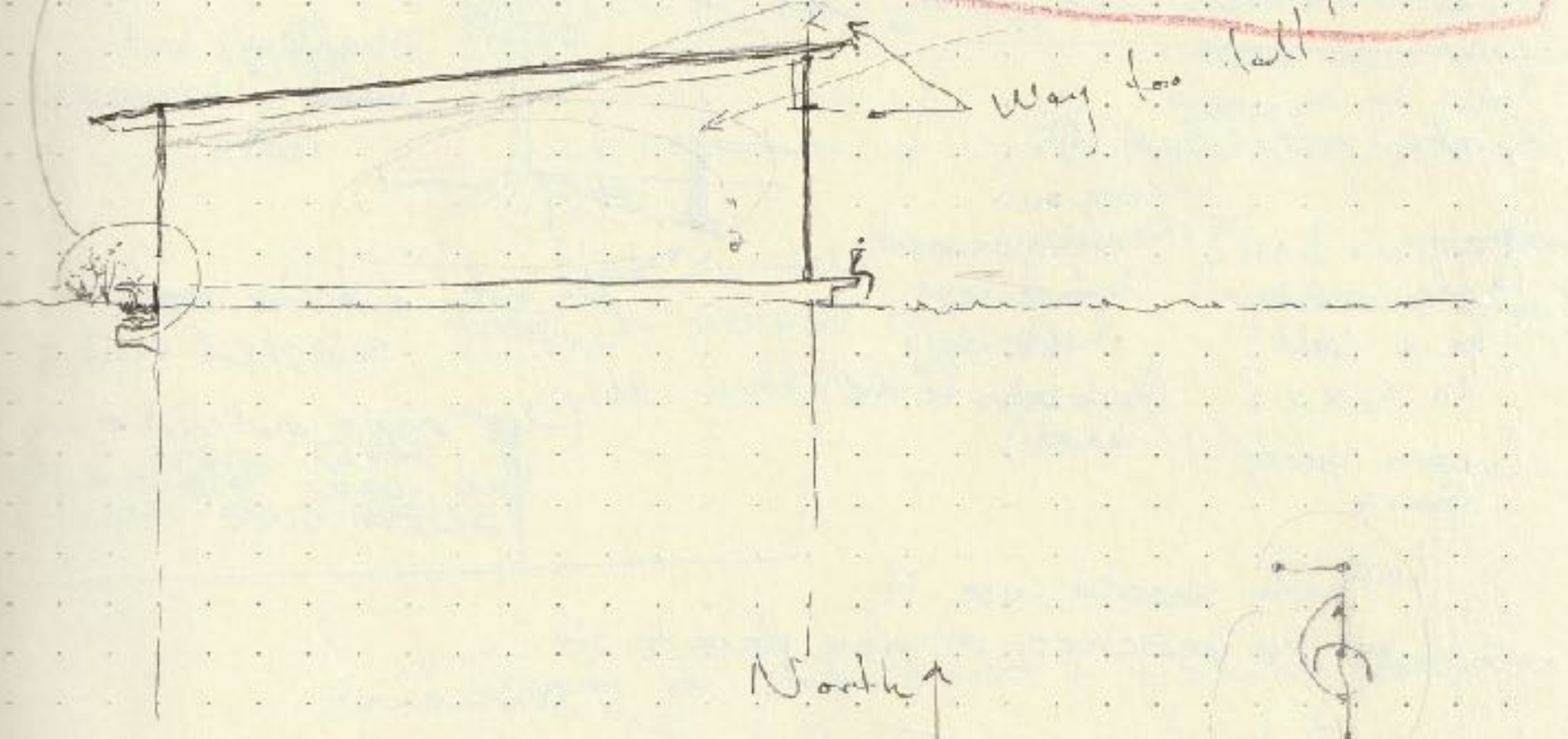
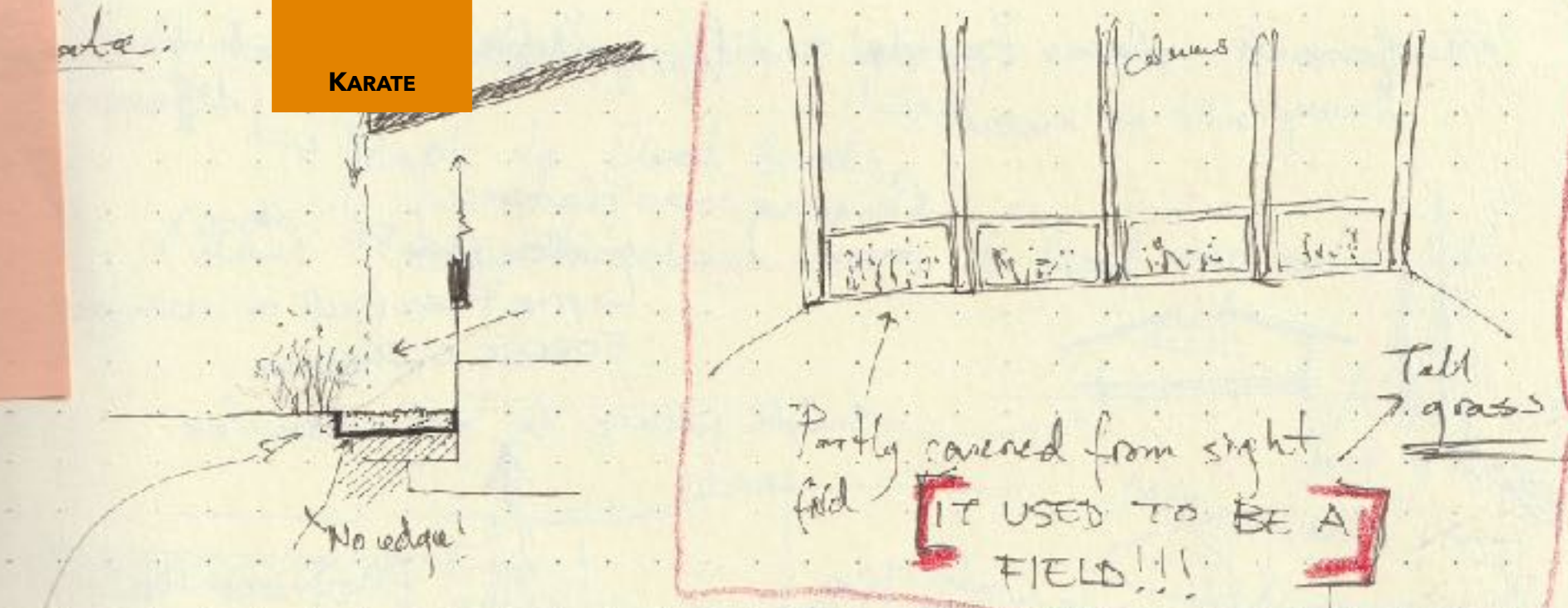


Only the construction → pillars?

~~Mostly symmetrical in the horizontal plane~~

ate.

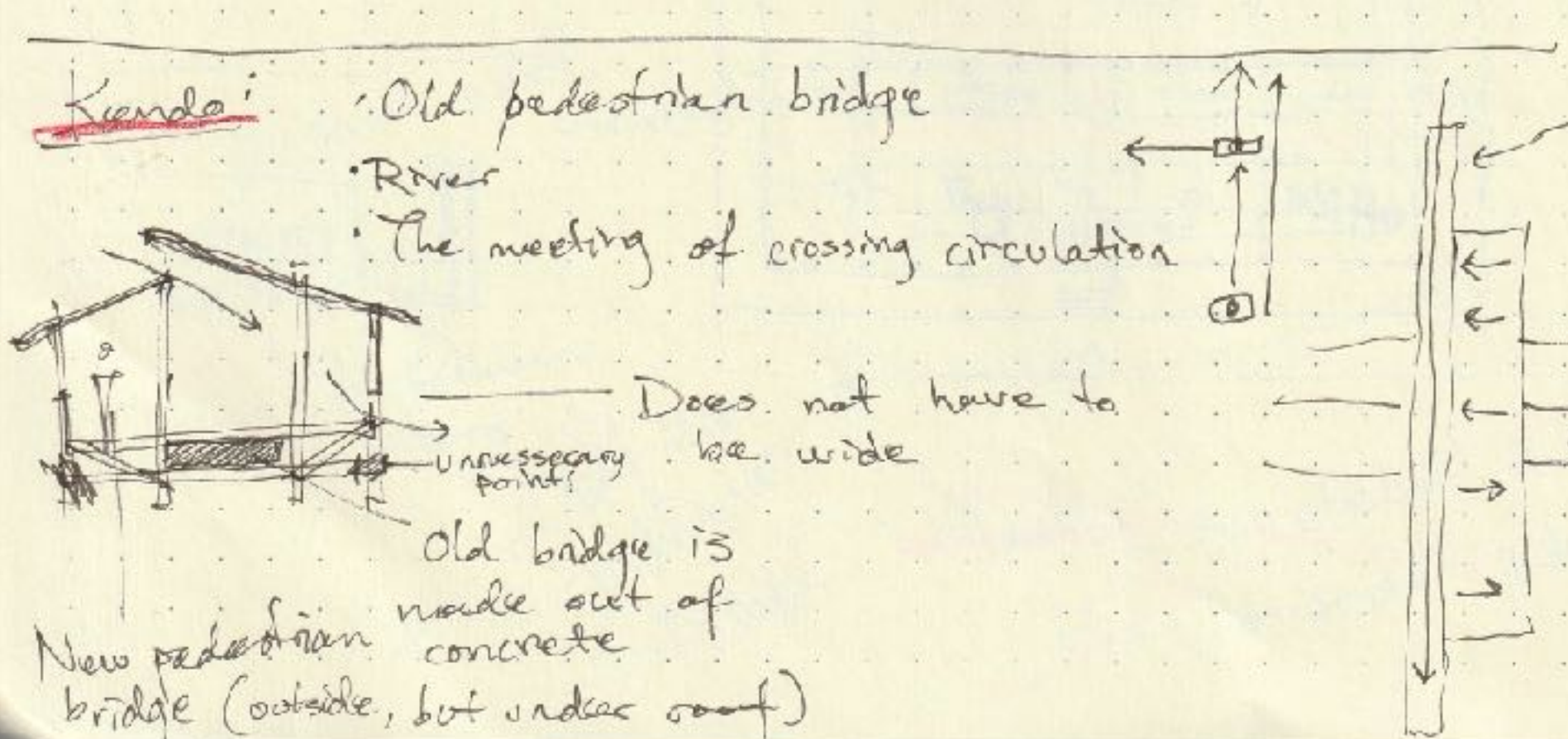
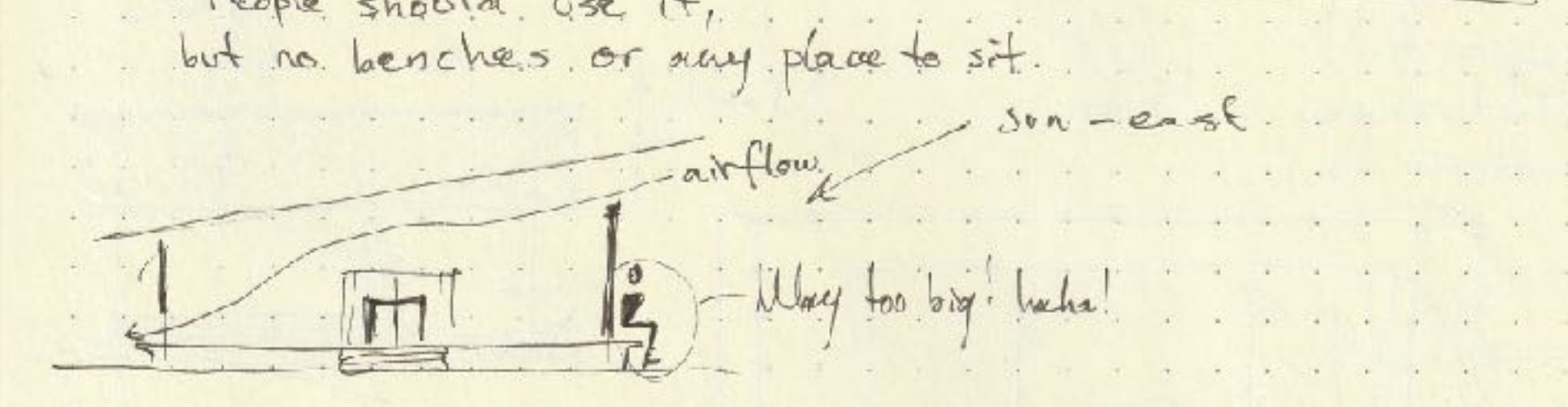
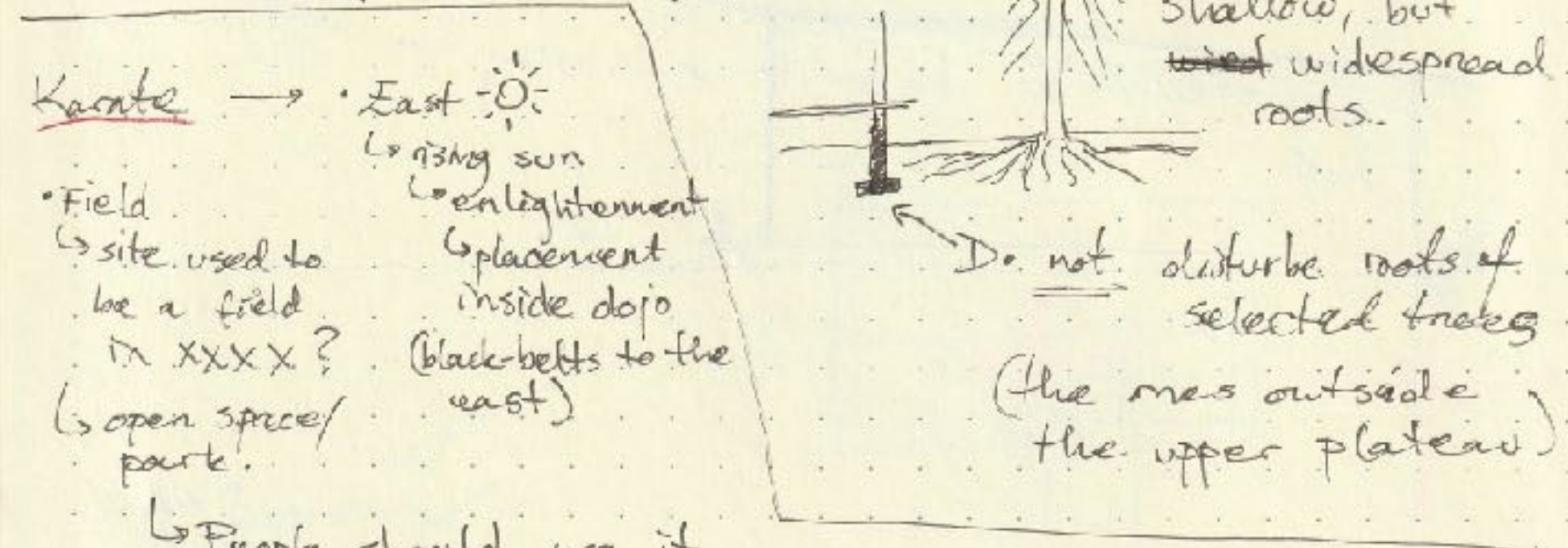
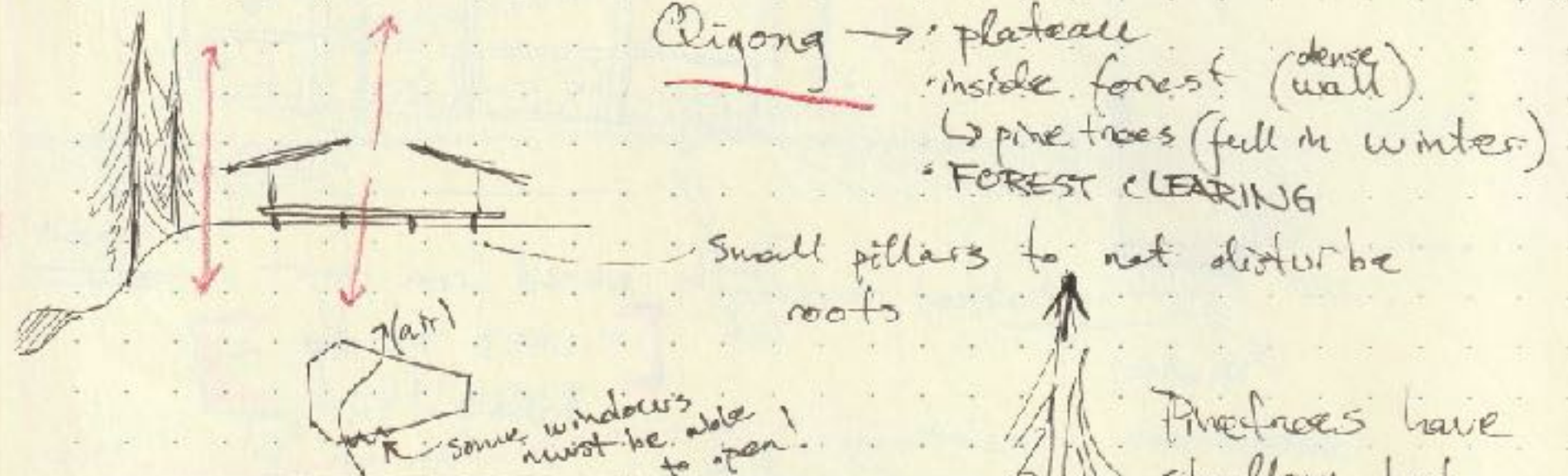
KARATE



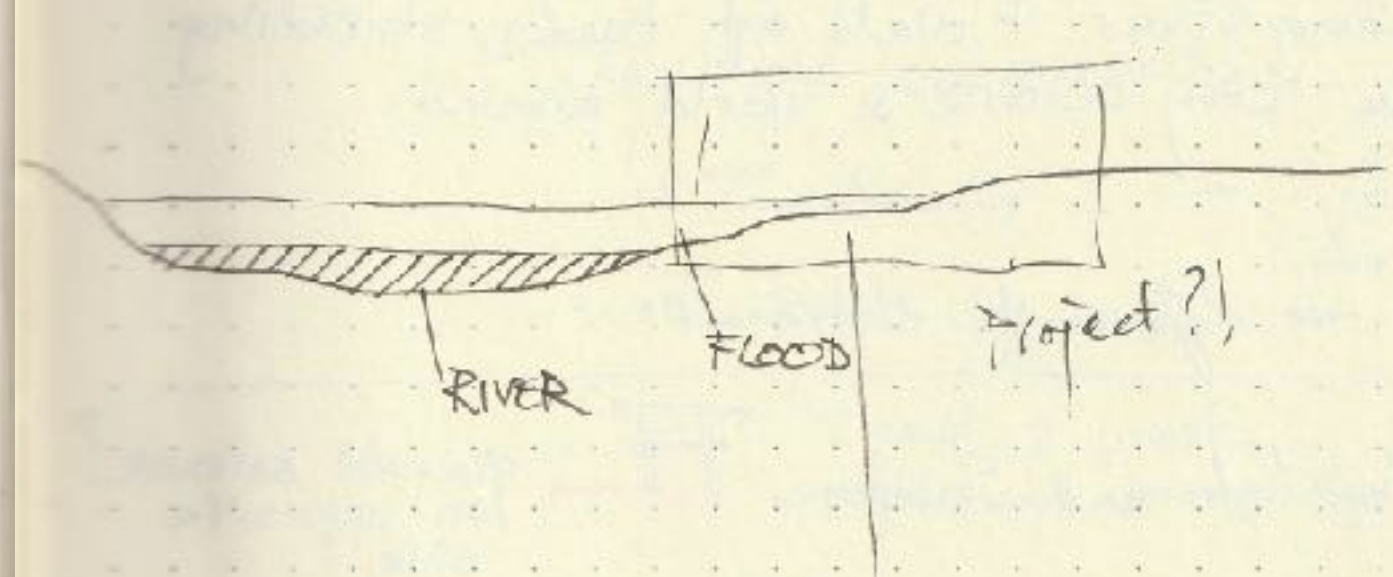
Park



\* Different places on site + diff qualities ... meet the terrain differently!



Alido → 2 levels (upright or laying)  
 ↳ Adapt to flood levels → thrown to the ground  
 ↳ Adapt to when there is flood and when it's not



↳ If does not flood often!  
 ↳ 10 year flood  
 ↳ More recently heavy weather because of global warming!  
 ↳ Flood more often? (in years too come)

Not so tall that people can hide underneath!

[SOME PADDLE KAYAK DOWN SANDVIKSELVA]

↳ Create a stop-point + fishing platform for when there is no flood?

↳ Too much? Not dojs related!

X too much!

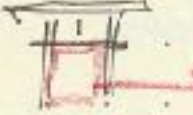
- Not able to clear snow ~~not~~ under to new bridge, so the roof must continue a little further on the pedestrian side...?!




The importance of an entrance in a dojo:

- Entering a dojo you are shifting your mindset
  - ↳ The site itself aids to do so by being surrounded by a meandering river + wall of trees, shielding it from the city centre & world around.

The different dojos → different entrances...

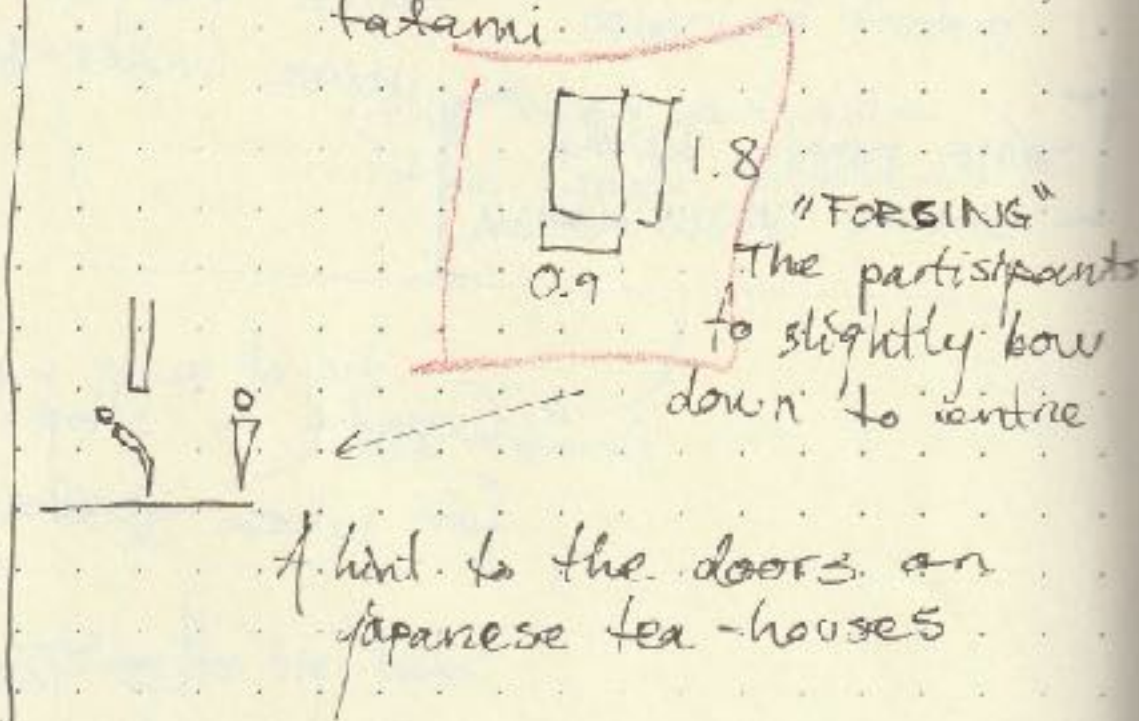
Aikido → Formed by Tatarumi & Shinto  ground entrance? on opposite side?

Kendo • A lot of equipment



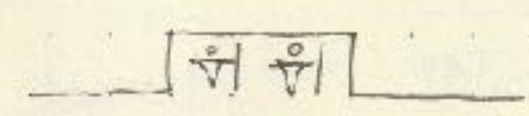
Wide entrance  
↳ 2 and 2 sparring (fighting)  
Able to fit 2 people.

OR perhaps entrance dimensioned after tatami



"FORGING"  
The participants to slightly bow down to enter

A hint to the doors on Japanese tea-houses



Qigong

- Levels (most movement in)
- sky/ground vertical plane
- peaceful
- ↳ Many don't have a bowing ritual



Elevate instead? (Go enter dojo) & training room

Qigong is a non-combat martial art → when bowing

↳ Bowing → humble also makes you not a threat... you are in a vulnerable state when bowing.

Karate

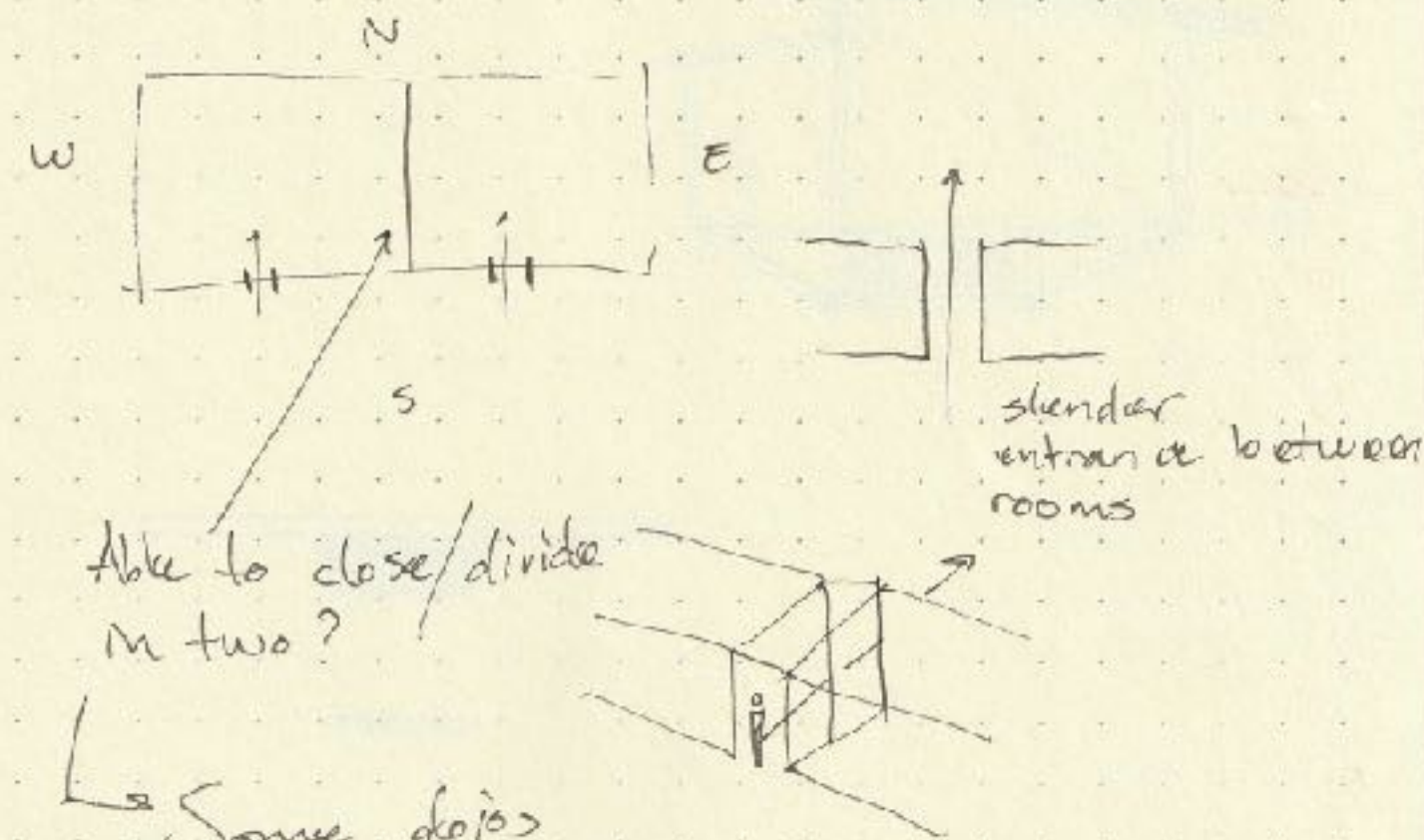
- Striking martial arts → cover the longest distances
  - ↳ space (fight) → kumite, but mostly kata (solo movements) often done synchronised with the other participants

Multiple entrances? → participants

↳ Traditionally 2 → 1 for sensei (teacher)

↳ Divide by belt? 1 for gaksei (students)

↳ east & west enlightenment & the unknowing/unlearned



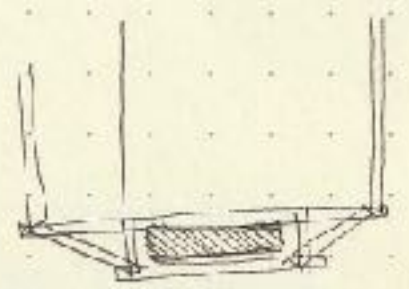
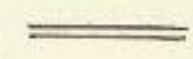
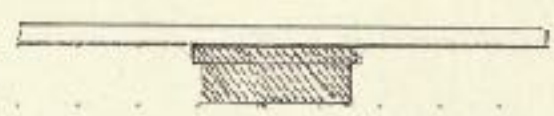
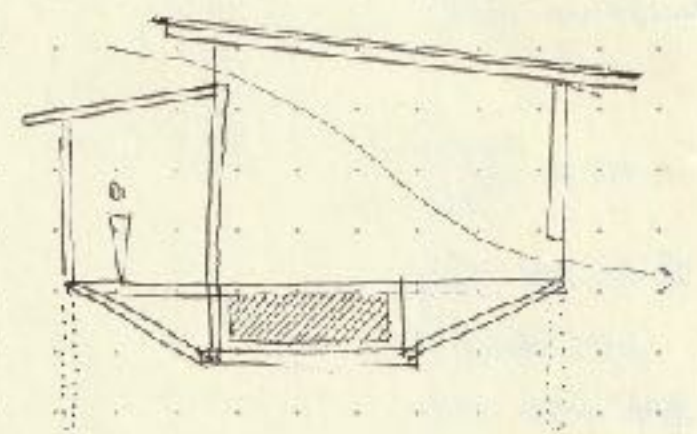
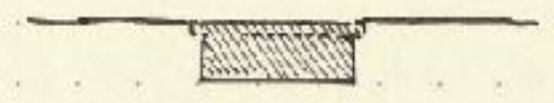
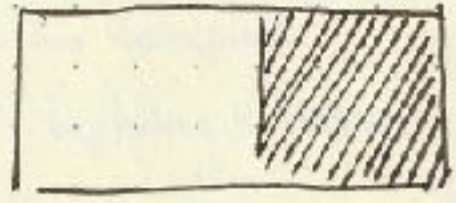
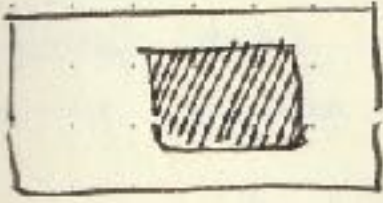
↳ Some dojos have a designated area for "beginners"/younger participants

↳ Can be opened up so all can share or be closed into 2



INFO - 4 ULIKE KAMPSPORT!







ANTI DOJO

DOJO,  
RITUAL.  
DOJO AMBIGUITY.  
SITE = EASY TO GET TO.  
NOT ENOUGH FUNDS TO  
CREATE WELL ADJUSTED  
DOJOS.  
FLERBRUKS DOJO,  
A CHURCH IS WHERE  
THE CONGREGATION IS.  
BYZANTIUM. PHENOMENON  
BY DOJO.  
FUNCTIONAL APPROACH  
TO A RITUAL.  
POETICS.

Traditional dojos → adjunct to temples  
Japan → relation between building & nature  
Dojos → adapted after rituals  
movement  
nature

Paper project → most of site (not regulated)  
due to the need for green  
space near the city centre.  
↳ Site = not holy  
↳ field → park → ?  
↳ glue fabric  
martial artist → architect  
↳ Only sport → no quality arch. ! ← NO

Cross ventilation  
Endre sinnsinstilling → ikke kun  
Stifte ; -m not only when  
entering the training  
hall of the dojo,  
but the park itself.

~~ingeniør~~ INGENIØR → konstruksjon  
~~tegn~~ TEGN HANDTEGNINGER  
Et slikt maleri → til hver  
BLI INSPIRERT AV YAKUSHIMA  
flom kart finere str.

lag kart (org.  
snitt i samme  
skala  
La sarkelens  
veene!!

Kolla går forbi til  
kampsport  
moter gult  
art. moter  
balcken

Akido → zoom på flom!  
Husk SKALA LINJE!  
STI → markere  
"bridge" hatch → Lynnes  
kantlinje  
Tegn gress... sletter... gress  
i detalj "zoom" stein

Tittel? [The dream of the  
dojo?  
Dojo - ritualistic  
architecture for  
martial art.  
Dojo - adapted  
architecture for  
ritualistic movements]

"The bridge"  
"The boat" X NO  
TA PENE BILDER  
HVORFOR HAR JEG  
GJORT SOM JEG HAR  
GJORT?

↳ ikke beskriv rommet  
beskriv kvalitetene  
Park → refleksjon  
Tittel på alle  
tegninger!

Store, letleselige  
elegante tegninger  
↳ Linjetykkelse!!!  
↳ ikke harde  
"hatches"  
Linjer m. mål og  
dimensjoner  
Field → blyant på  
side

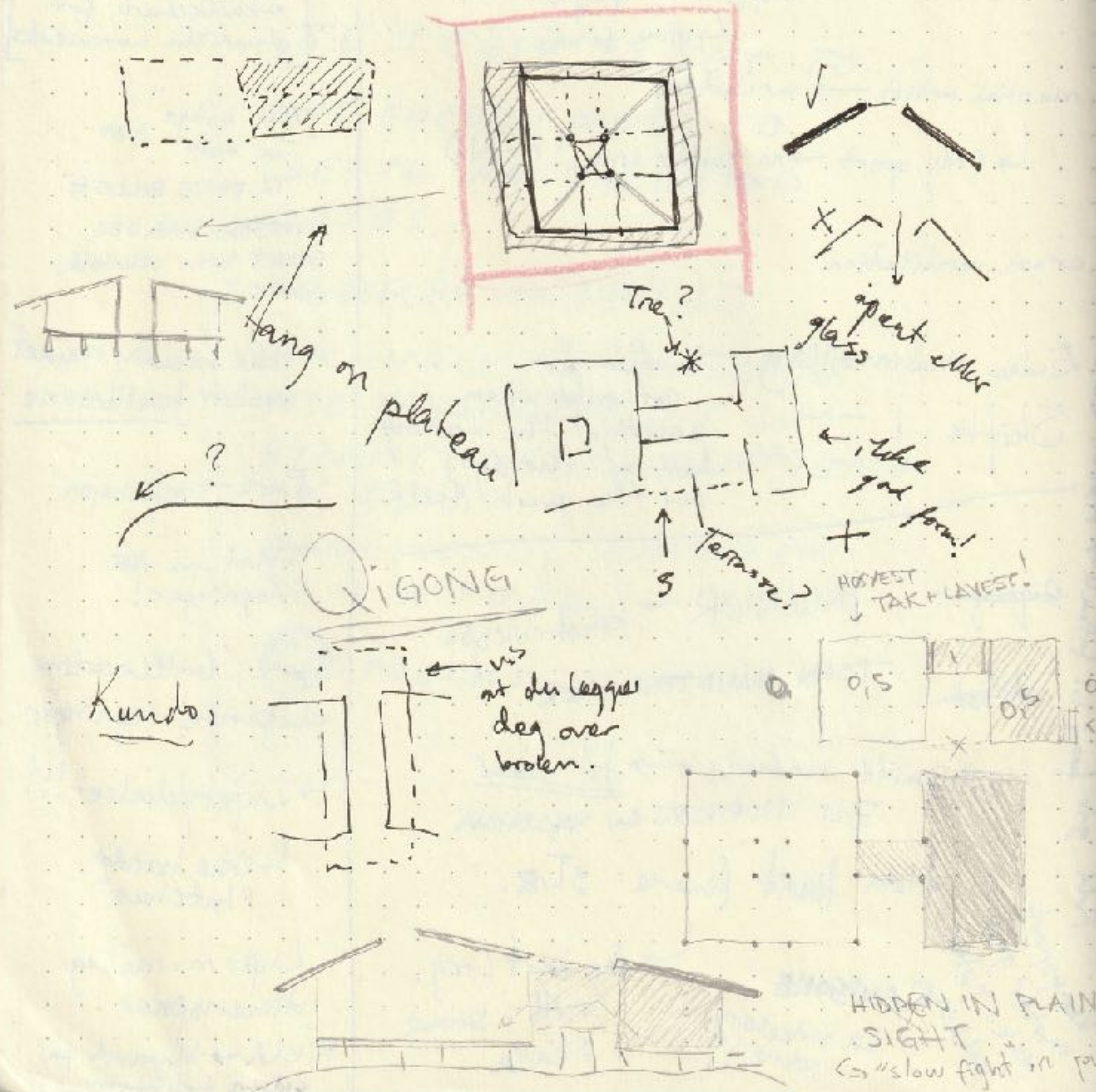


Qigong → "HIDDEN M.A." → slow / non-combat  
 ↳ speed up → used in fight  
 ↳ shielded / hidden... → solid vs open

"Dette er den perfekte  
 diplom → ikke bli  
 usikker!"



- Concrete base → meet the ground
- Roofs
- Main construction → outside? / inside?



~~FREDAG~~  
~~TORS DAG~~

FREDAG

LØRDAG

- MAT
- TATAMI
- FIKS SIT. PLAN
- START NY SIT. PLAN
- RING KAROLINE
- SE OVER YAKUSHIMA
- 2D MENNESKER
- SOL-STUDIE
- ↳
- FIKS FARGER I FLOM-KART
- X-REF → TRAR?

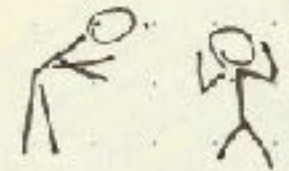
• JOBB!

• 3D MODELL

↳ EGEN FIL!

• FERDIG M. PLAN + SNITT

2D → små barn  
 som tetter  
 inn i dojo



SØNDAG

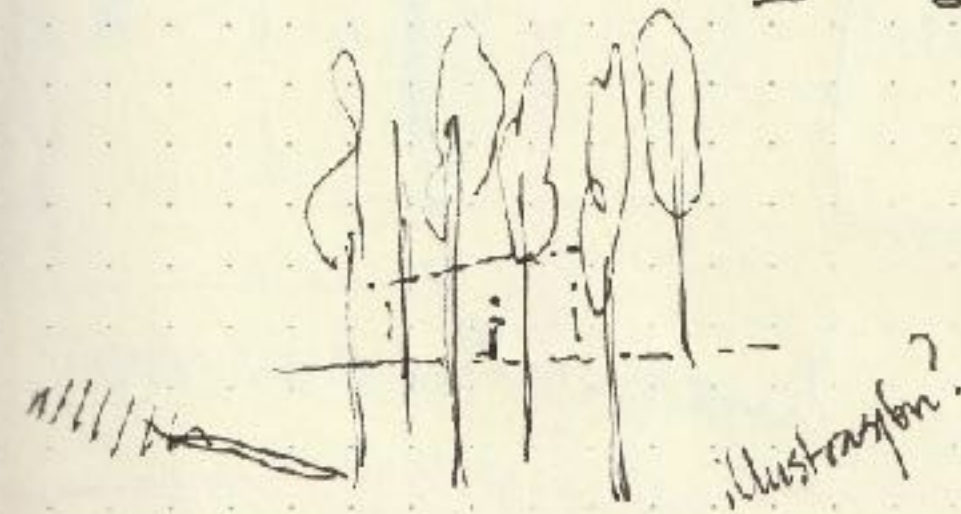
- SAMLE
- SKRIV NED TANKER

- Barn som spiller fotball
- Tennisinger (vgs)
- sirkus?
- Hundepark

Soloppgang → dra på tomt  
 ↳ KARATE  
 ↳ ta bilder

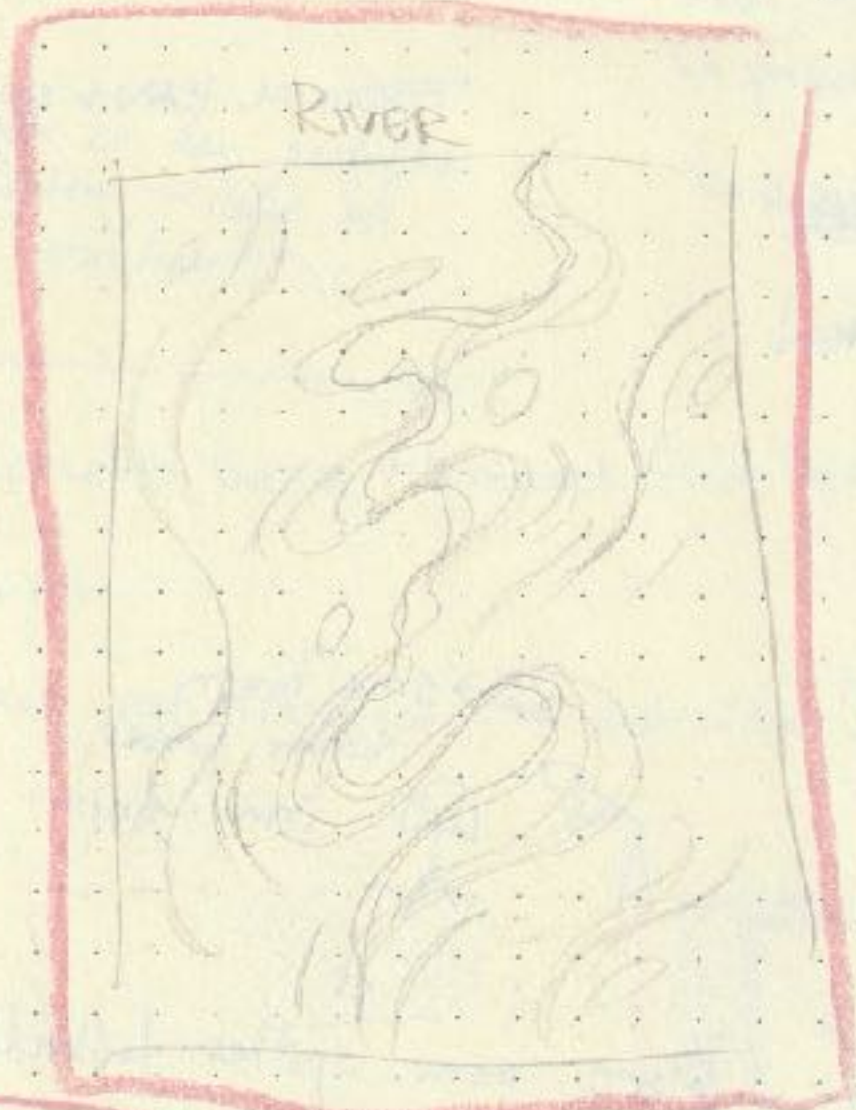


gammel og ung  
 som ser på  
 kampsport.



↳ WACOM → ØDELAGT?





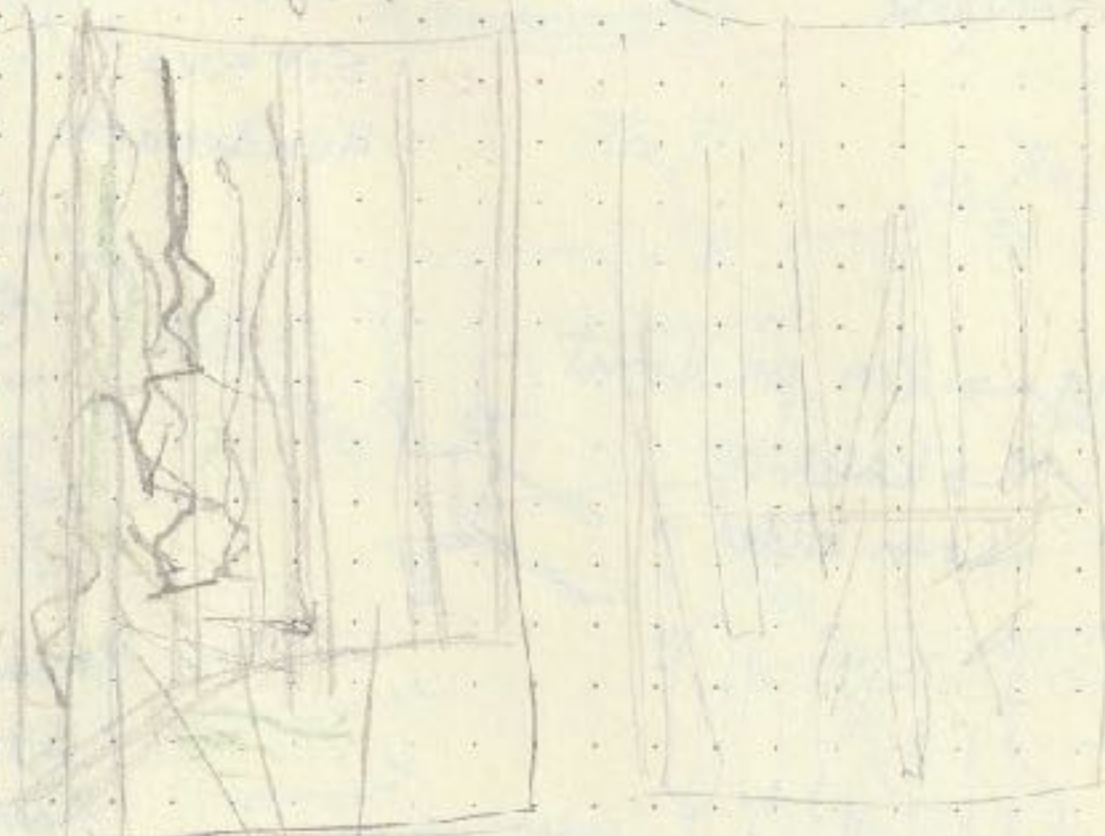
RIVER



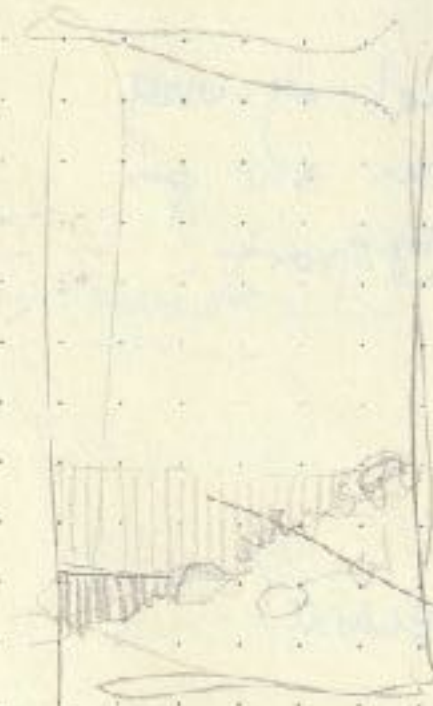
FIELD

FLOOD

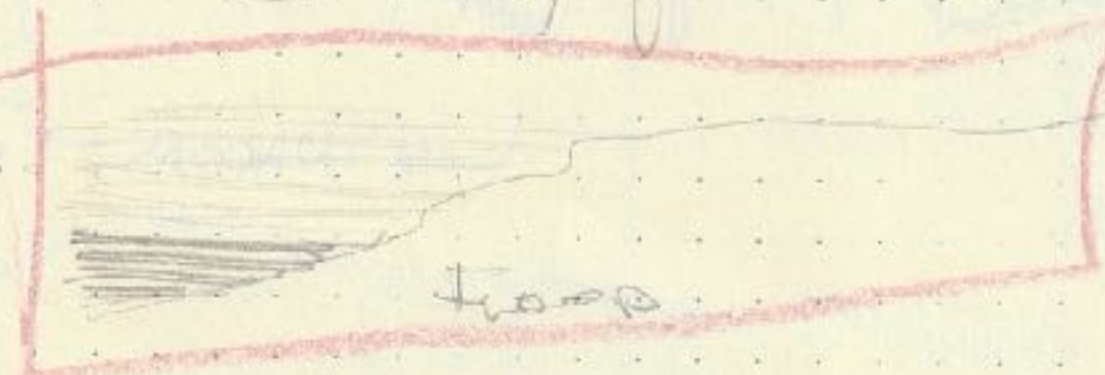
FOREST



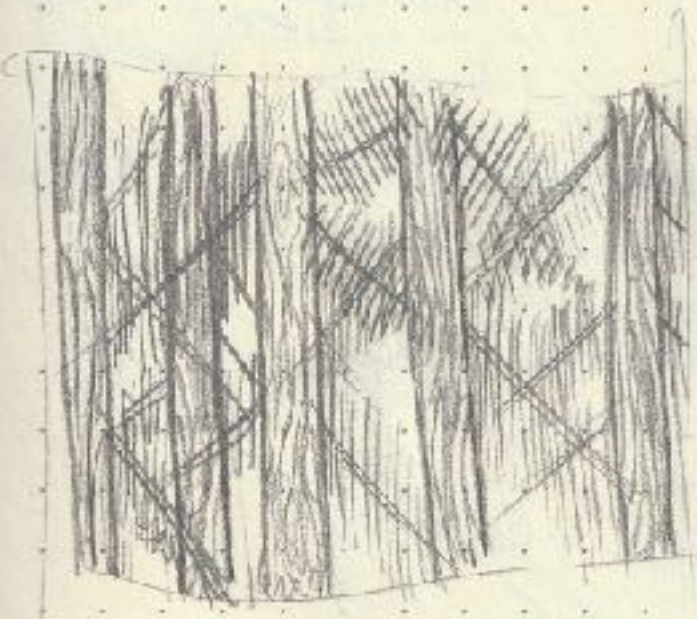
A4



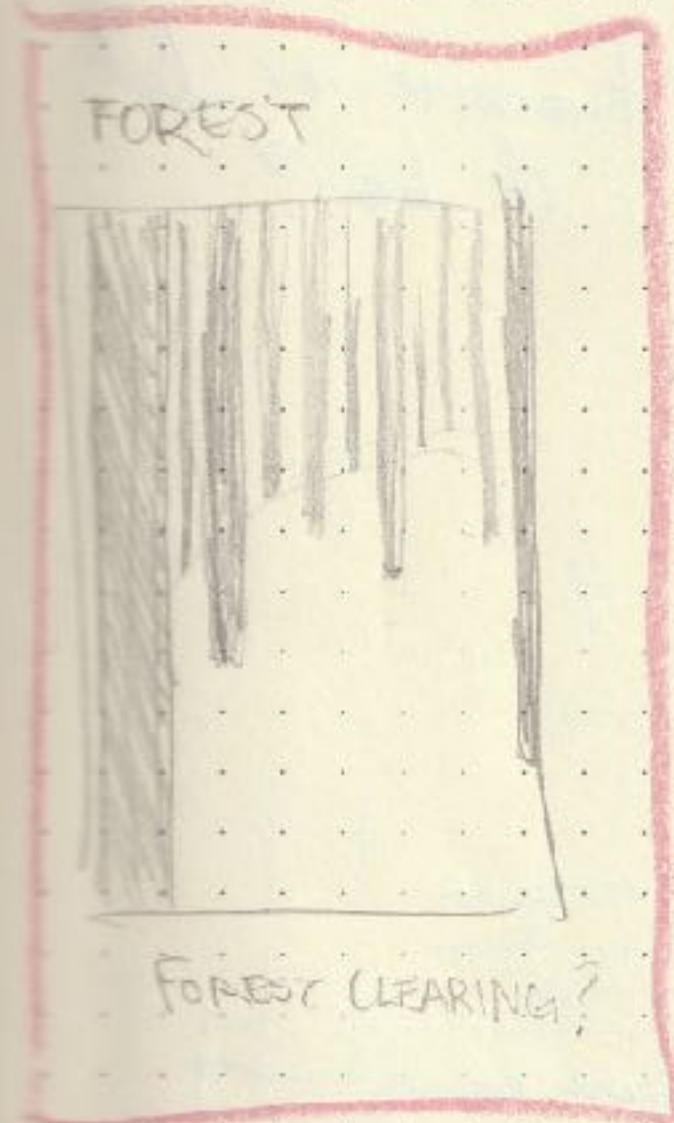
Water by path!



flood



No



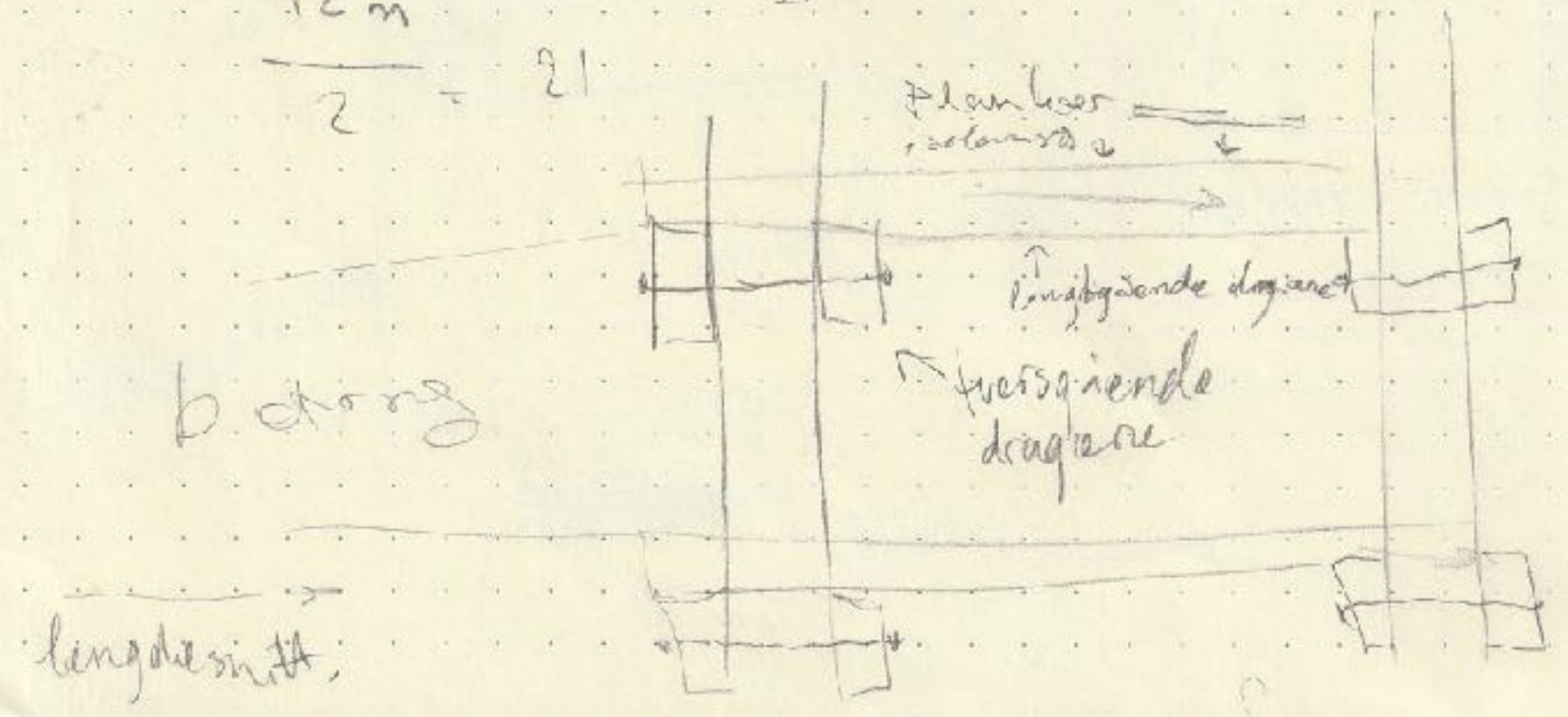
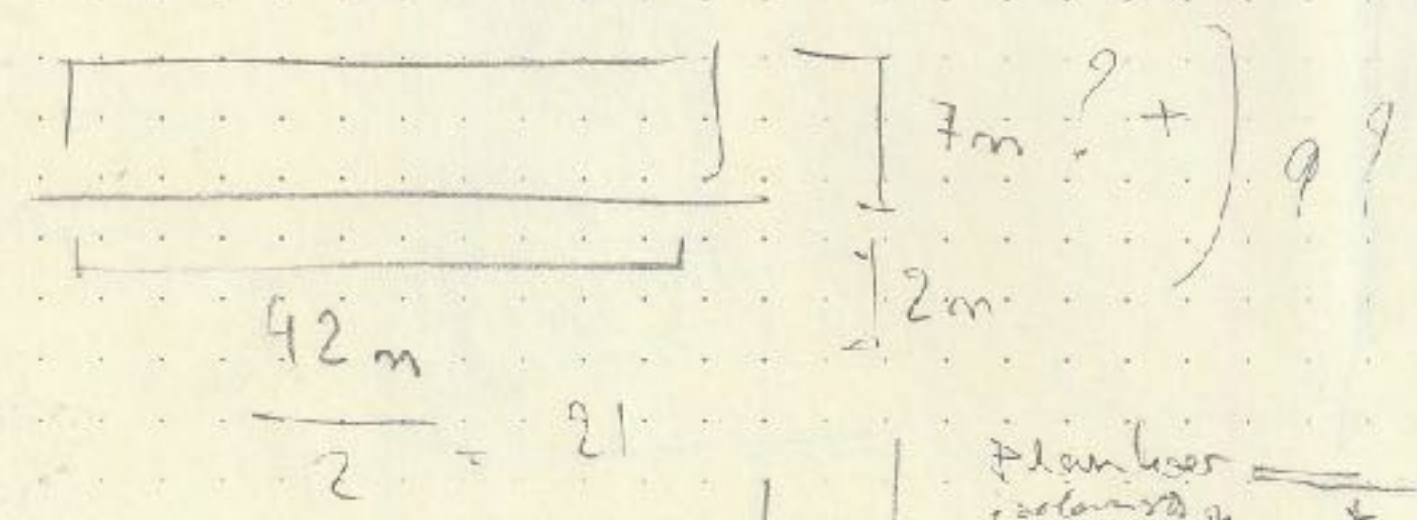
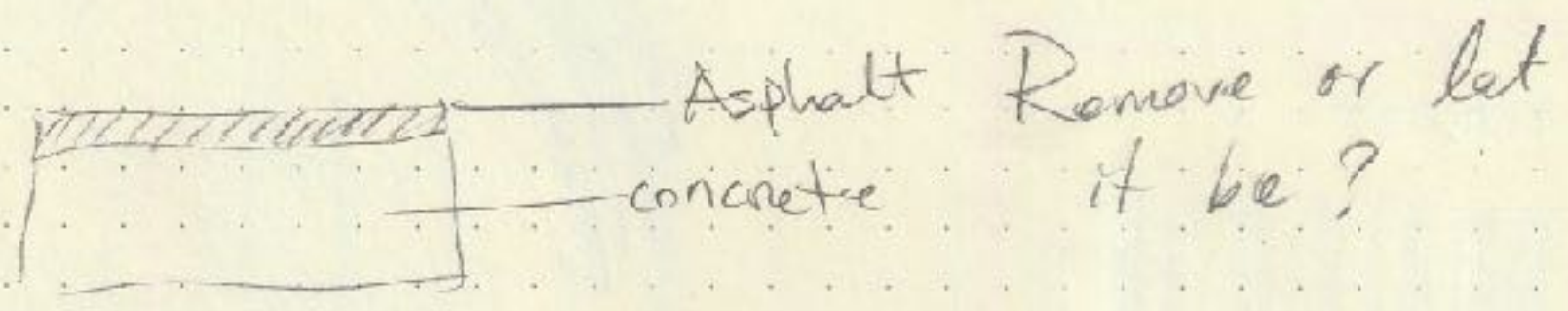
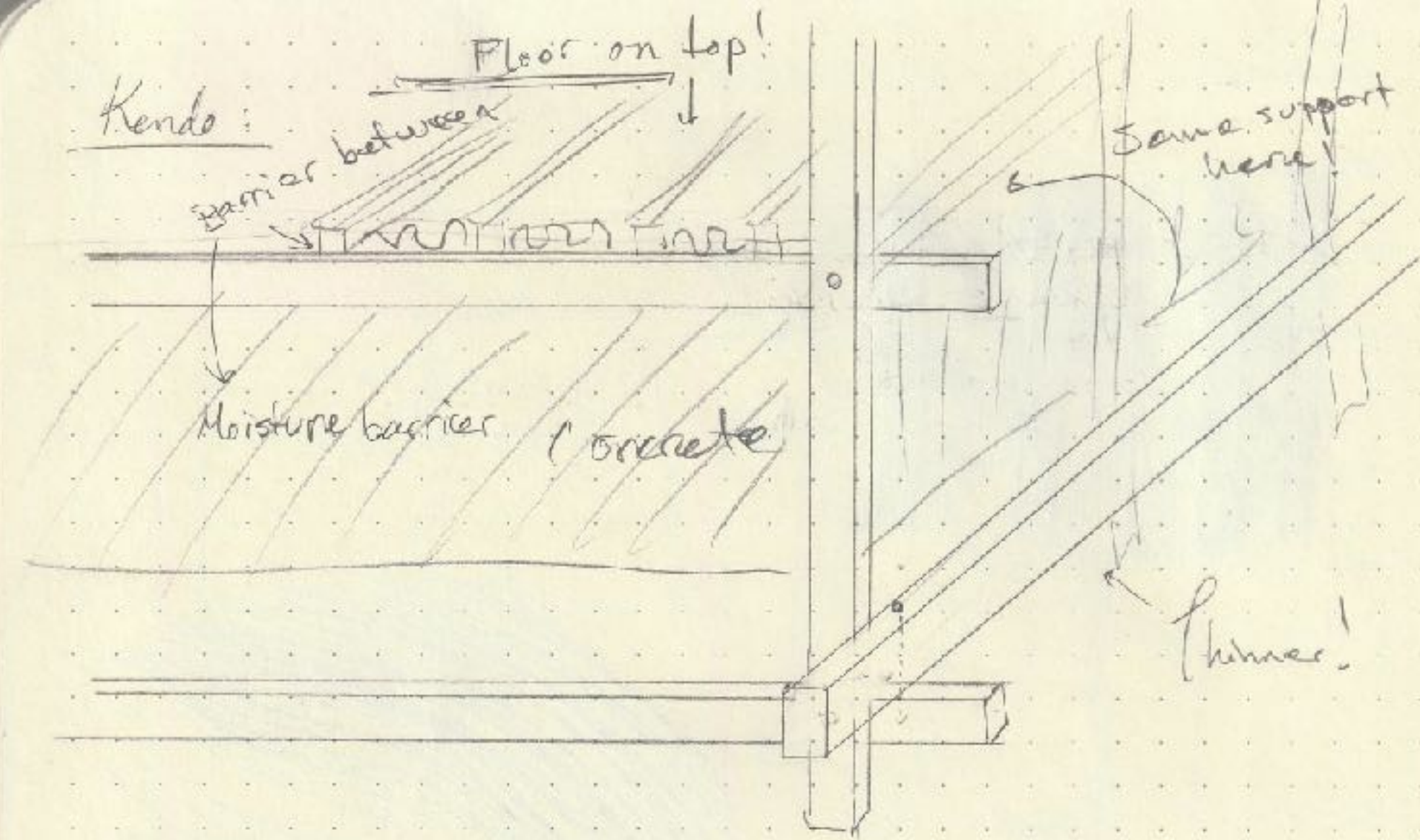
FOREST

FOREST CLEARING?



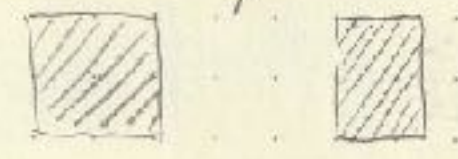
FLOOD?





Spm. til ingeniør:

- Kendo:
- asfalt (fjerne eller la være)
  - spenn-rekkevidde
  - dim. på dragene + søyler (fri)
  - betong søyler
  - 8x8 tom. eller 6x8 tom. (20x20cm / 15x20cm)
  - 2m / 3m mellom søyler?

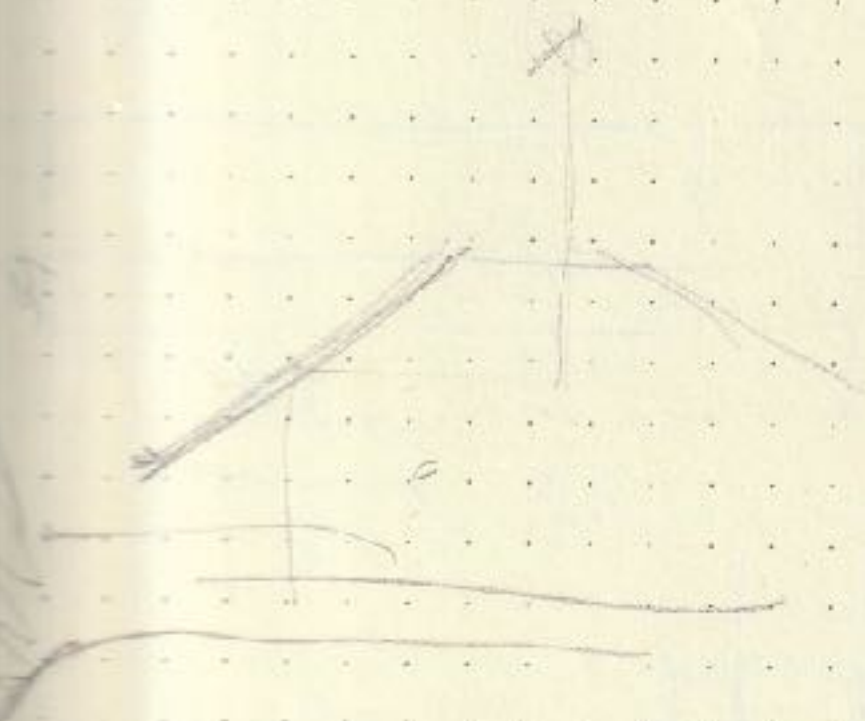
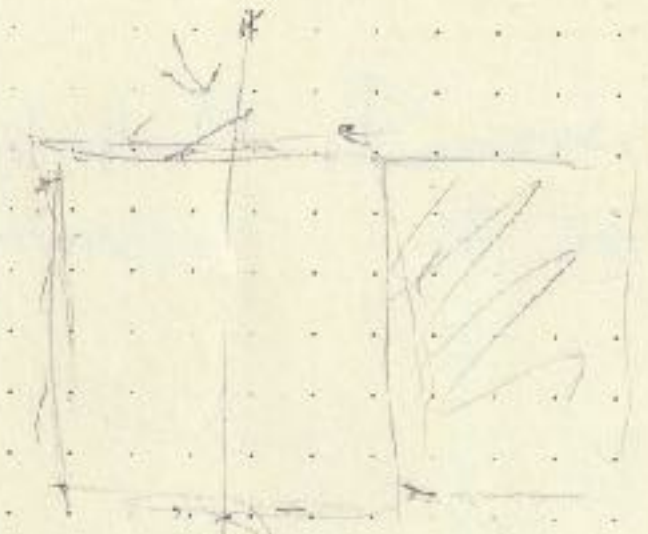
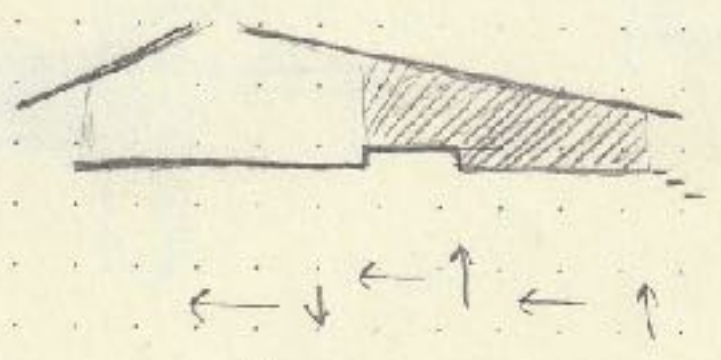




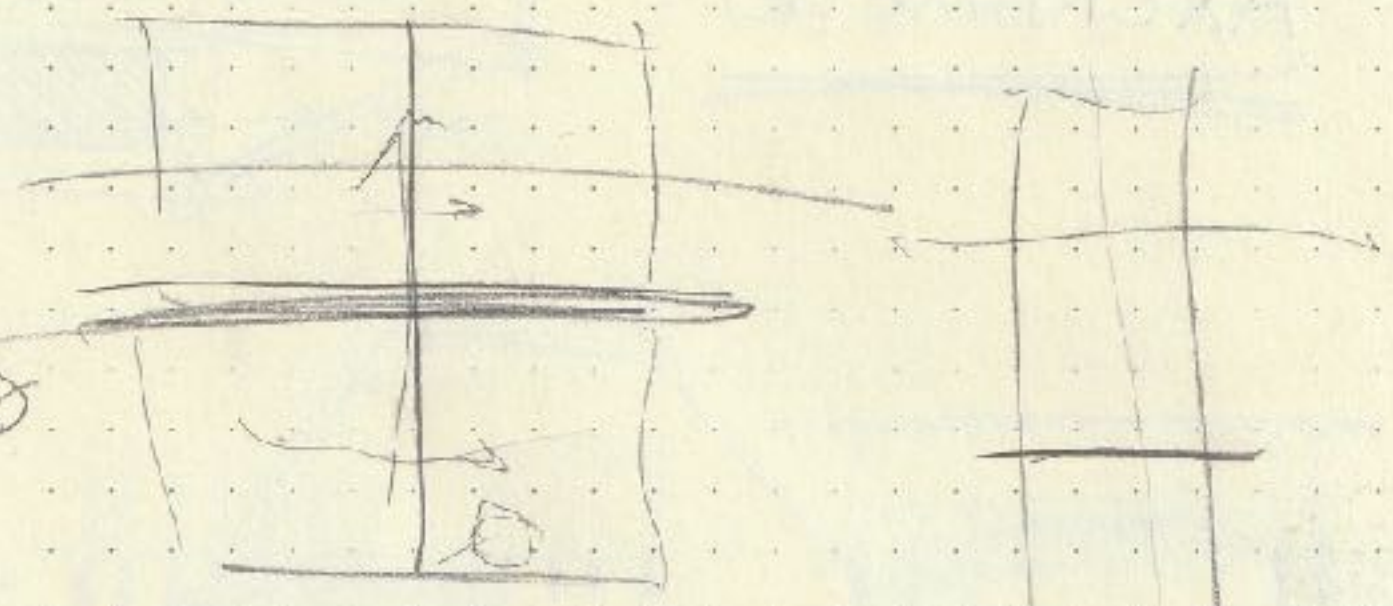
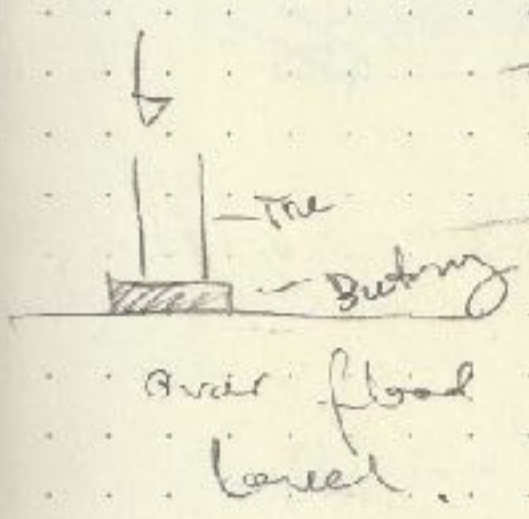
Qigong:

Traditionally outside (except for when practiced in Shaolin temples)

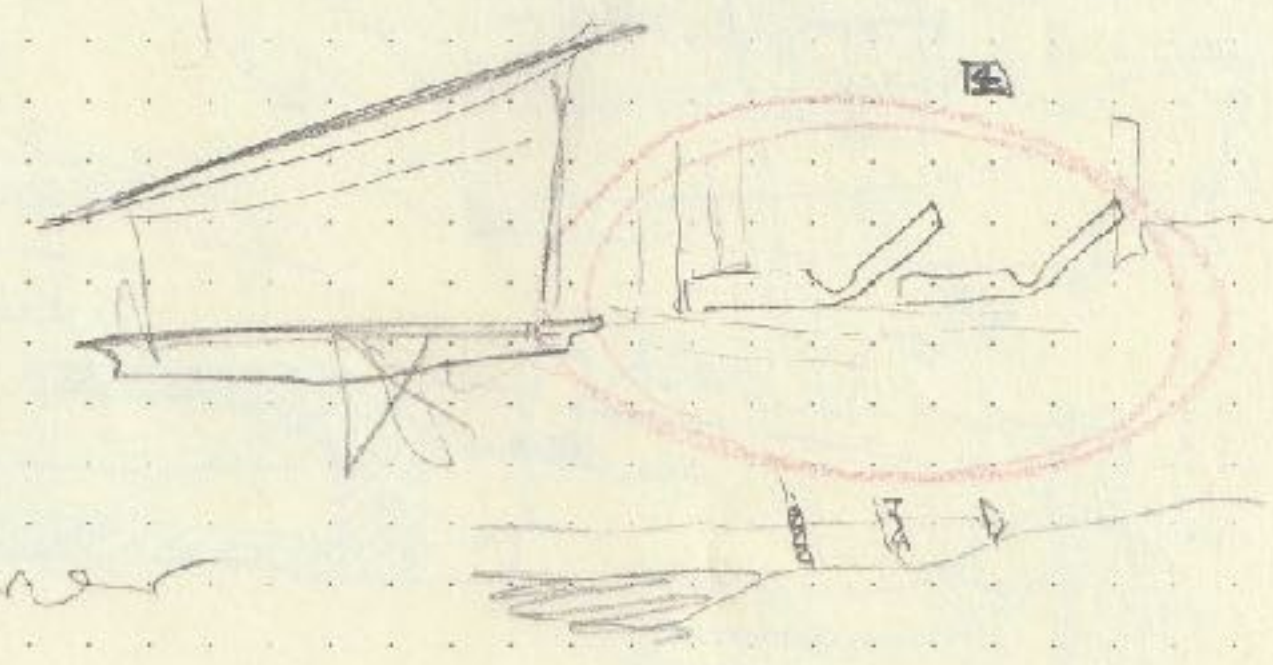
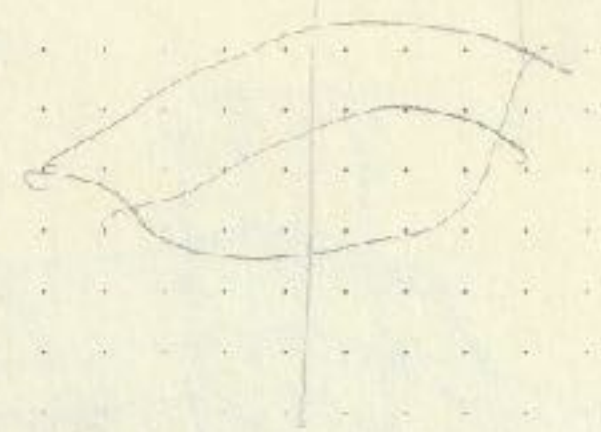
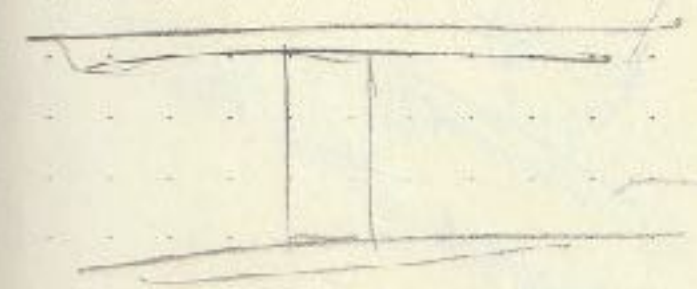
- ↳ No bowing-ritual → rather an entryway...
- ↳ Room that opens up
- ↳ Stepping outside



Karate

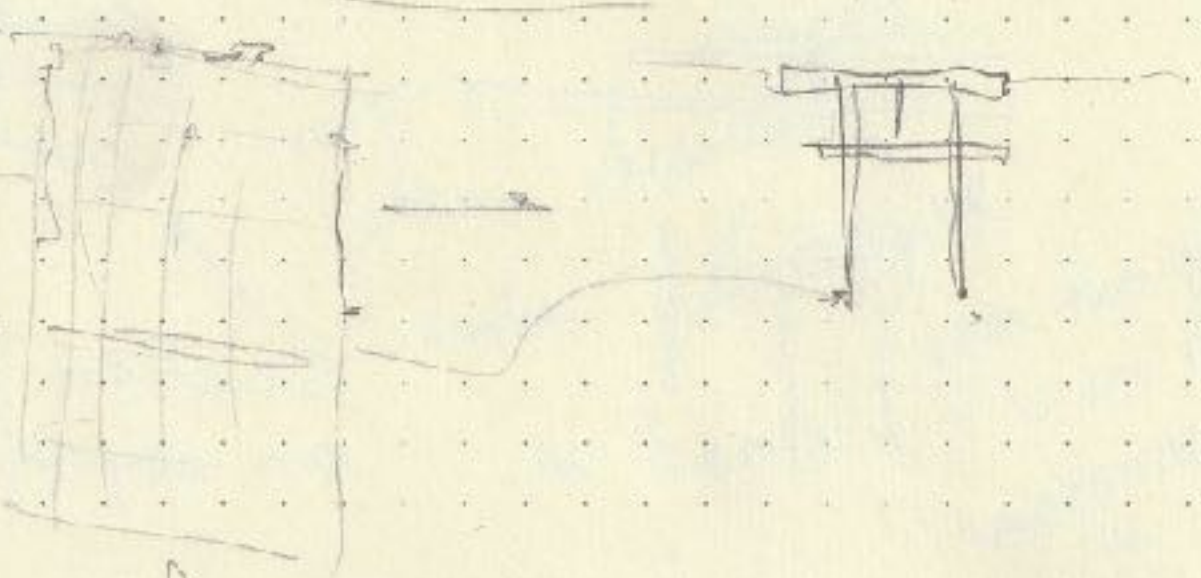


Ceiling structure



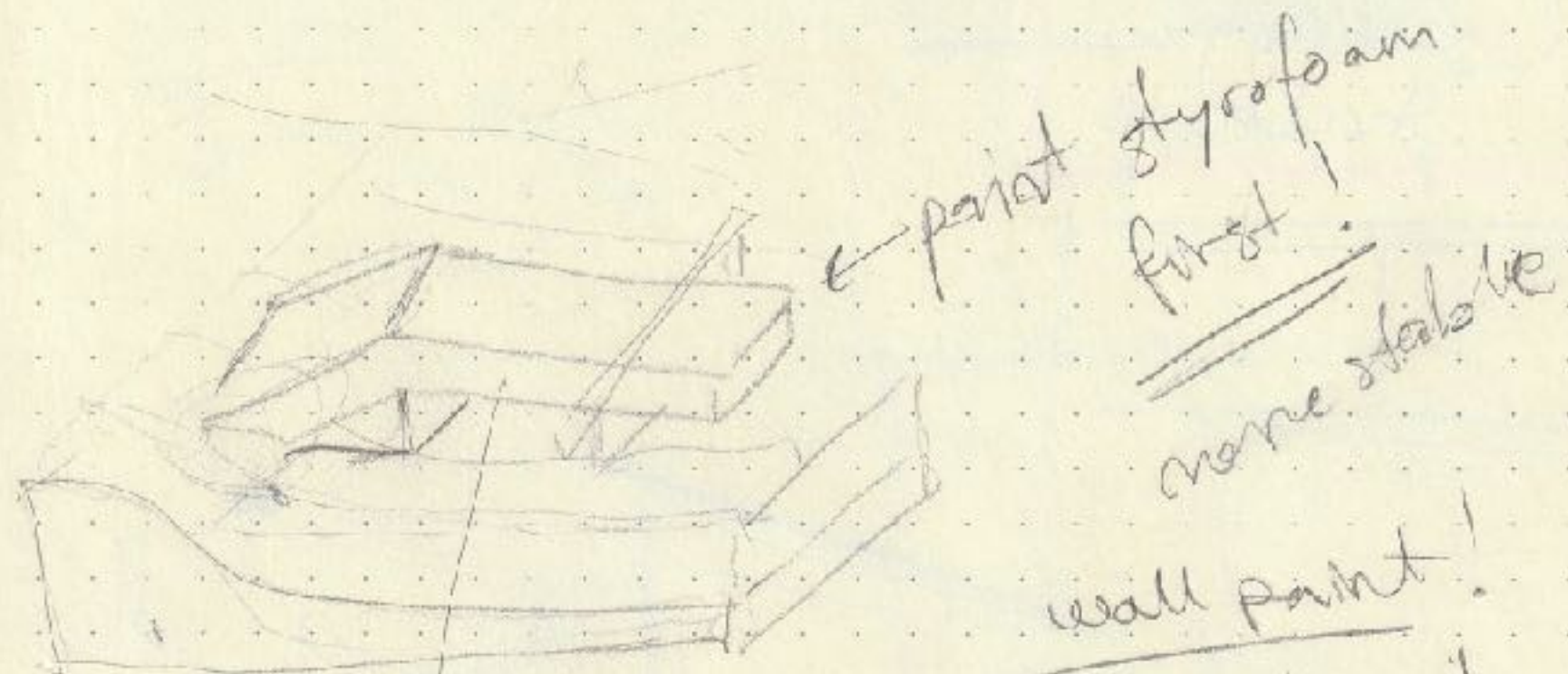
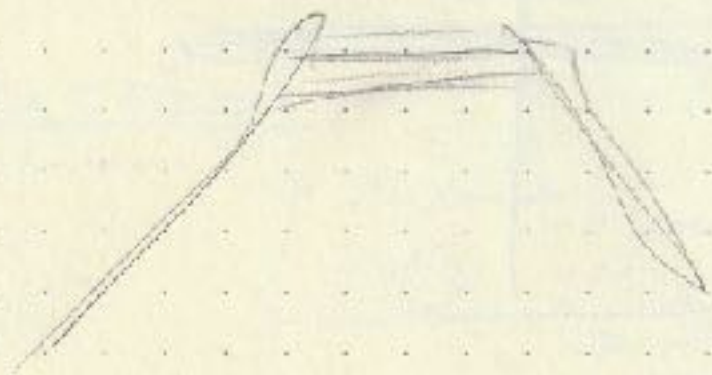
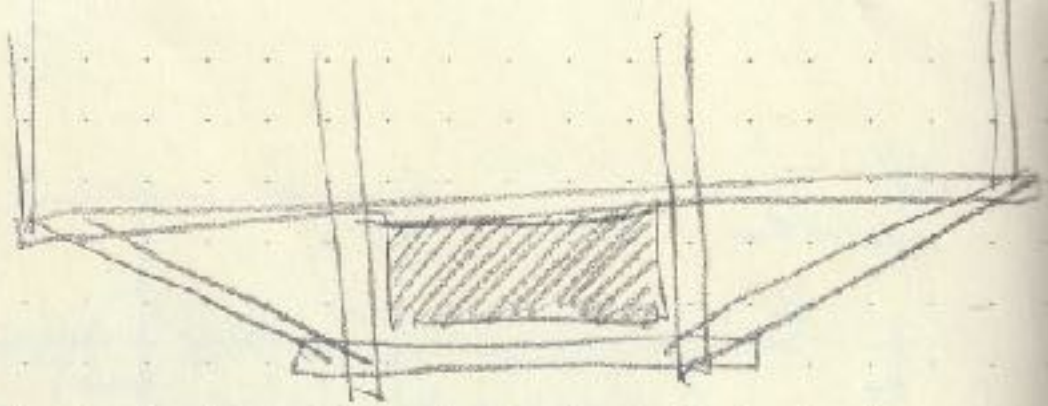
Rover

Catami  
 der man  
 kam!  
 freuding fte  
 + + + ?





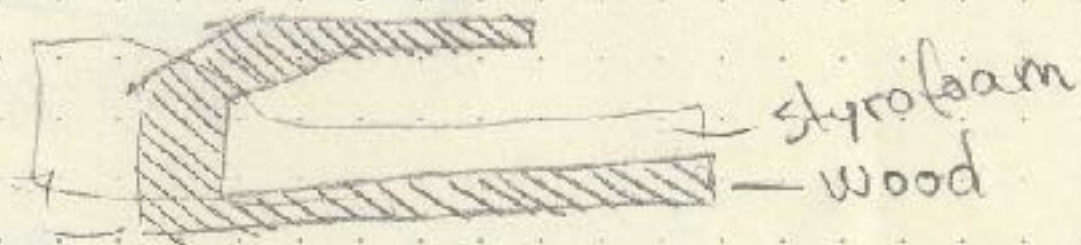
# AXONOMETRI!



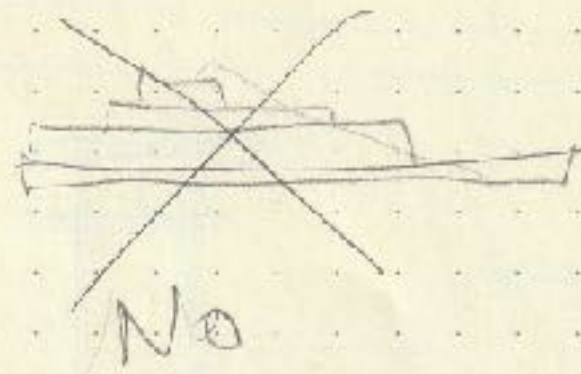
← paint styrofoam first!  
more stable

use paint!  
water based.

Wood



styrofoam  
wood



No



cut lengthwise!

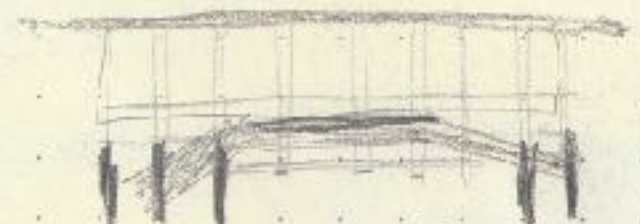
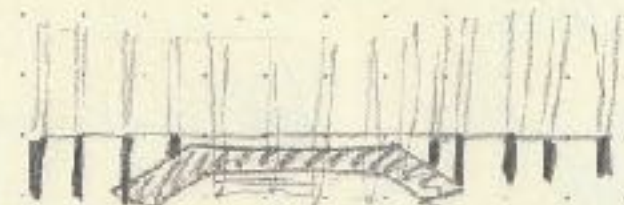
Section 2D →  
on styrofoam

Italian → Roman Col

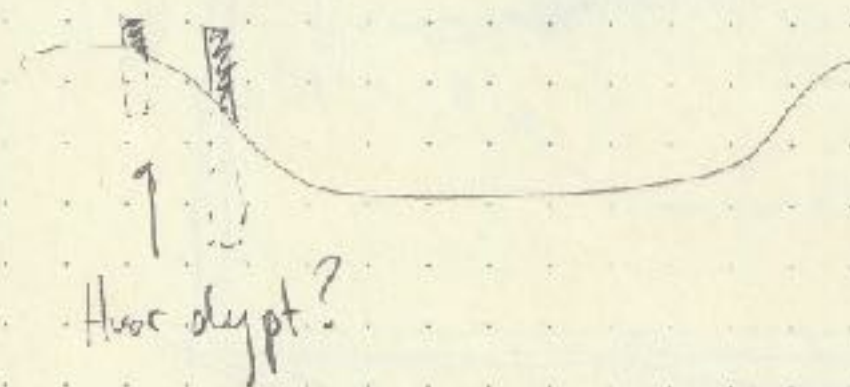
↳ take care notes → trees!

$$\frac{16.4}{2.7} \approx 6$$

Kendo →



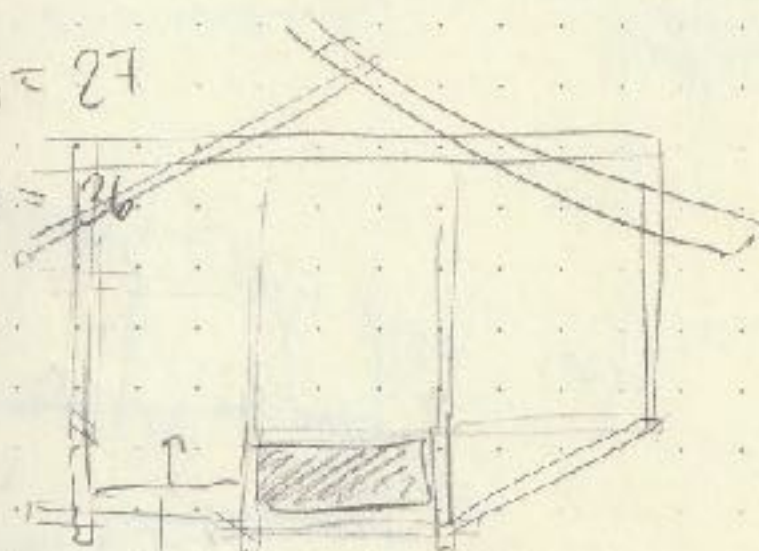
↑ middle dragonana!



↑ How deep?

$$9 \times 3 = 27$$

$$9 \times 4 = 36$$



small part  
of start  
of pedestrian  
bridge?!

3.6



↑ better pe. bridge?

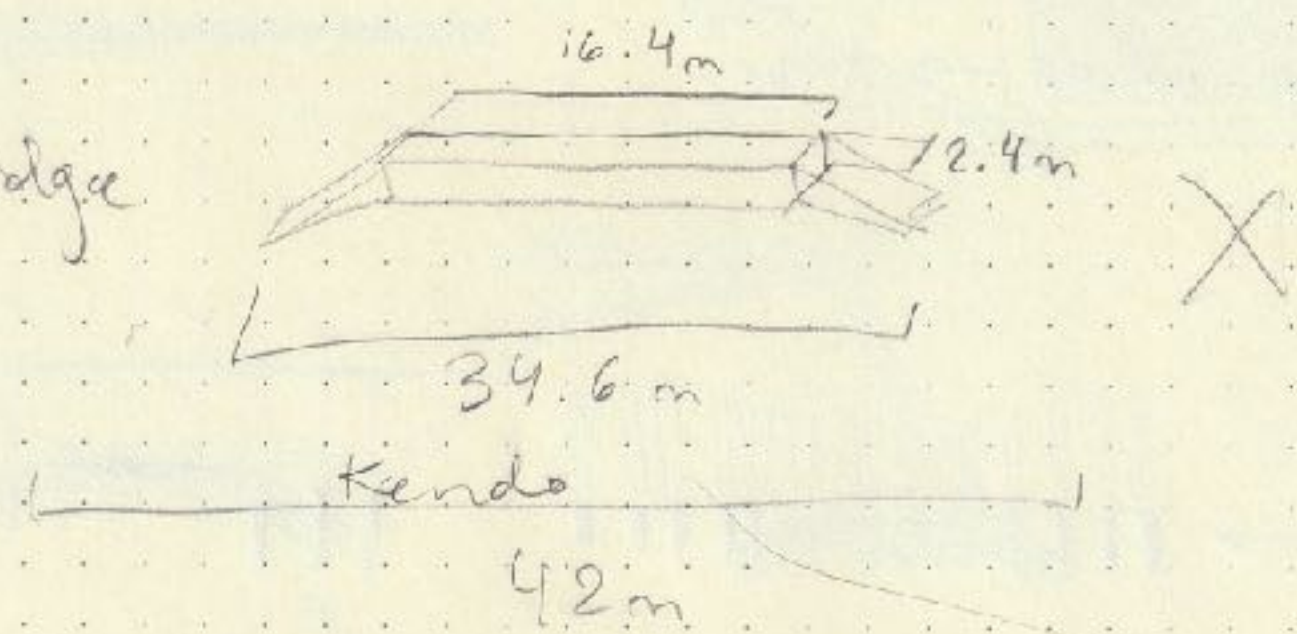


Tedami low set.  
make fully sense  
in kendo. (even though  
it is an universal  
measurement  
in Japan)

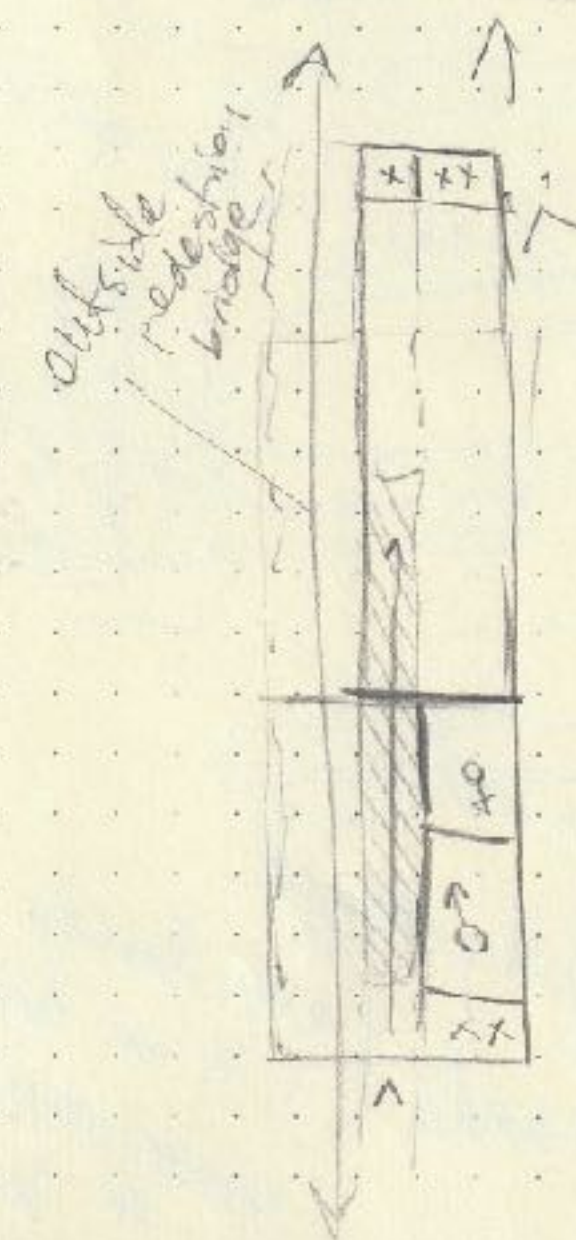
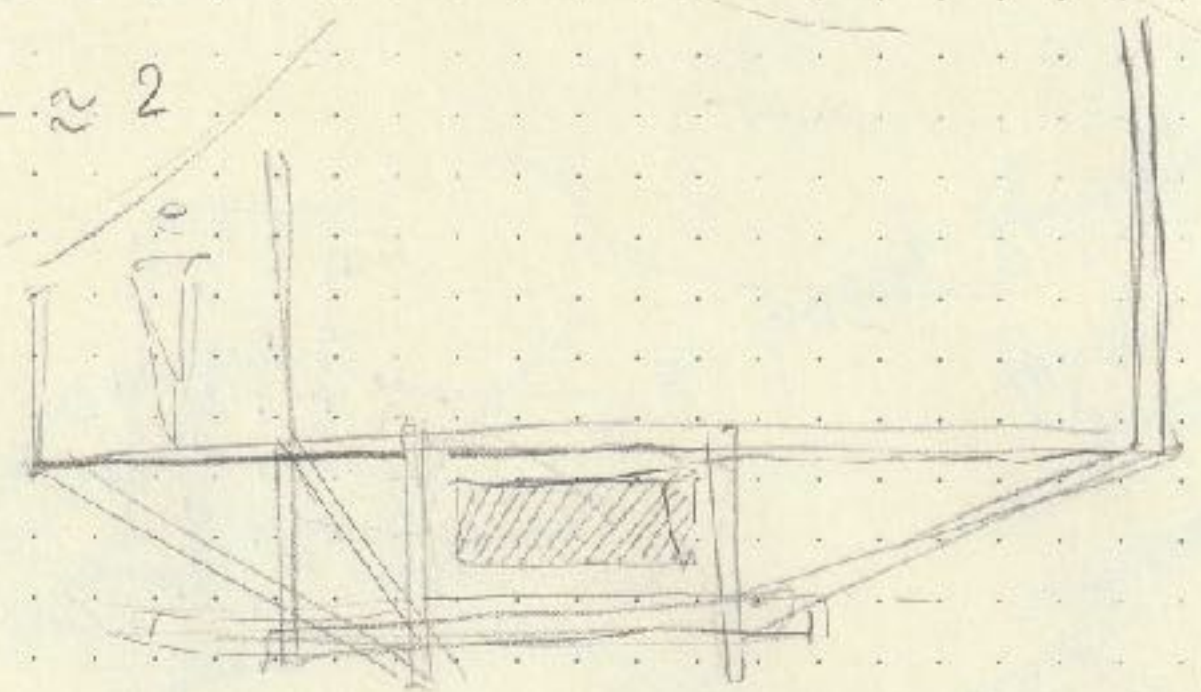


Kendo?

Bridge

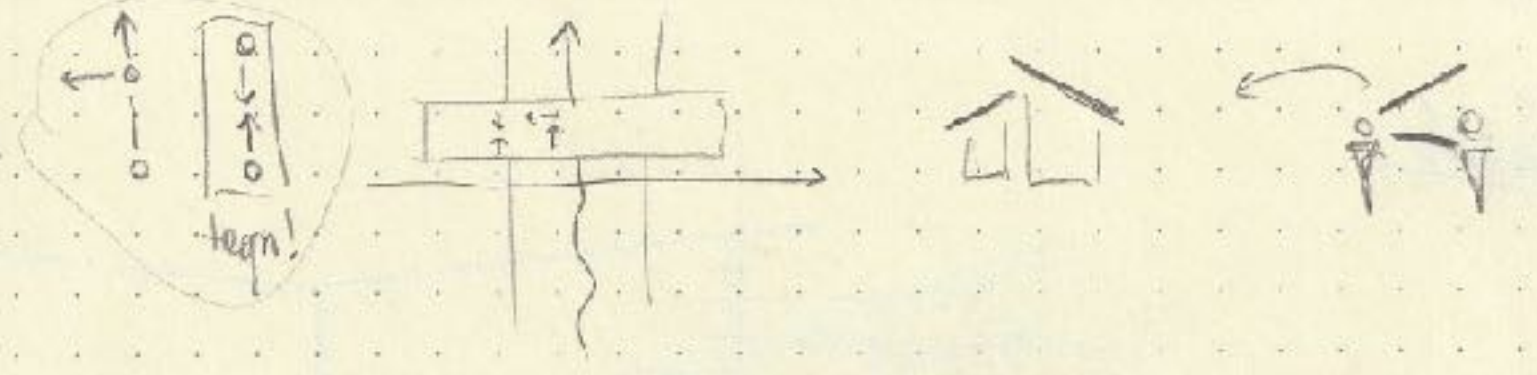


$$\frac{16.4}{8} \approx 2$$



floor height given  
under broad!  
↳ specific!

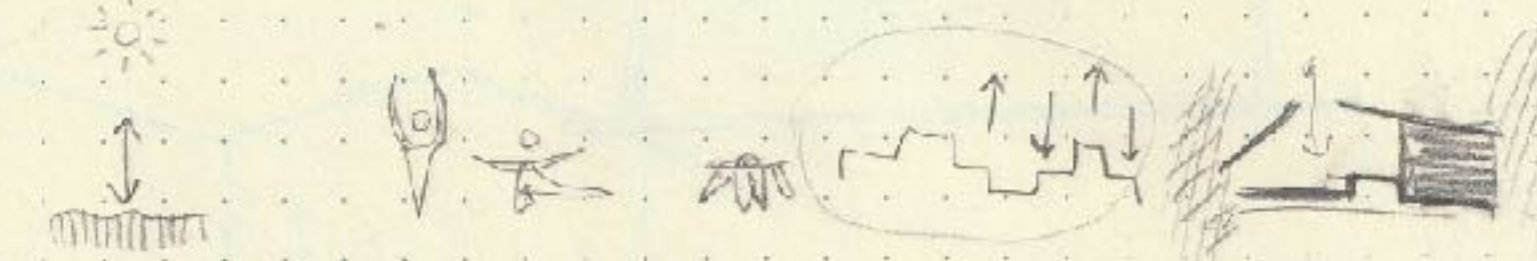
Kendo:



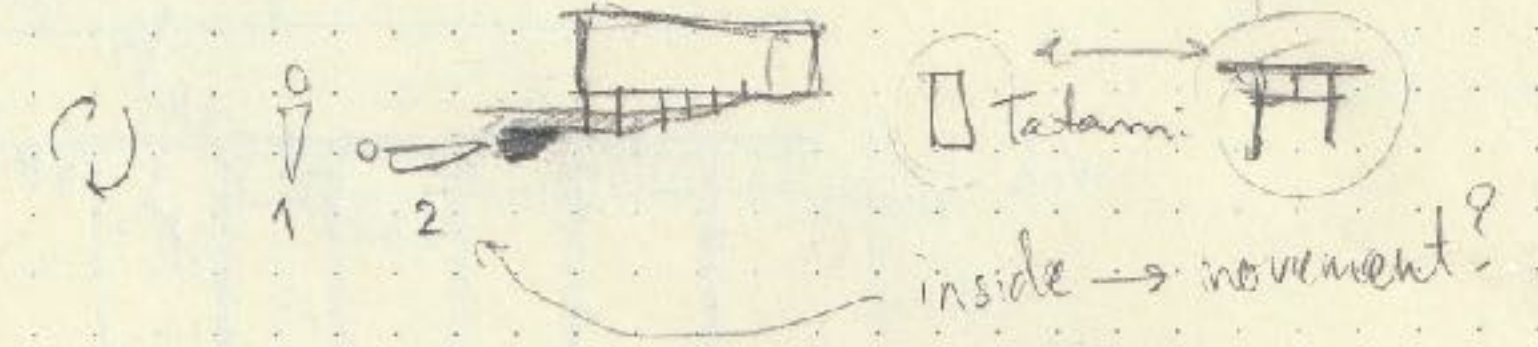
Karate:



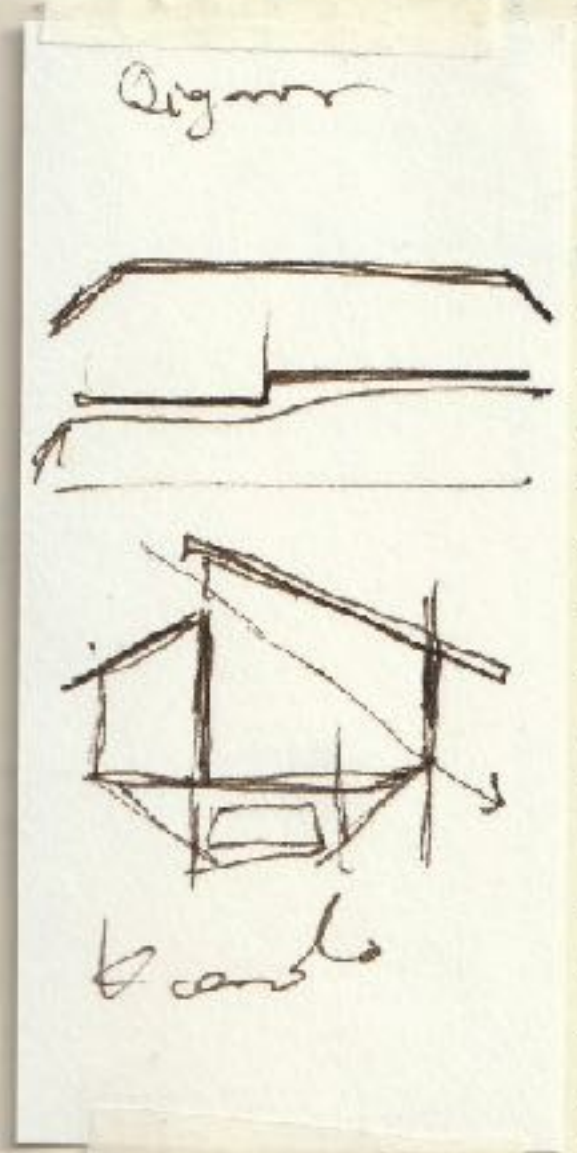
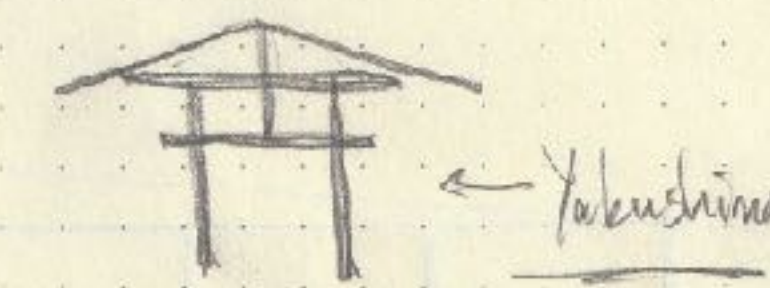
Qigong:



Aikido:

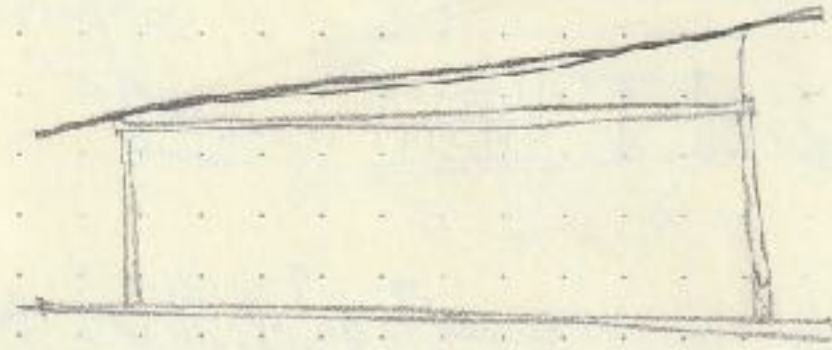


4 directions & elements

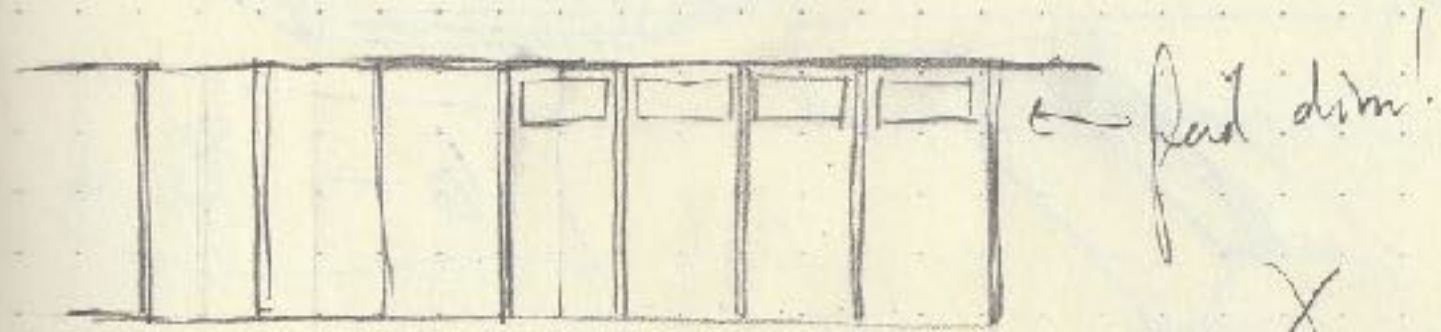
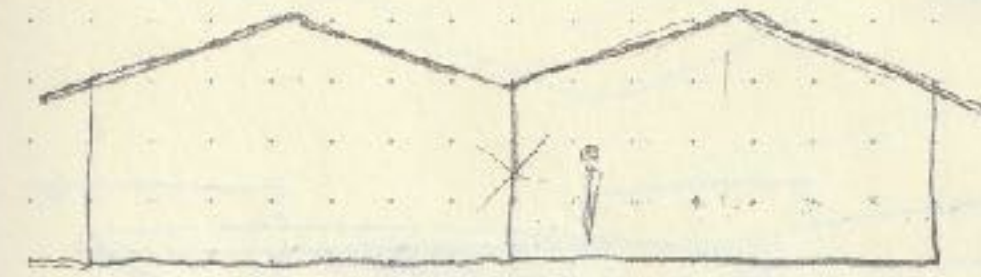
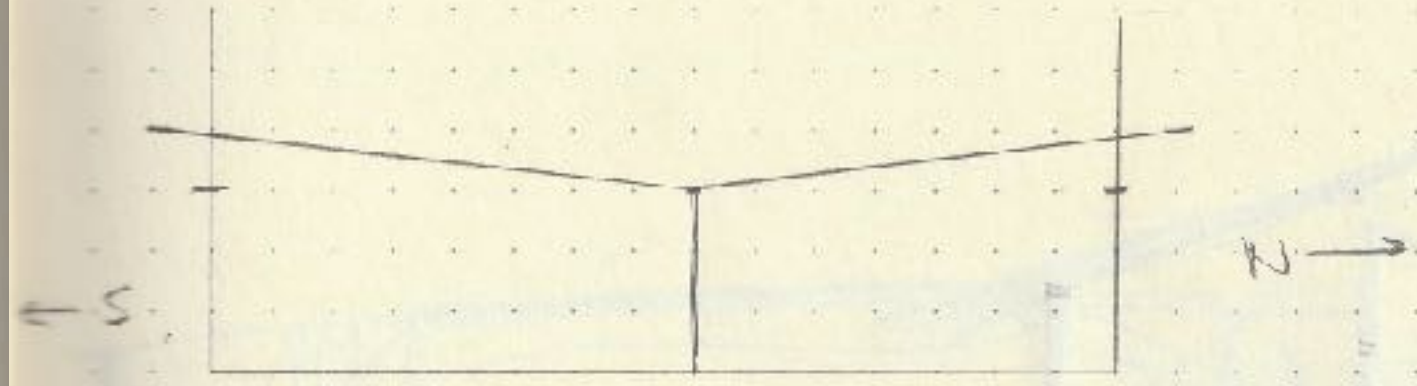
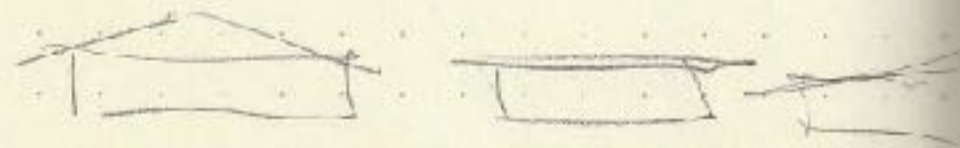
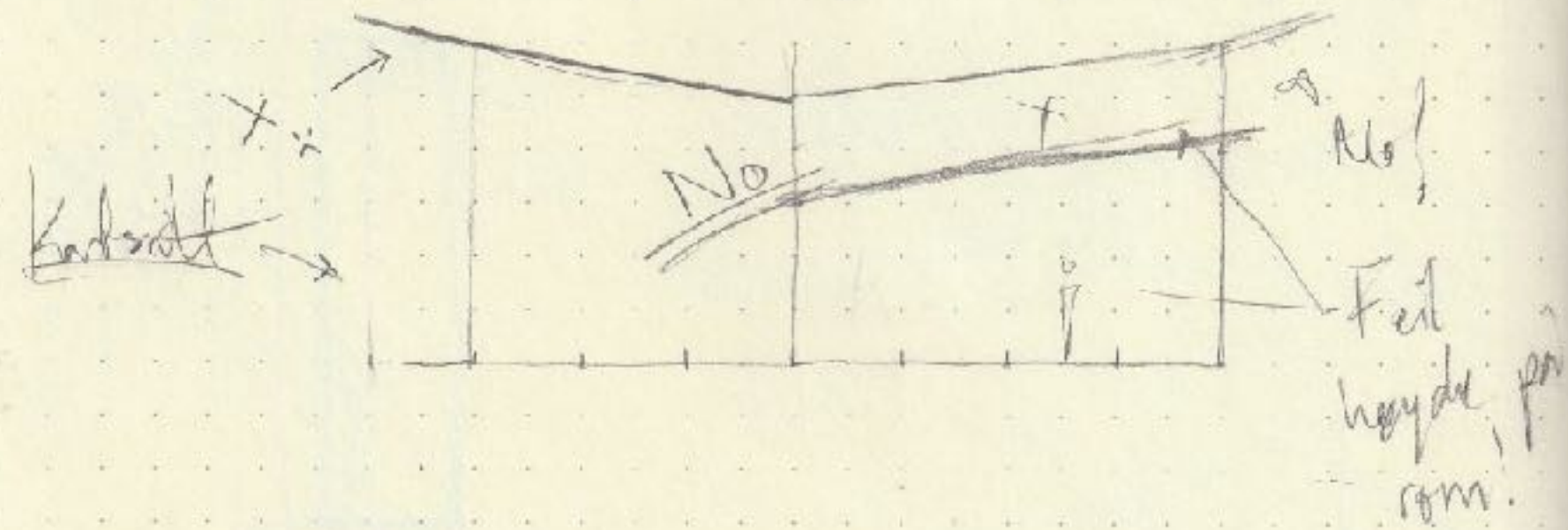
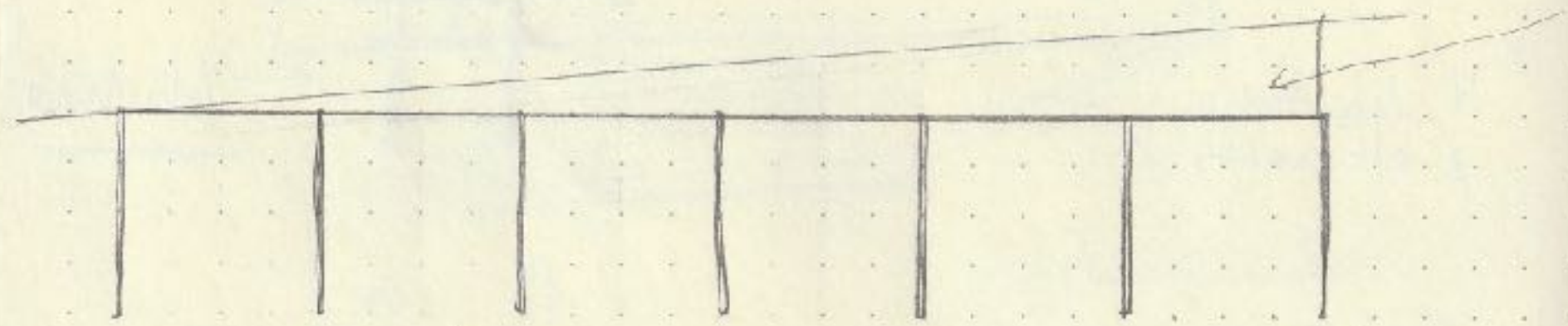




Karate:

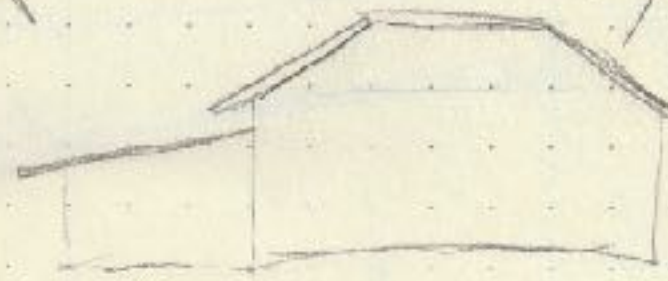
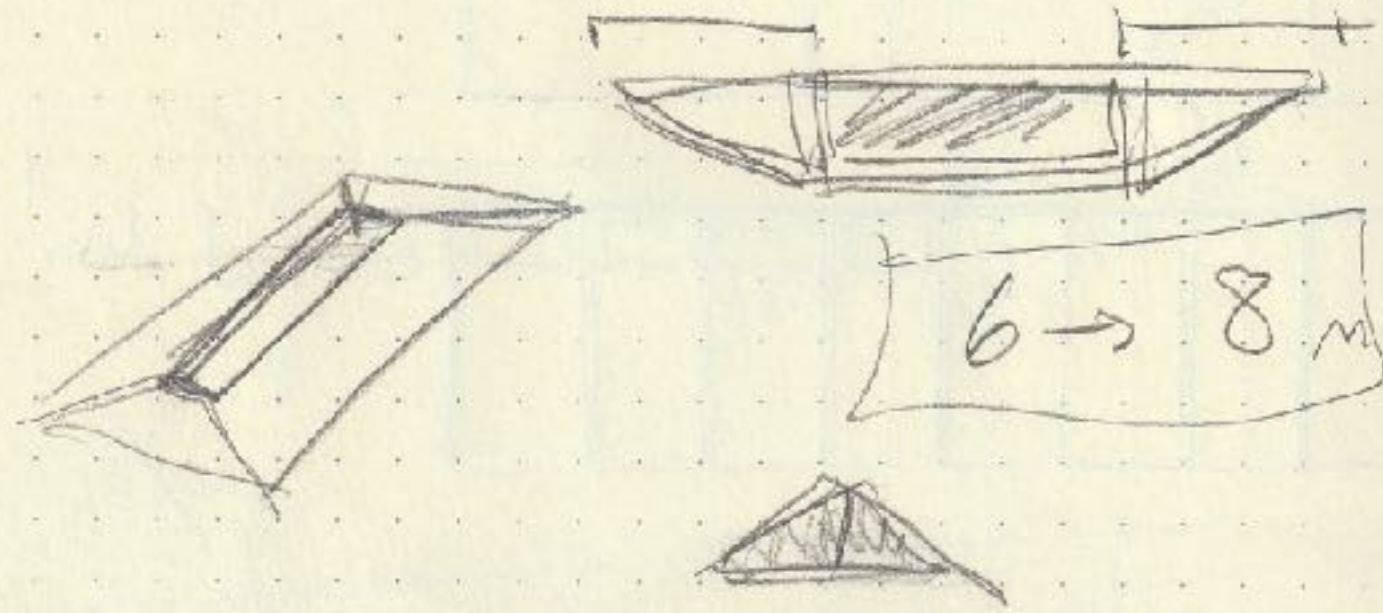
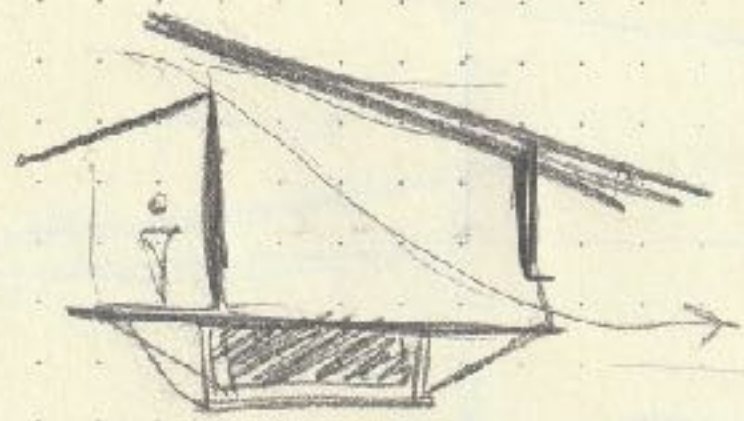


Kendo needs higher ceiling  
not karate!

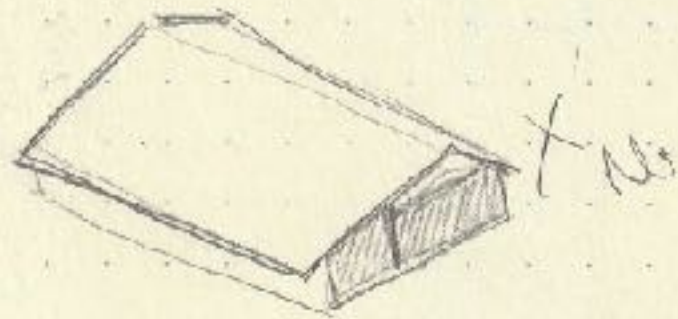


Wrong dimensions.

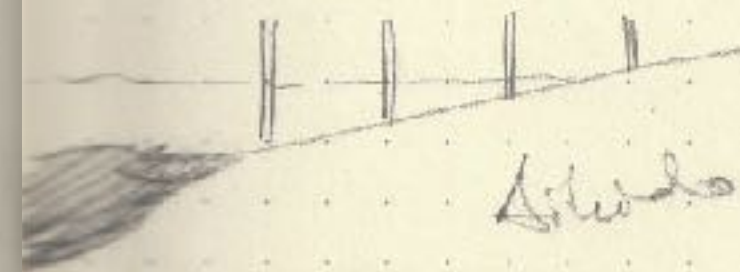
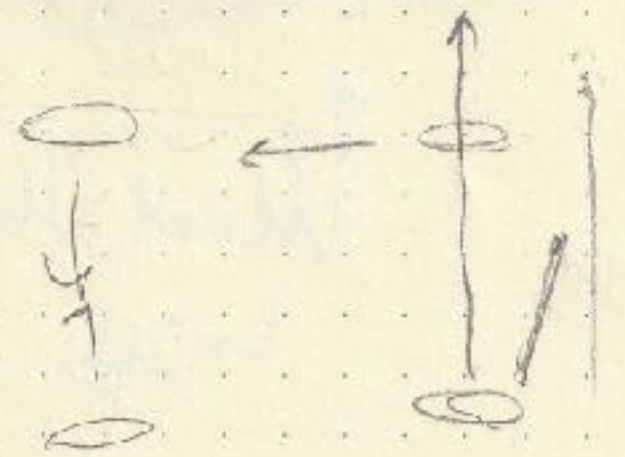
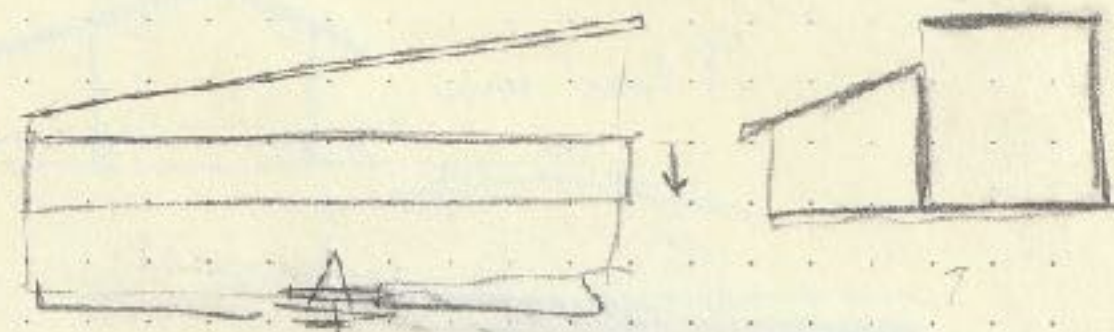
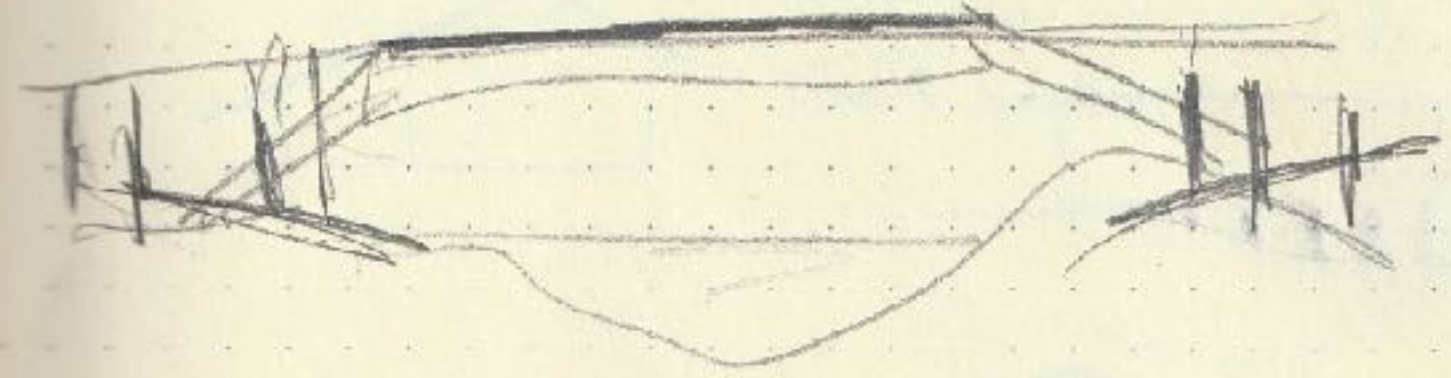
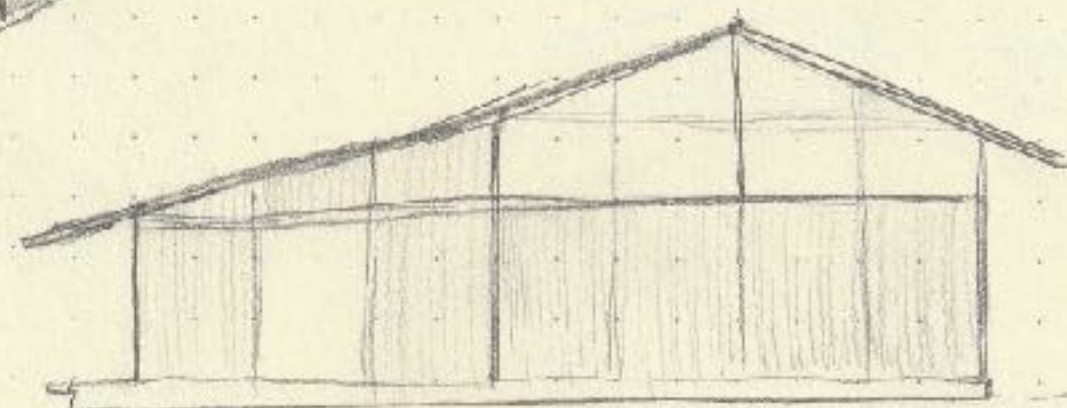




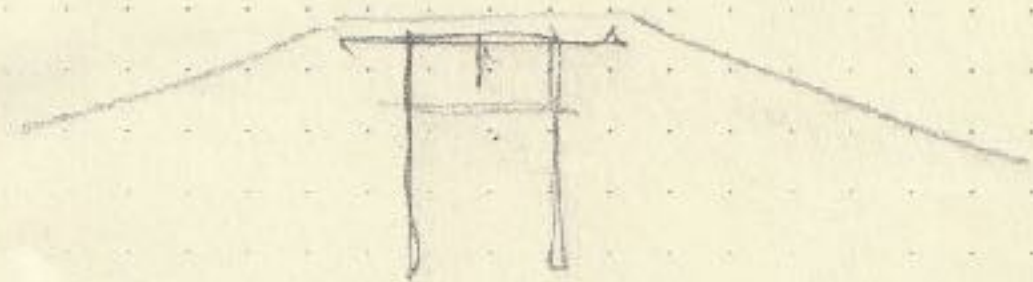
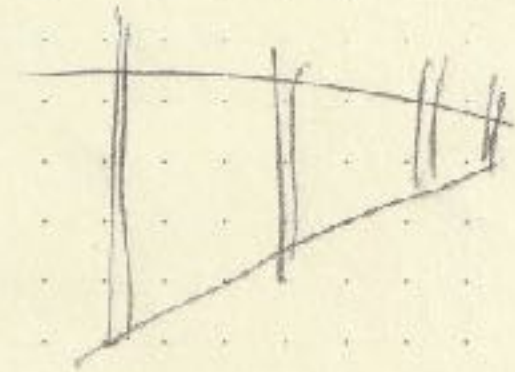
No. 2



No. 1

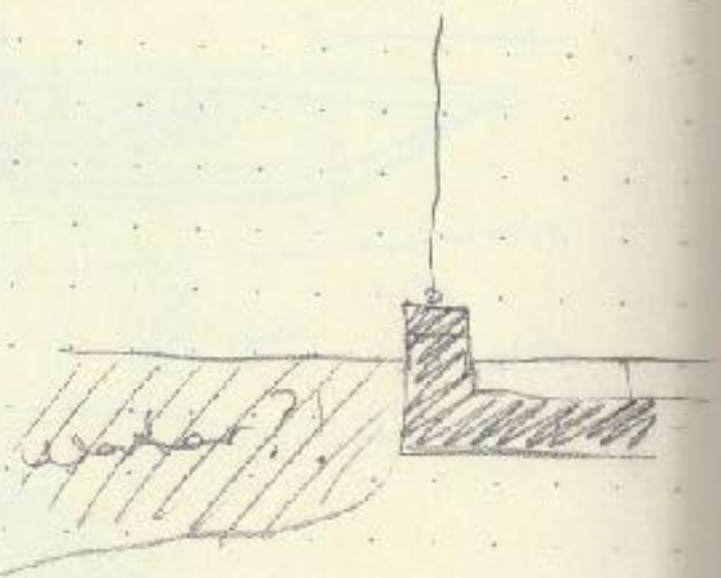
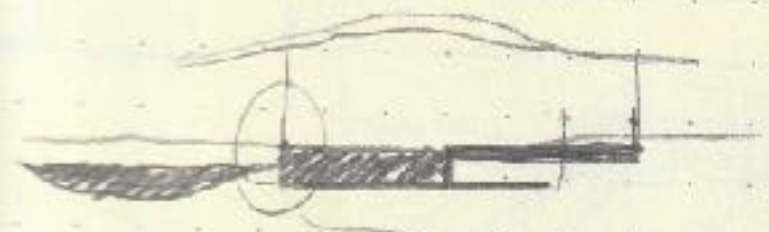
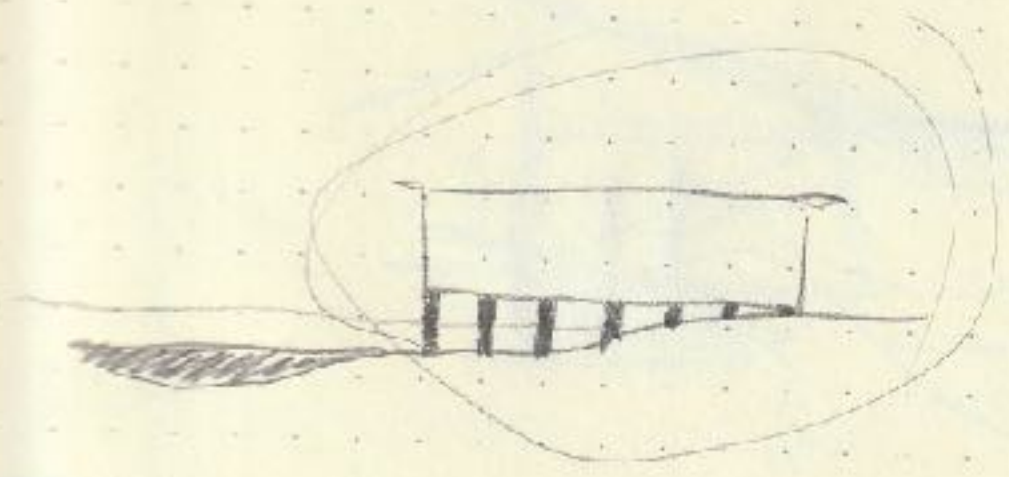


Sheds



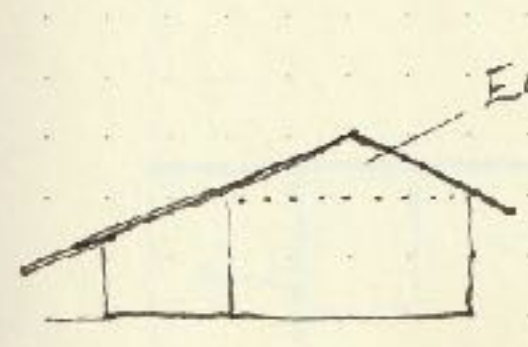


Alcove:



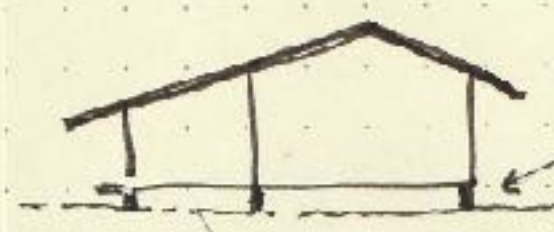
↑ "Meet the water"  
↳ Dig down

Karate:



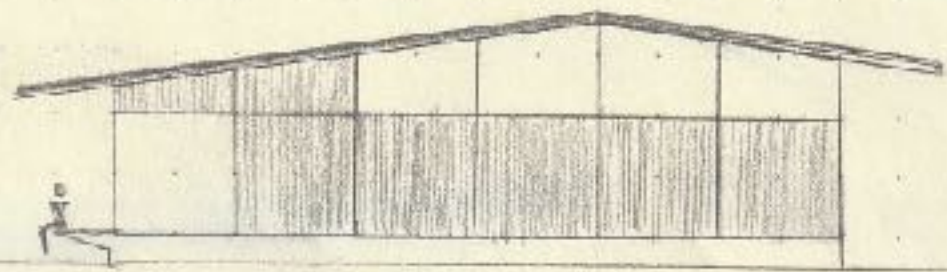
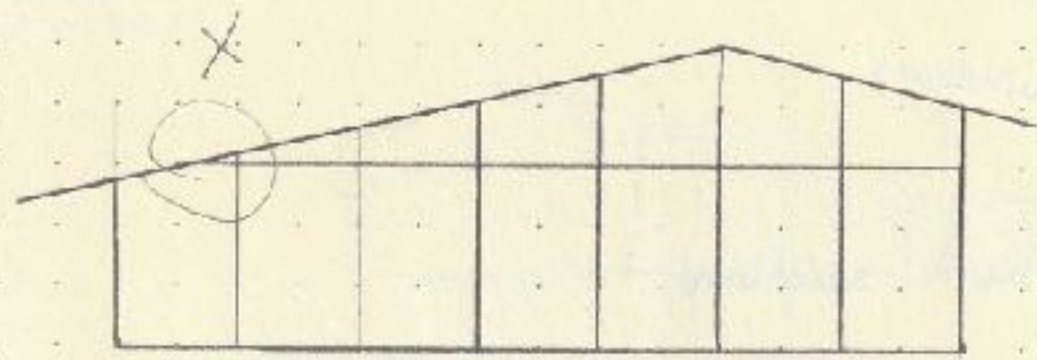
East windows

Short section

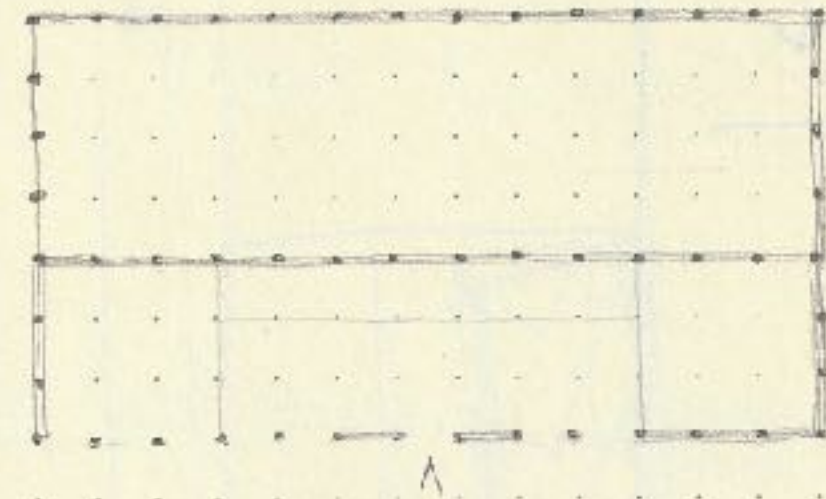
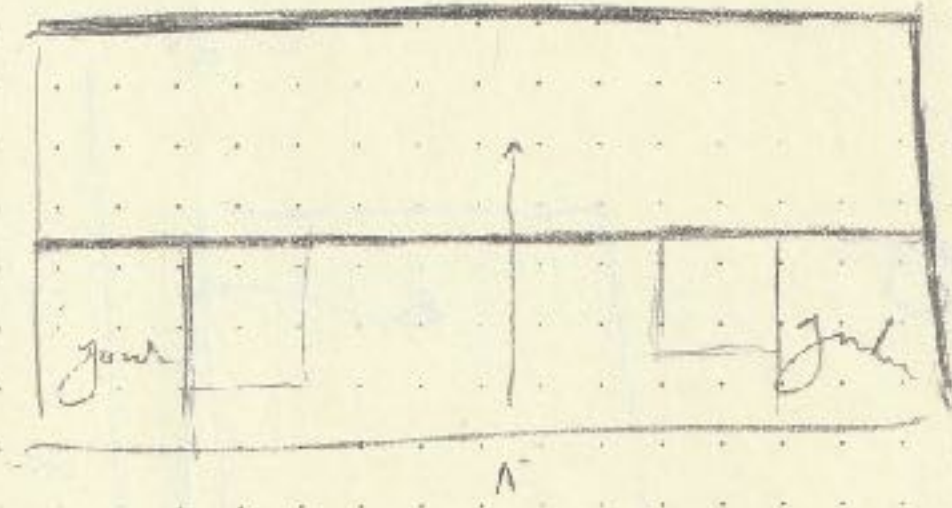
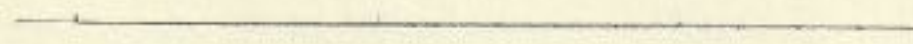


How high?!



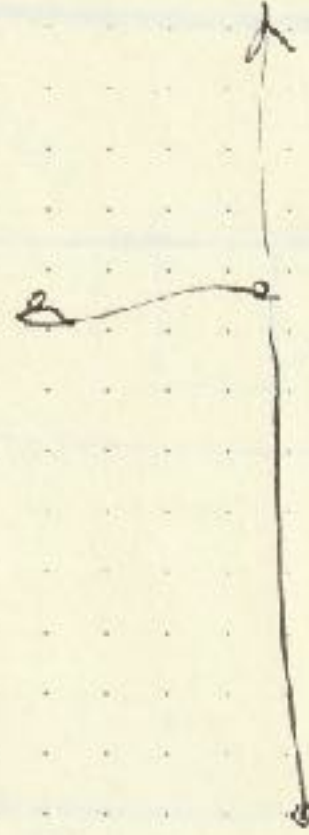


2.1





29 → *fundlags*

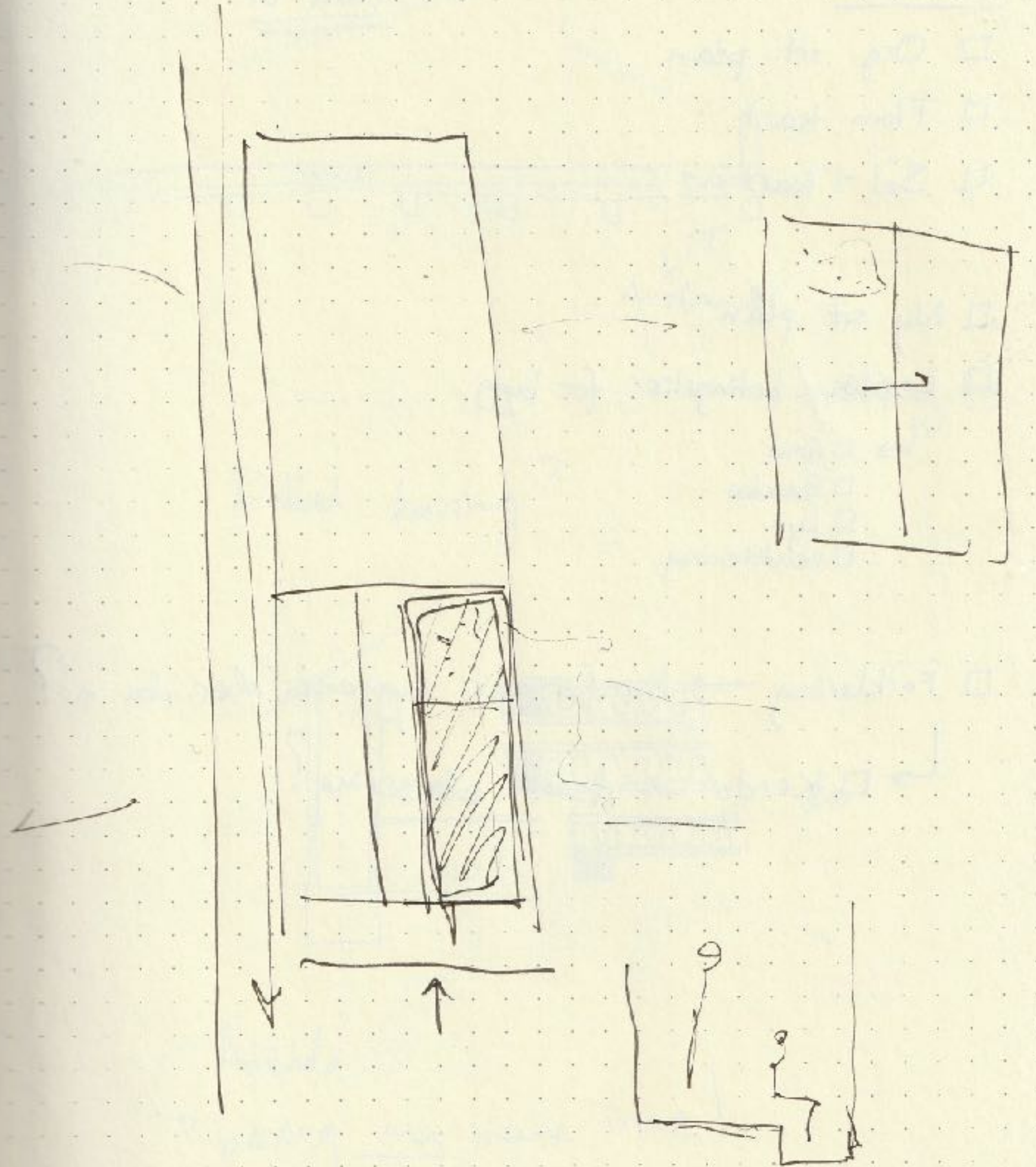


5 → *samlags*

*alder, navn  
døptid*

samlingspunktet  
for  
vare parti

→ nye stiler +  
situasjoner!



*s. 200*

*Sit. og. → ny.  
- 201 + flom  
- bygg*

1:200

ett bygg → 1:50 → 1:20



ONSDAG

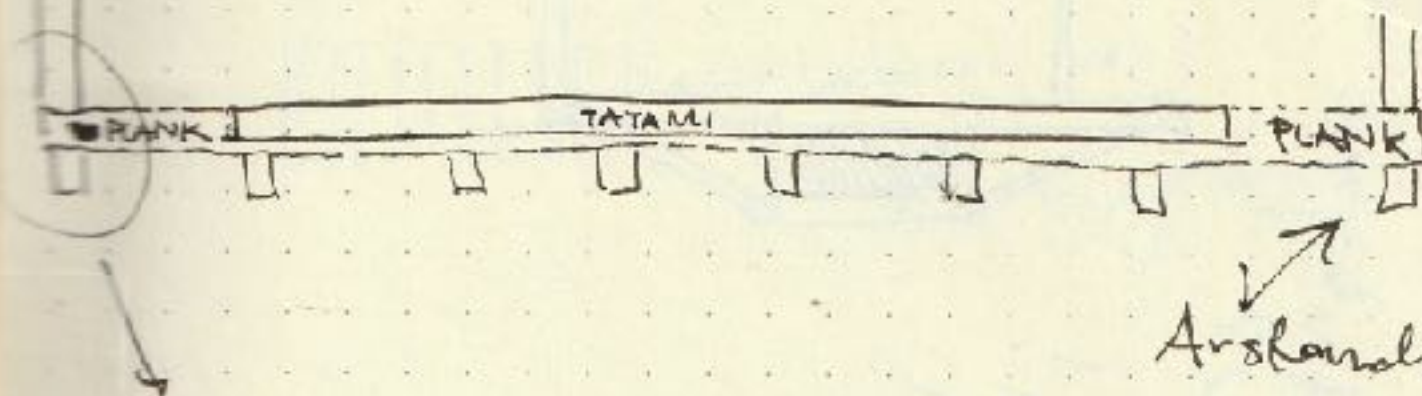
Print ut

- Org. sit. plan
- Flom kart
- Sol - kart

- Ny sit. plan
- Logikk / betingelser for bygg

- ↳  Grid
- Bakke
- Lys
- ventilering

- Forklaring → hvorfor er byggene der de er?
  - ↳  Kendo → annen plassering?

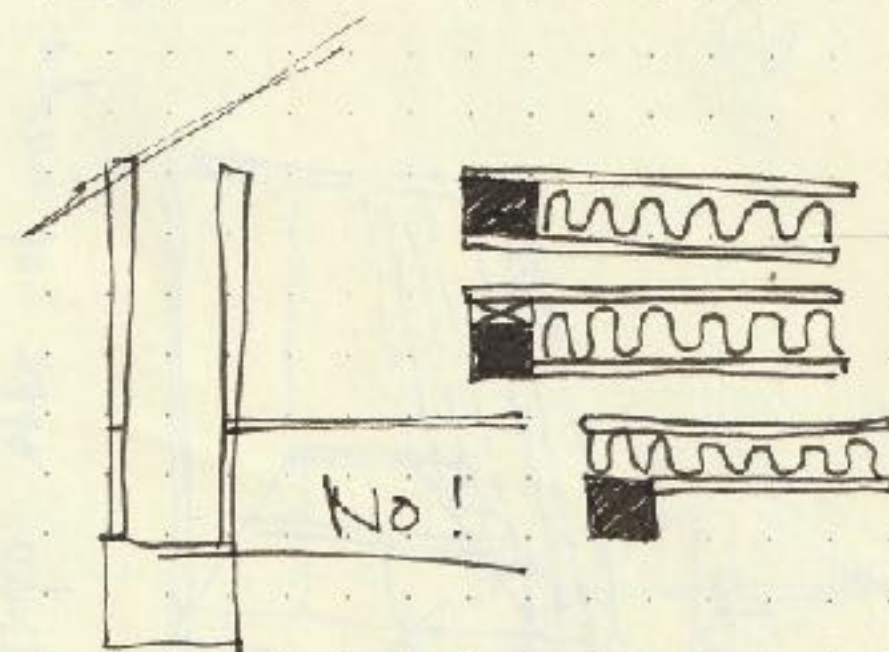


7?!

Arskanal?

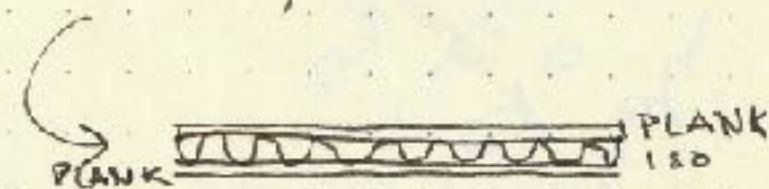
retning!?

Dobbel bearing?

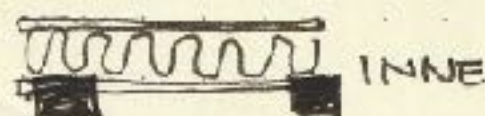


do

↳ Alltid  
bearing må være inne!



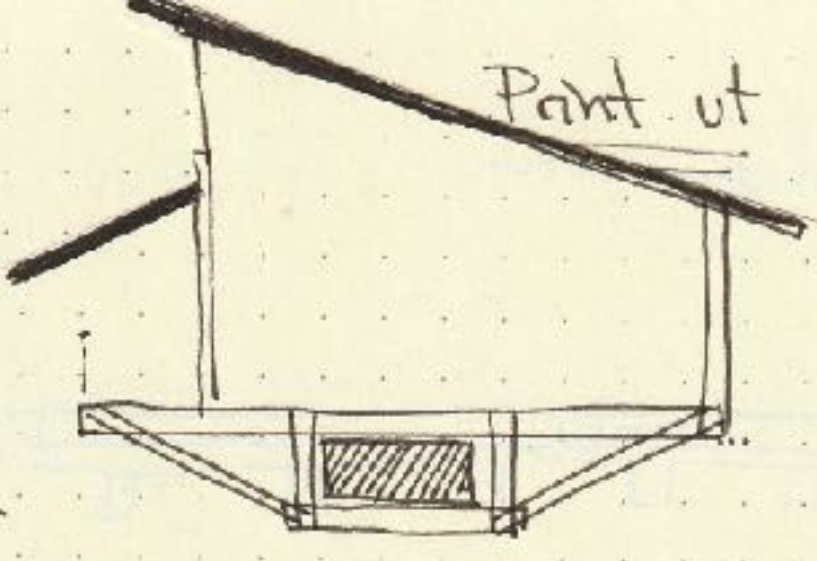
↳ Bearing???





ONSDAG

- Org. sit. plan
- Flom kart
- Sol - k



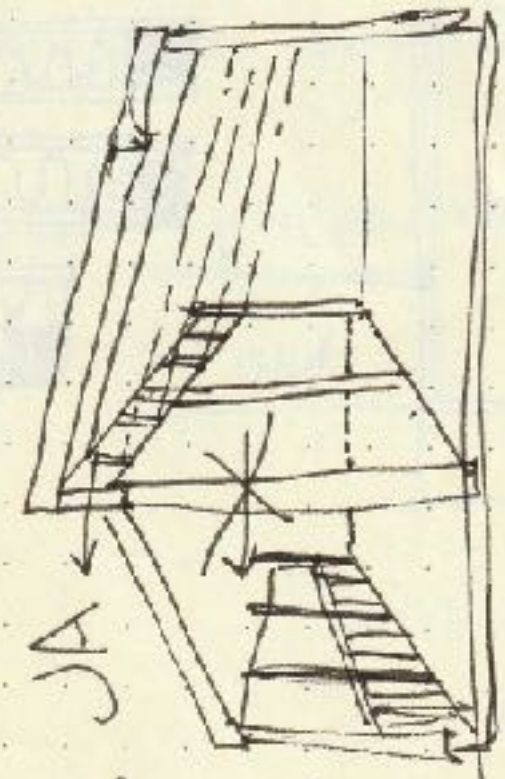
- Ny sit
- Logikk /
  - ↳ □ Gr
  - Bo
  - Ly
  - ve

Same konstruksjons  
dimensjoner?

Renere!  
JA!!!

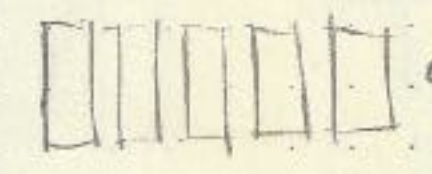
- Forklaring
  - ↳ □ K

Kendo:

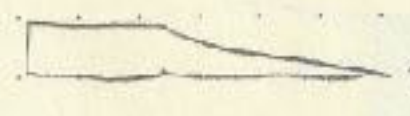


Handwritten notes, possibly describing materials or construction details, including the word 'Kendo'.

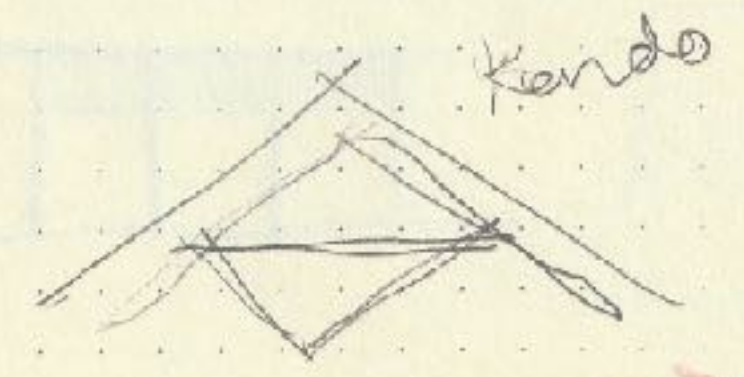
Under opppe of nedde?  
se inn?



betong vei  
↳ betong bar 2.7?!

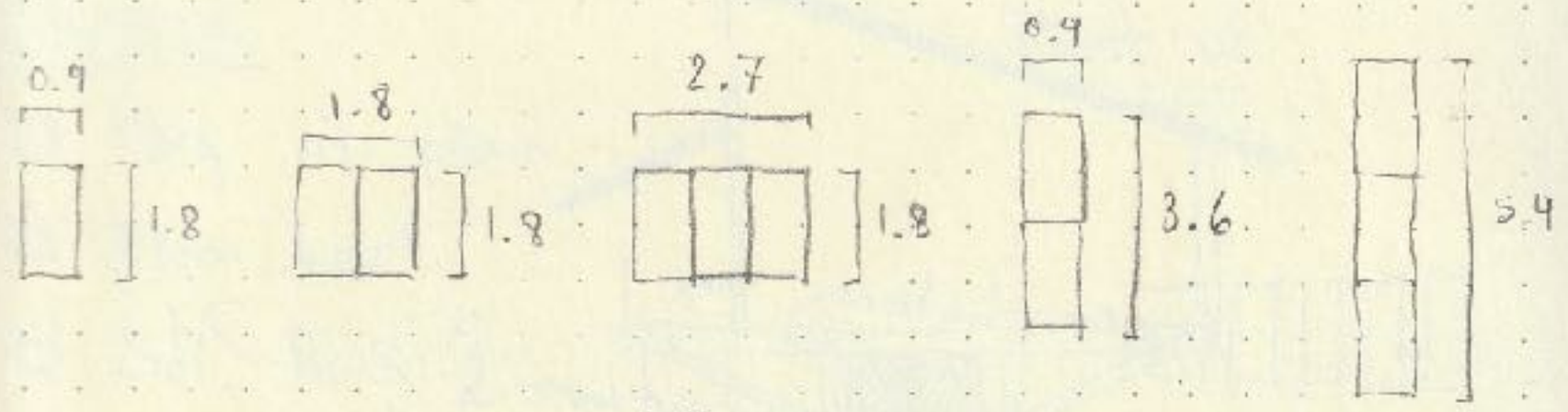


alle ramper → betong!?



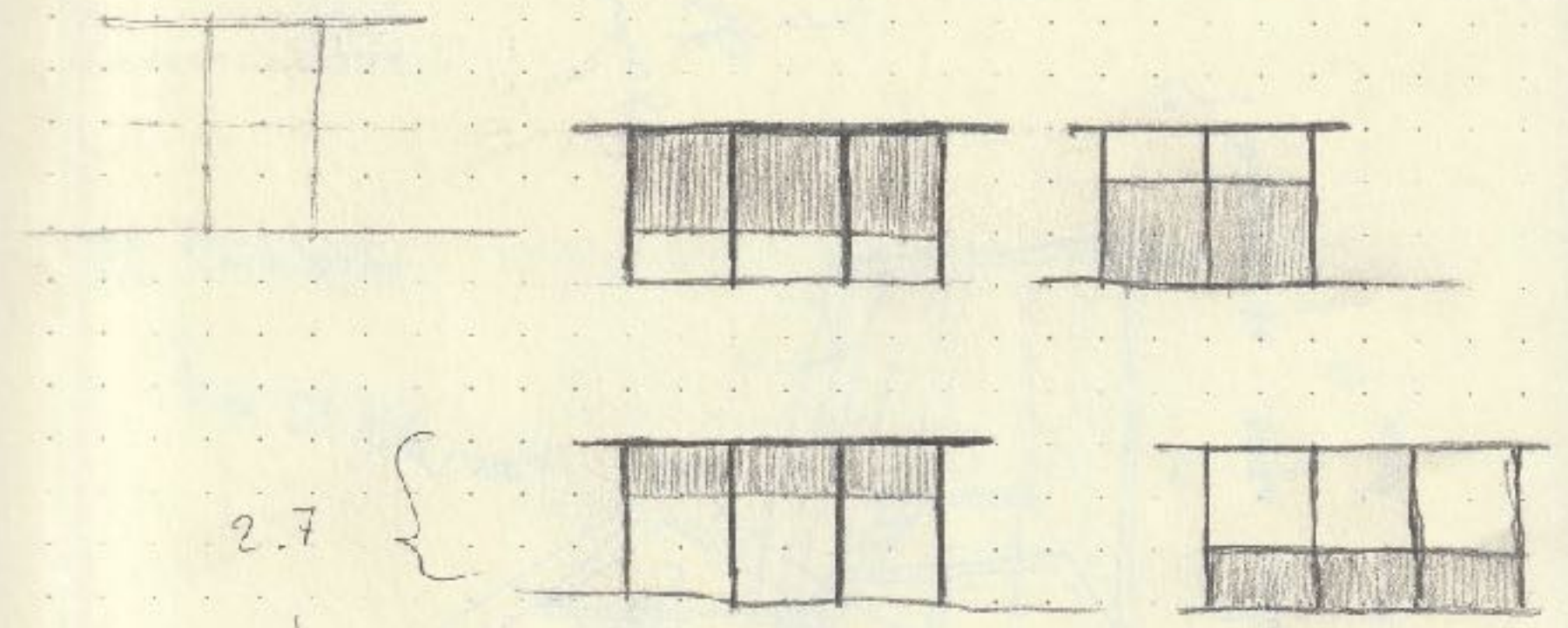
betong



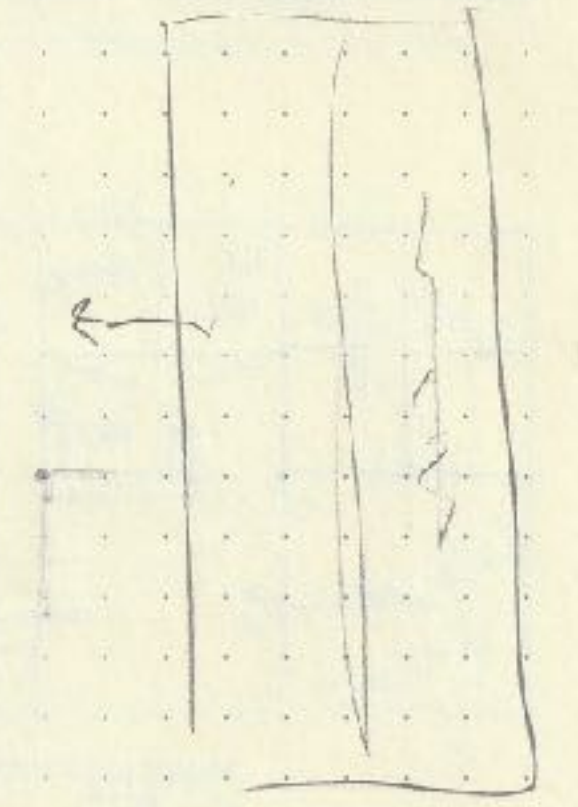
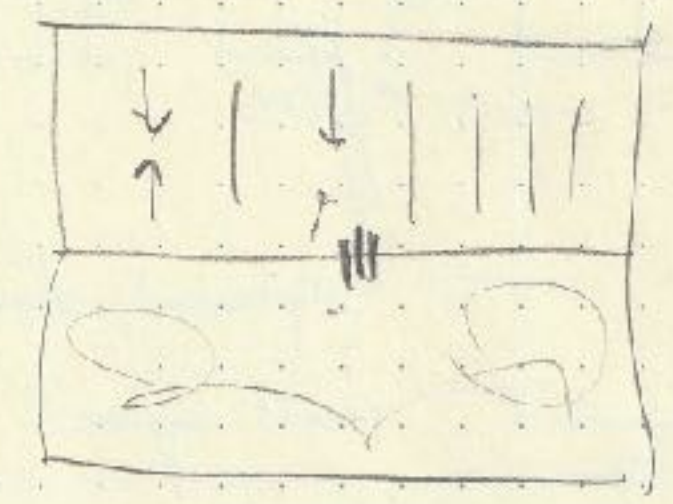


$$\begin{array}{r} 1.8 \\ 0.9 \\ \hline 2.7 \end{array} \quad \begin{array}{r} 1.8 \\ 1.8 \\ \hline 3.6 \end{array} \quad \begin{array}{r} 3.6 \\ 1.8 \\ \hline 5.4 \end{array}$$

DIMENSIONER. SØYLER:

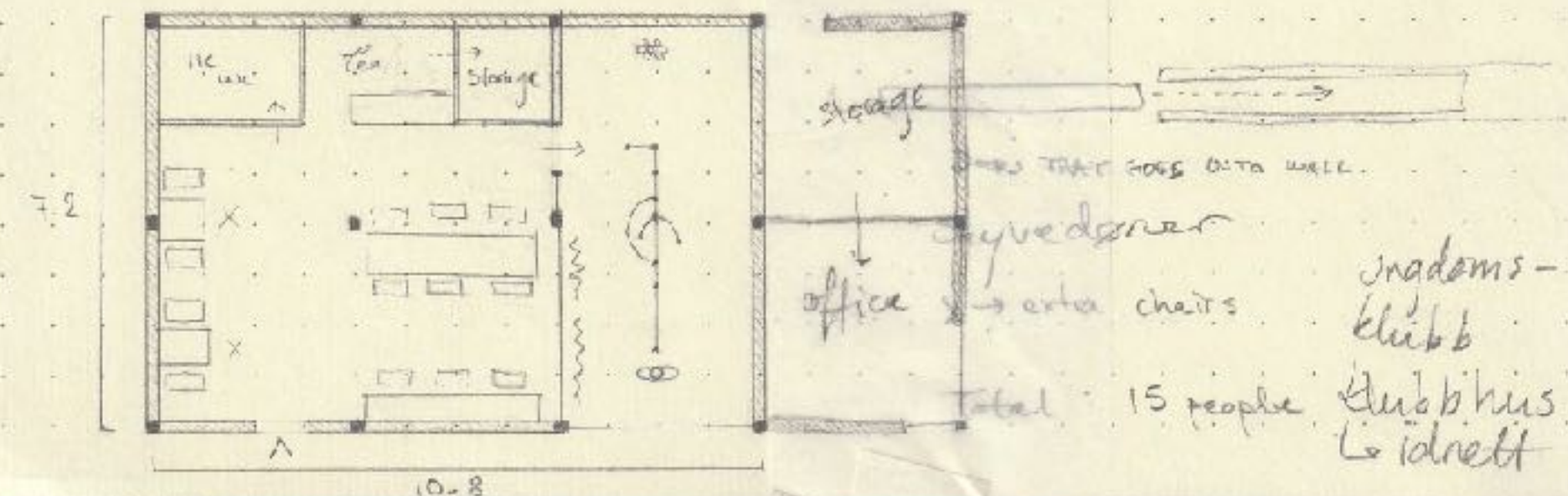
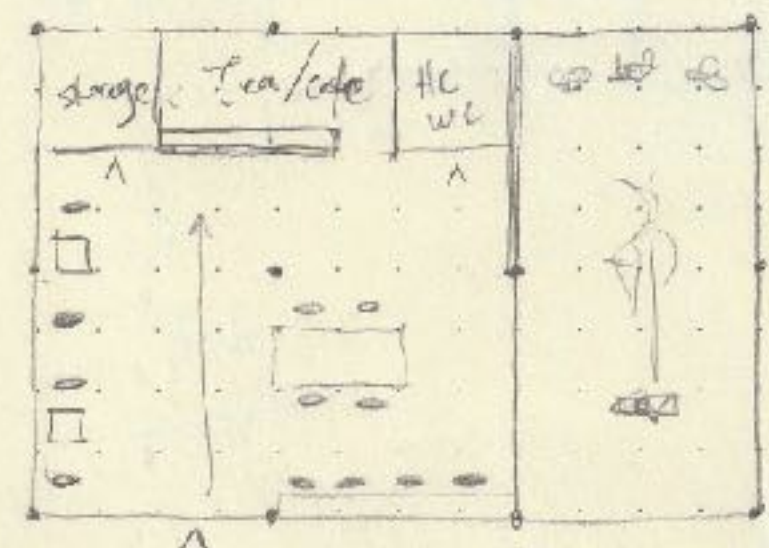
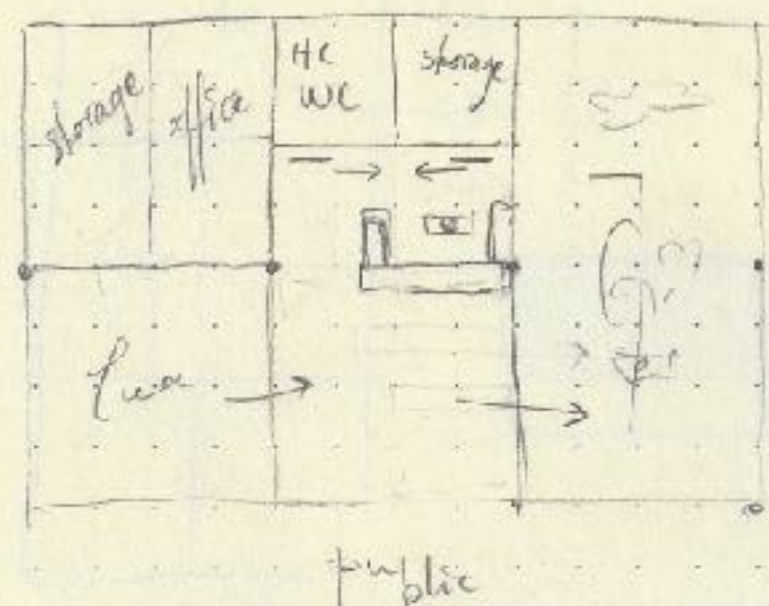
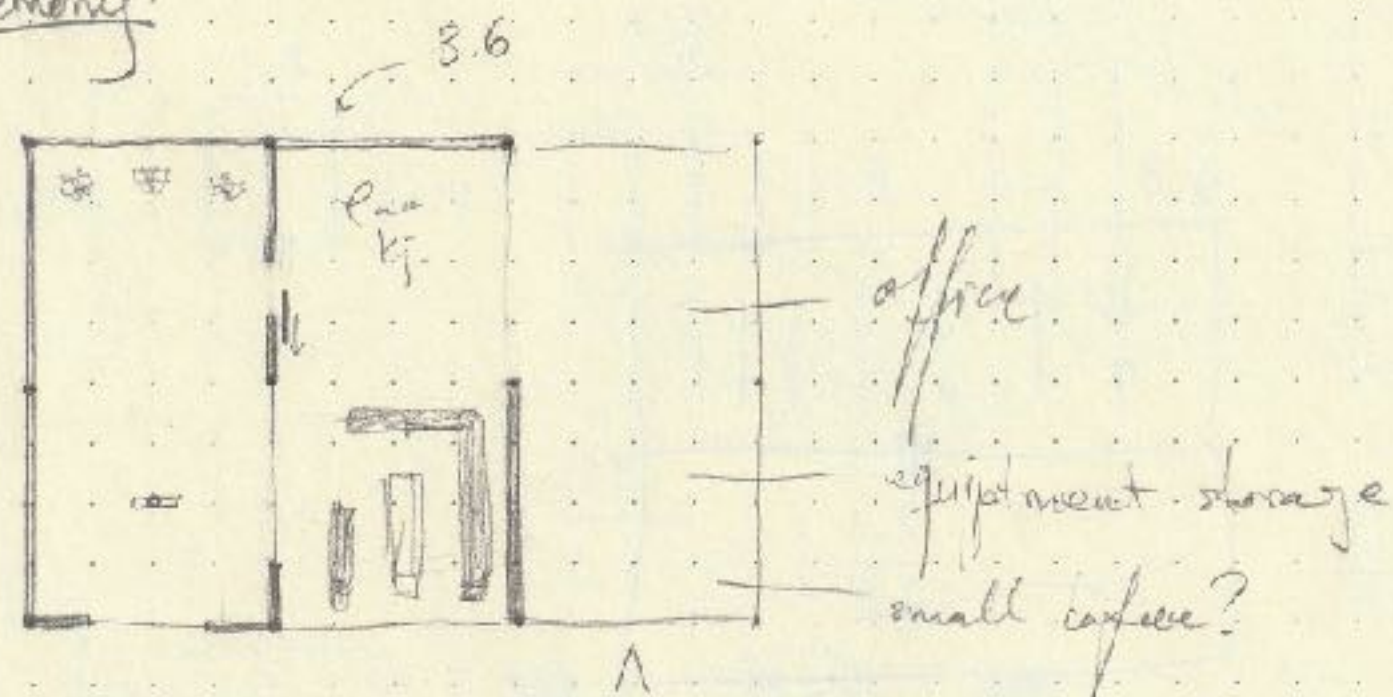


2.7  
↓  
3.6



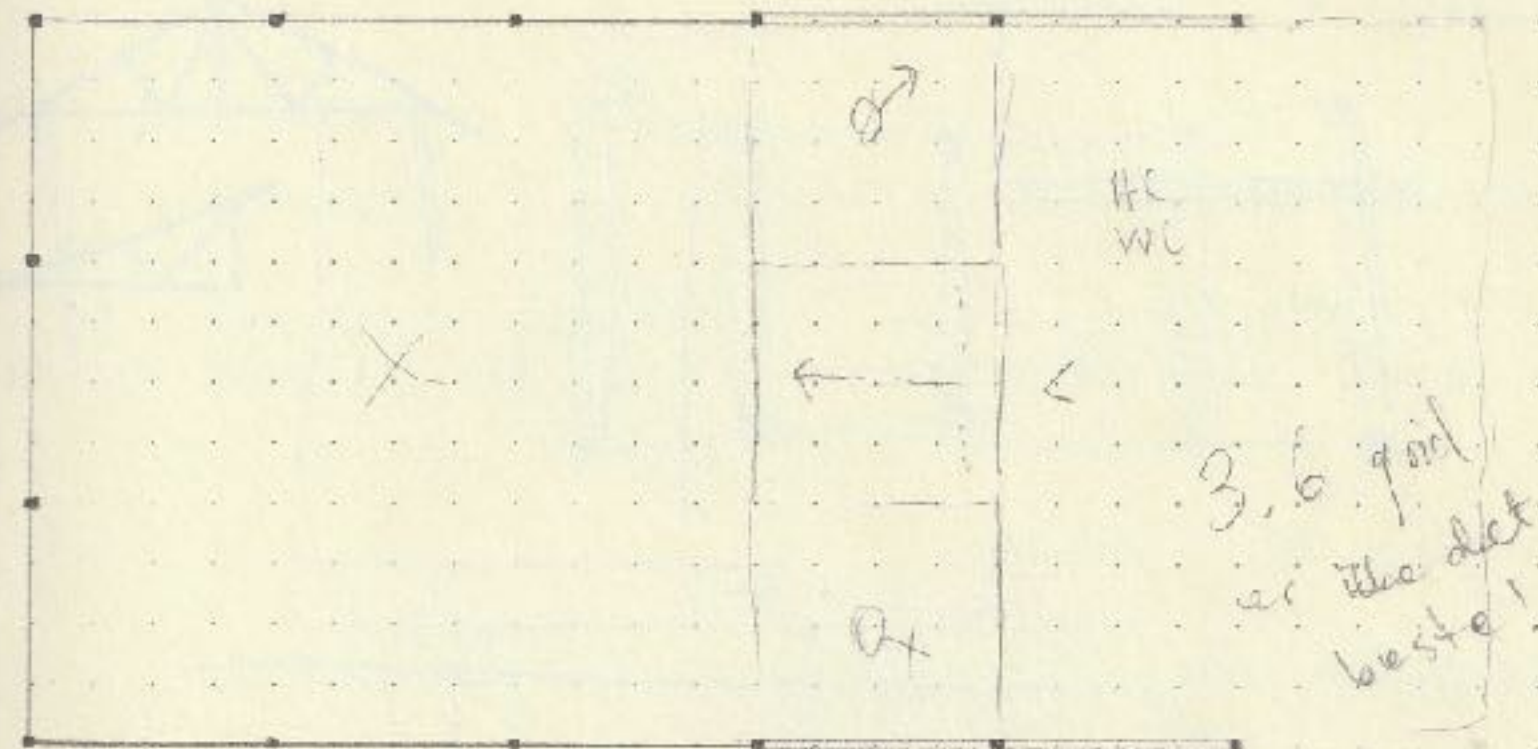
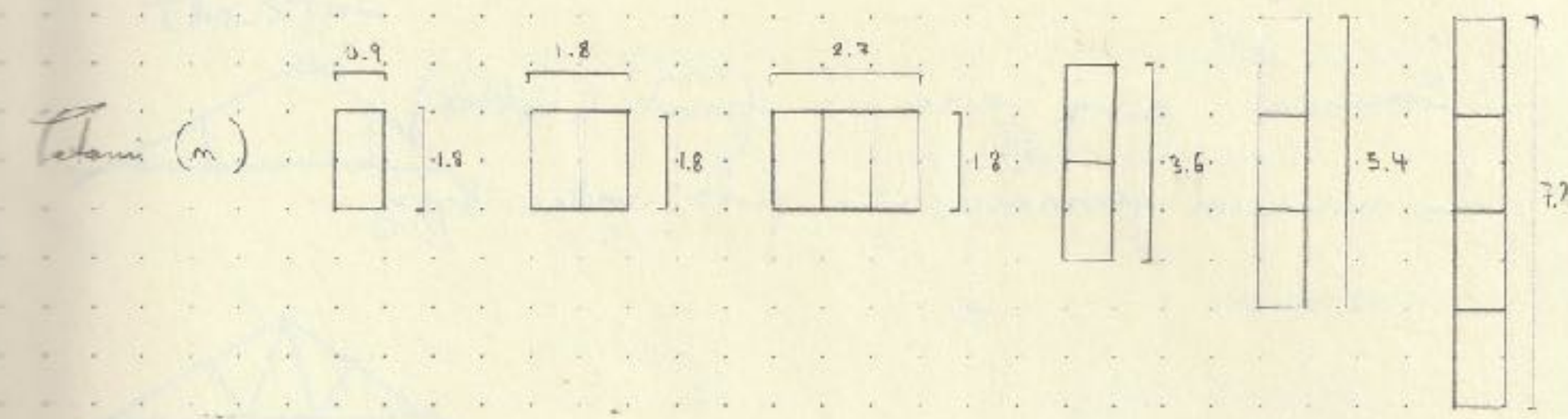
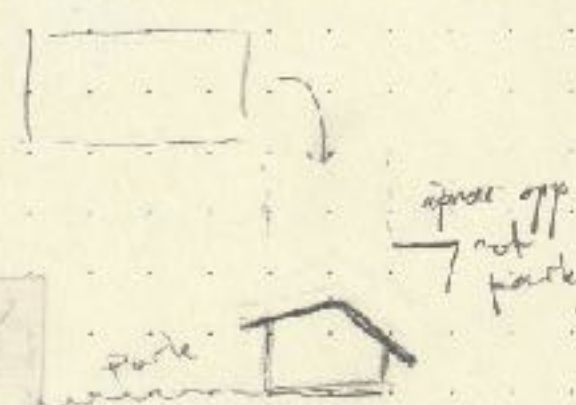


Ceremony



Kontor + Høytal lokal? (en seksjon til?)

Veldig lite samlingpunkt for hold. til dags!



1.8?

↳ 3.6 ut for stort grid?

↳ 2.7 var håndterbart? (bedre dimensjoner?)

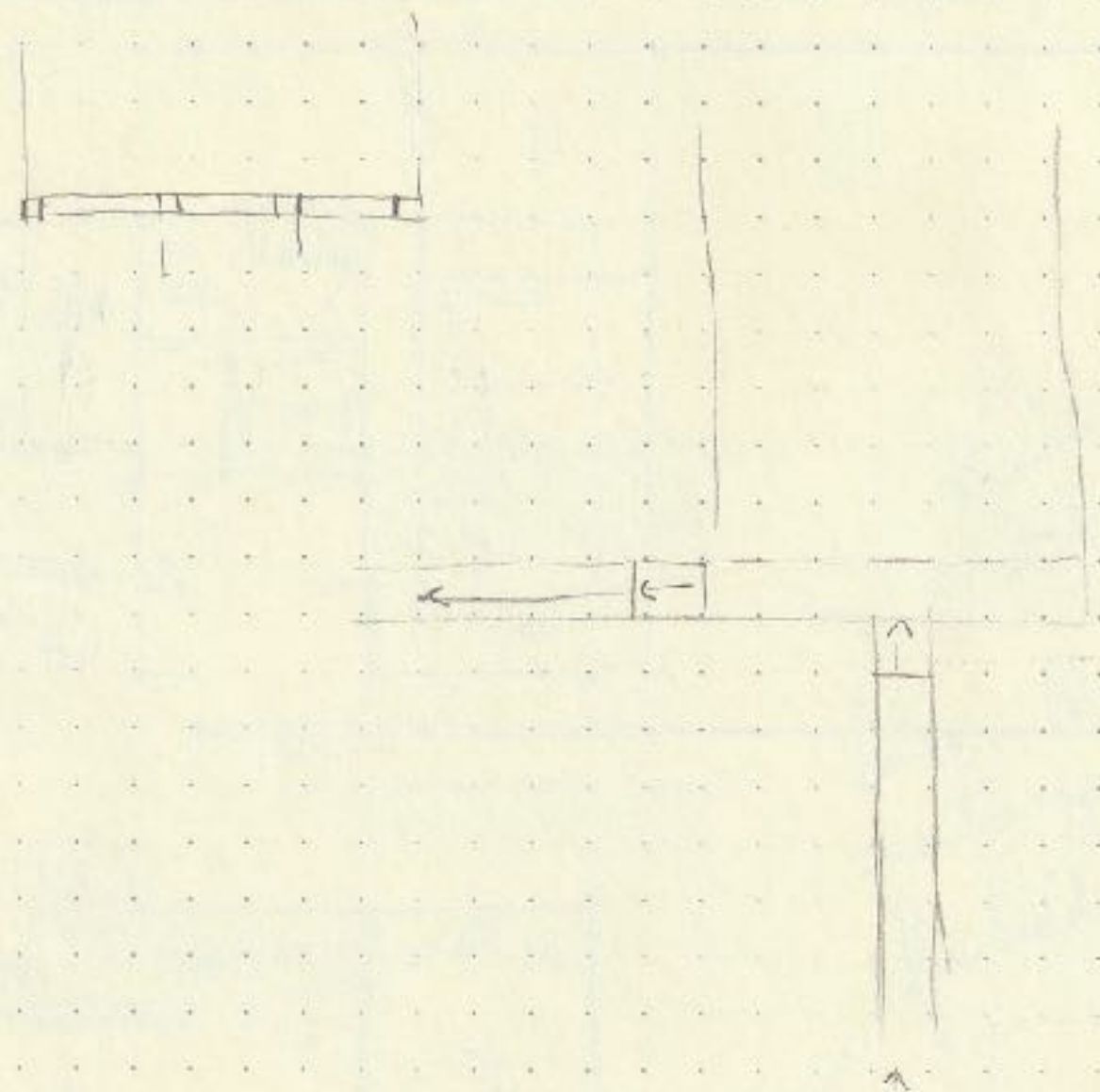
ingdoms-klubb

klubhus

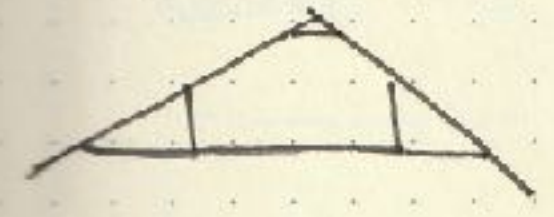
↳ idrett



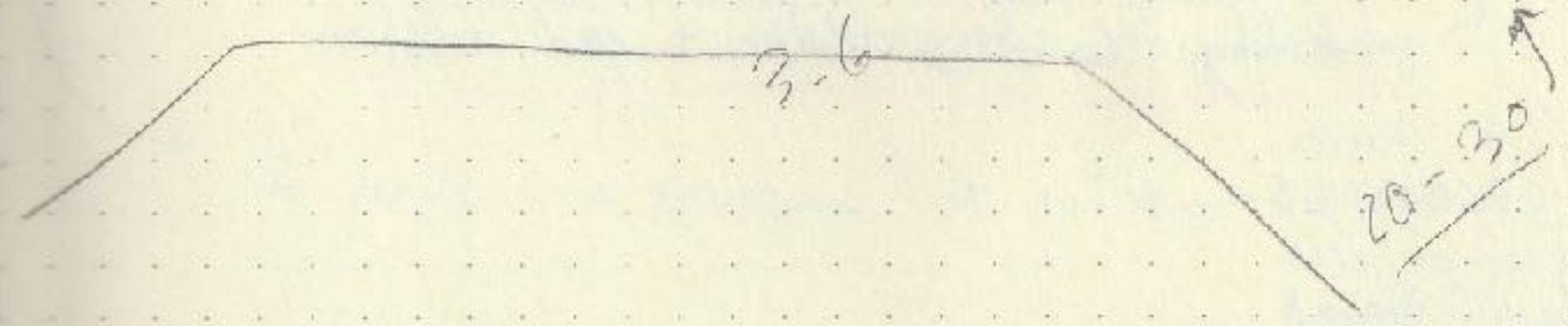
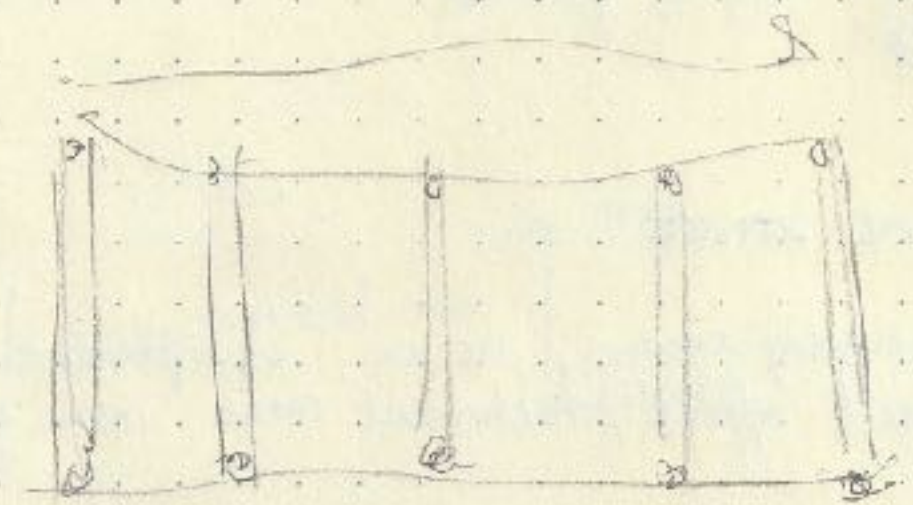
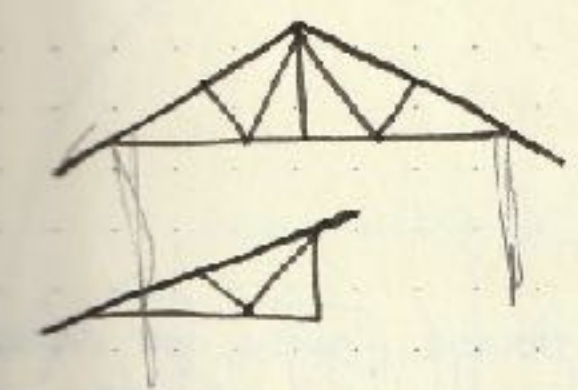
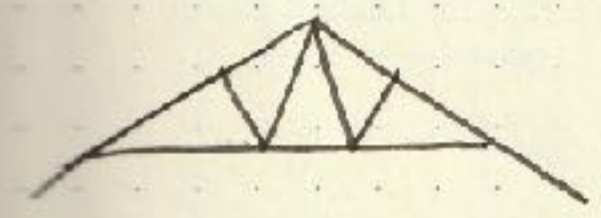
• Same nivå  $\rightarrow$  se i front. (koter)  
 $\hookrightarrow$  minimum grunnmur  $\rightarrow$  fukt under bygg...



TAKSTOL



10,8



- Torrslag  $\rightarrow$  fjenn (overst jordlag)
- Filterdule
- Elvestein
- 30 cm luft (mellomrom mellom bunn gulv  $\rightarrow$  bakke)



## SPATIAL LAYOUT

↳ 15 people → open rooms

## ORIENTATION

↳ Aikido: North  
Karate: East  
Qigong: Sky & ground  
Kendo:

## FUNCTIONAL ZONES

↳ changing rooms, He wu, equipment storage, space for reflection, small office, technical room, room for cleaning equipment

## CLIMATE & VENTILATION

↳ possibility for crossventilation + good isolation

## ACOUSTICS

↳ Sound

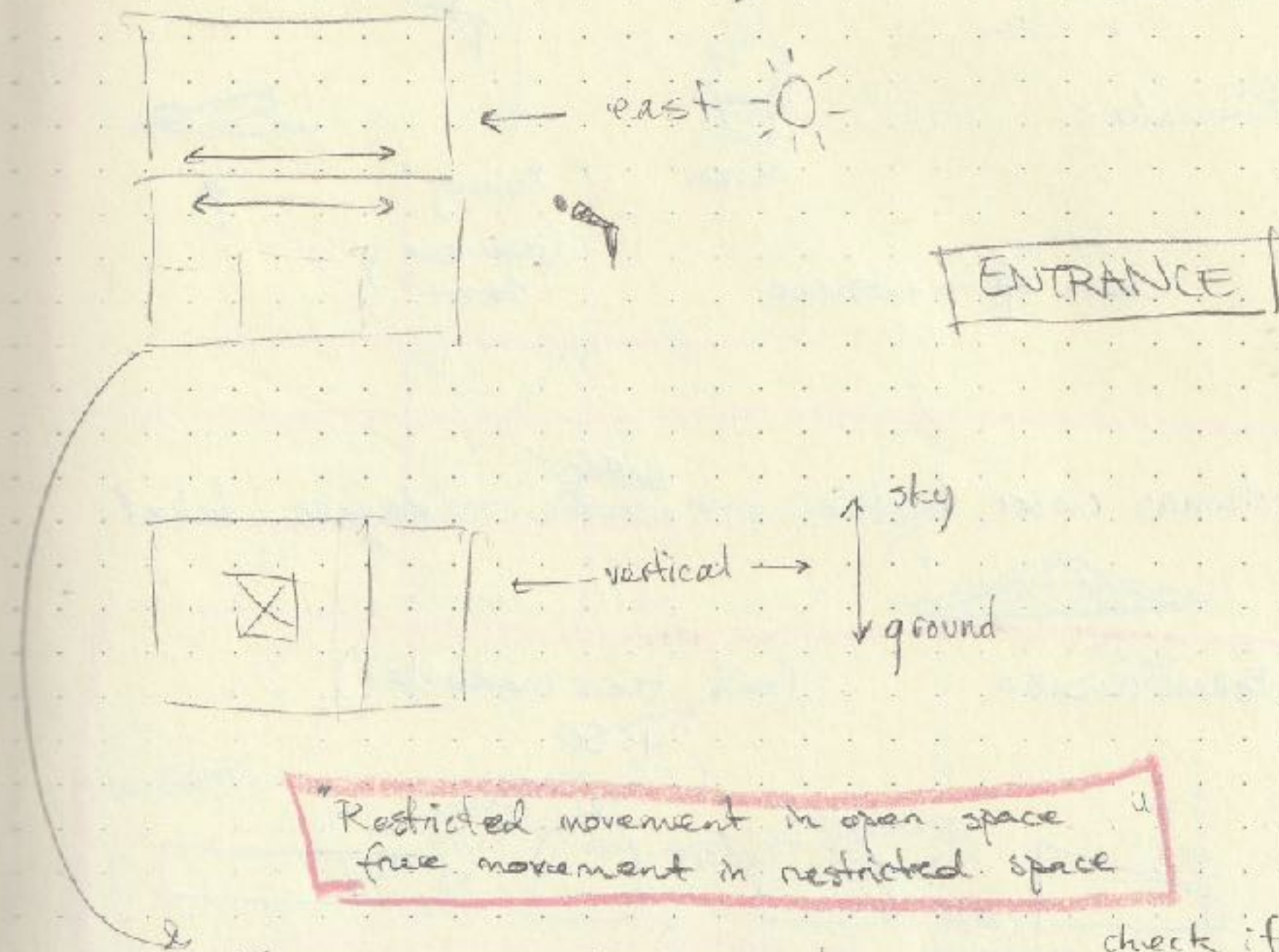
## MATERIAL SELECTION

↳ Wood + concrete

## RITUALS

↳ ritualistic movement, entering dojo, ceremony

Karate → movement by south wall



15 people → structure to guide → check if movements are correct "guide-lines"

Essence of dojo architecture:

- INTERACTION BETWEEN PEOPLE & SPACE
- RITUALISTIC MOVEMENTS



Tegninger:

Ritualet:



seiza



Bowing  
(japanese name?)



?

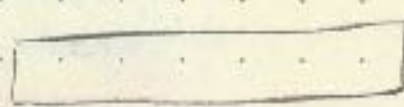
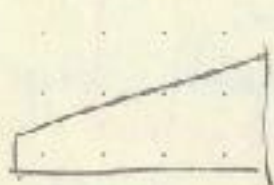
shoes off → entrance

columns closer together → better acoustic → daguer i taket.

FORMSTUDIES

(små tre-modeller)

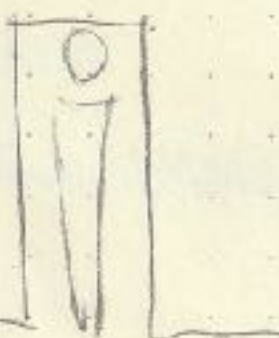
1:50



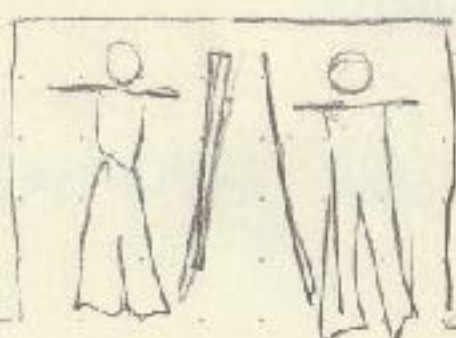
SAMMENBYGNING

1:1

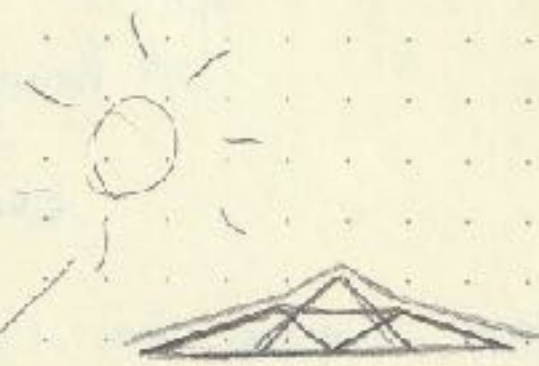
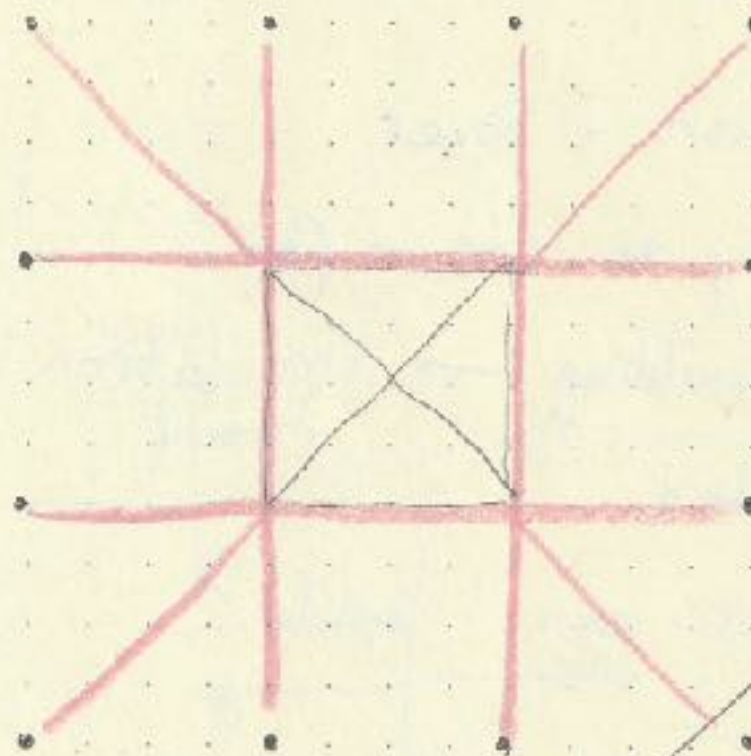
KARATE



KENDO



(Qigong) (PLAN)



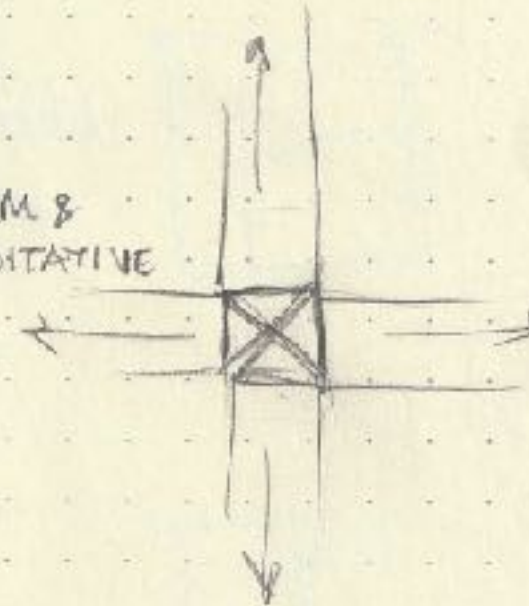
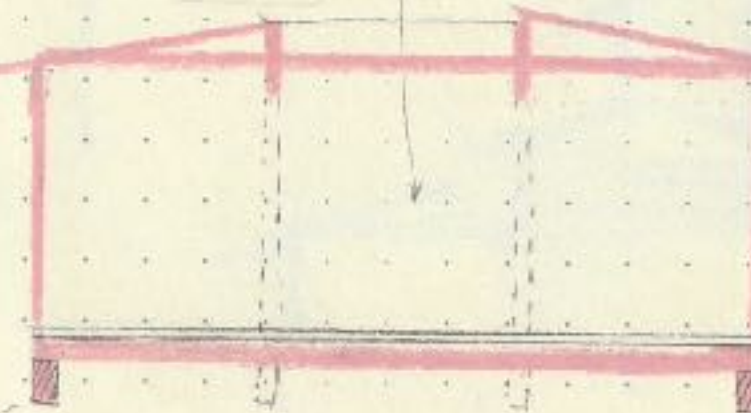
Qigong

No LIGHT!

CONSTRUCTION TO FILTER LIGHT!

NOT GOOD → DIFFUSE LIGHT

→ CALM & MEDITATIVE



QIGONG

- NATURE
- SKY & GROUND
- MEDITATION
- DIFFUSE LIGHT

→ ROOF STRUCTURE LEADING TOWARDS CEILING WINDOW

- experience the qualities on the site from the training room
- social part → ceremony building



~~RIVER EDGE~~



← how long for eave???

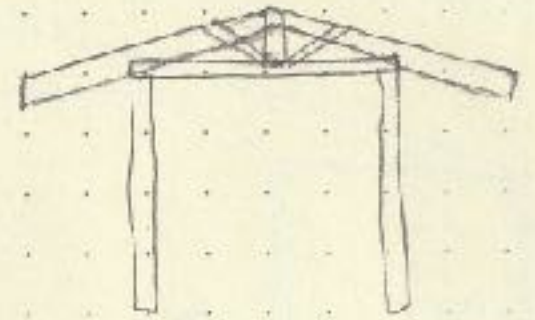
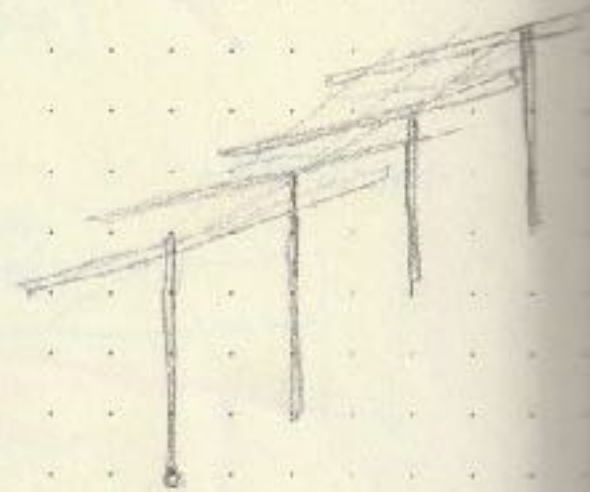
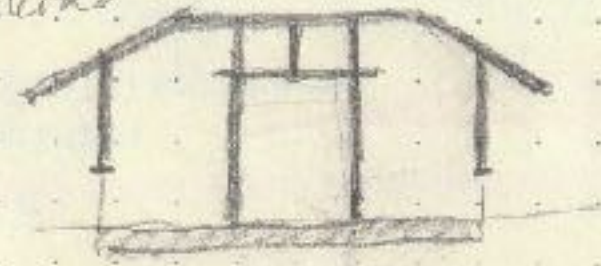
Kendo → circulation + River

↳ new entry to site → flood

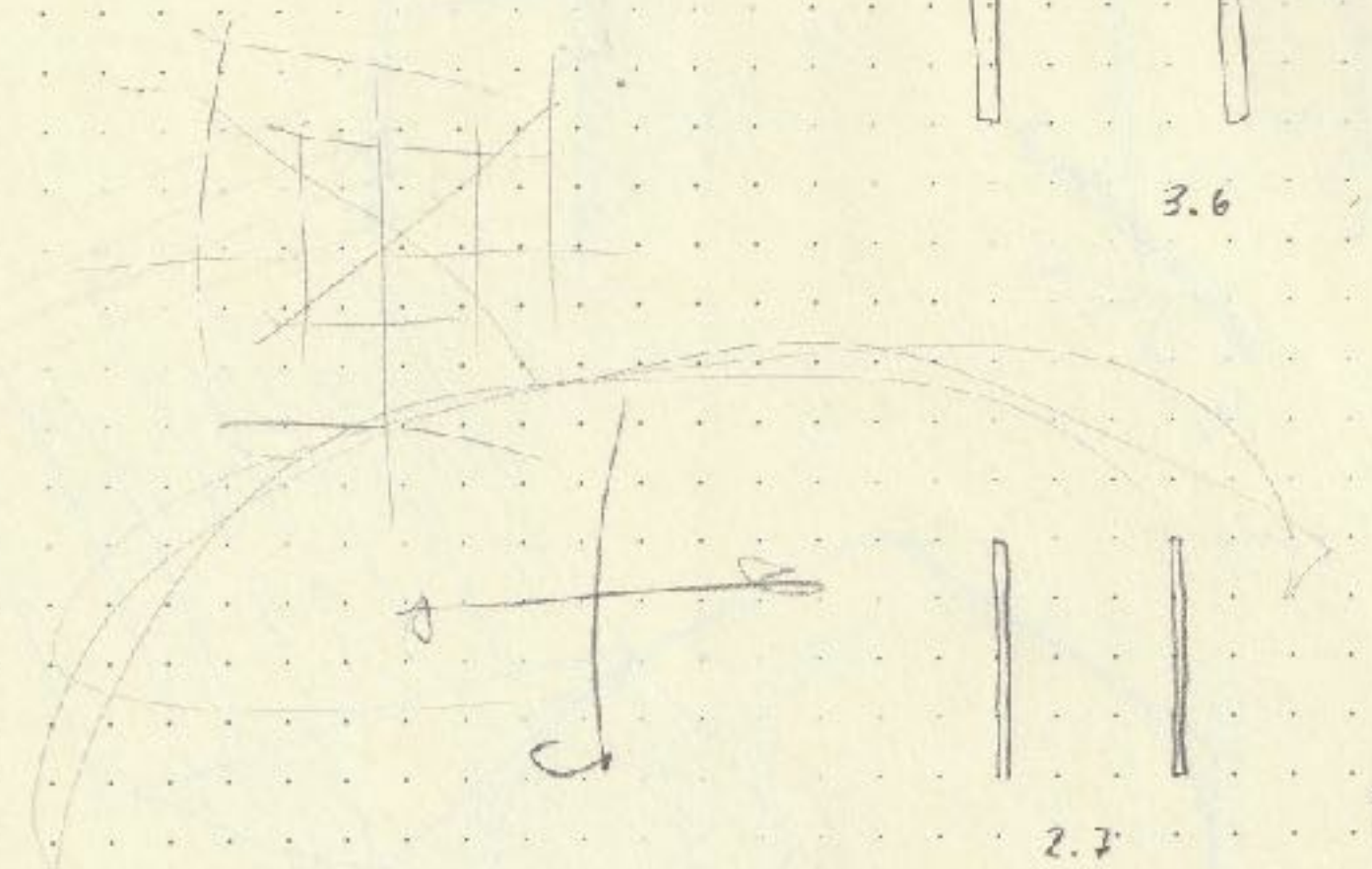
↳ long building → circulation under roof elevated.

How close to river can I build?

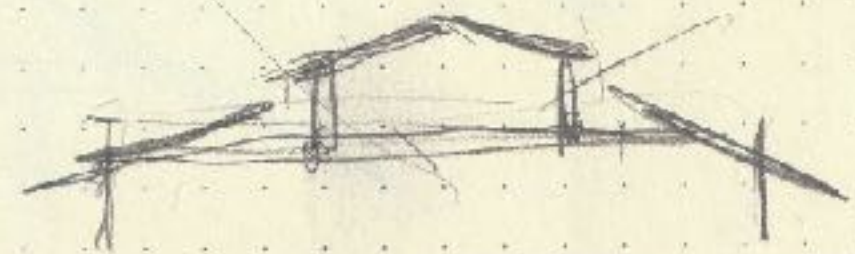
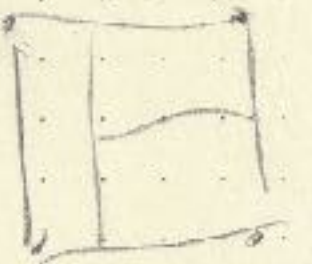
side



3.6



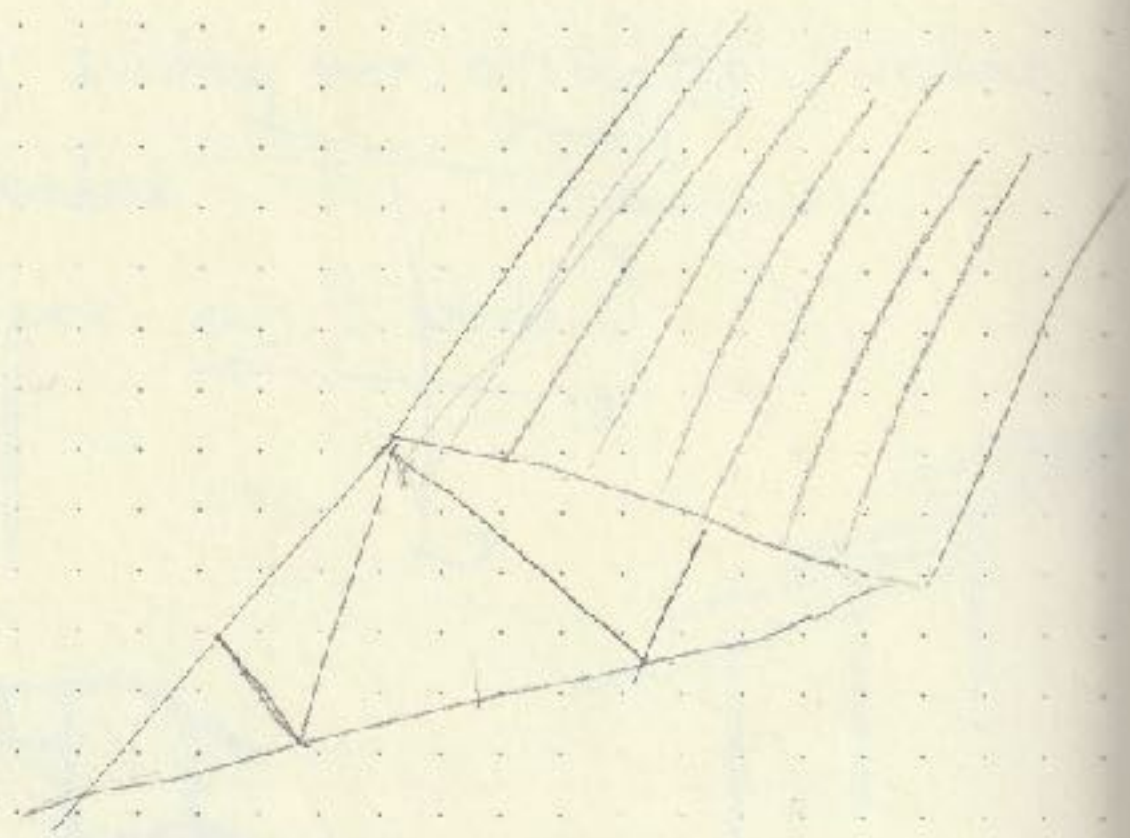
2.7



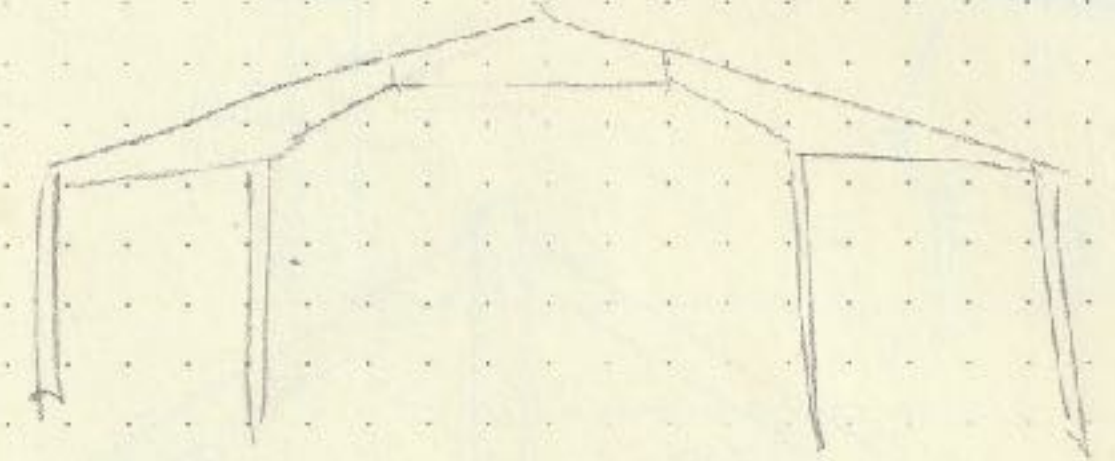


73 x 223

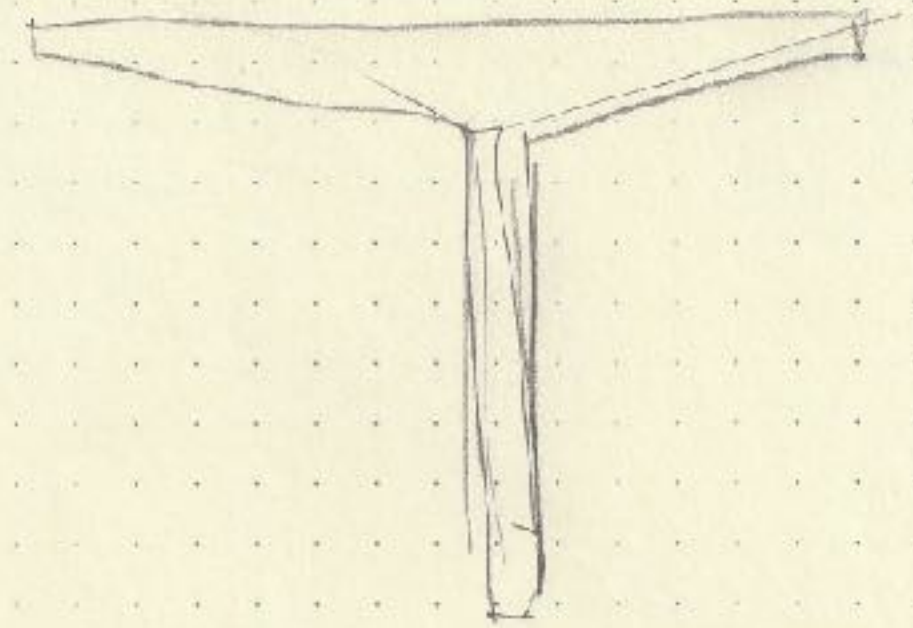
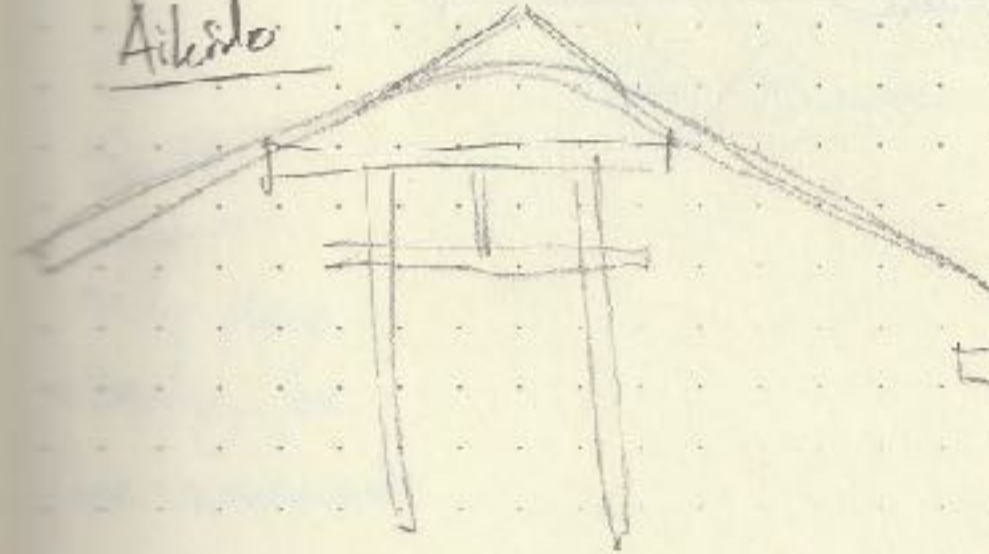
Wollkissenstand  
3-75 m



Kende

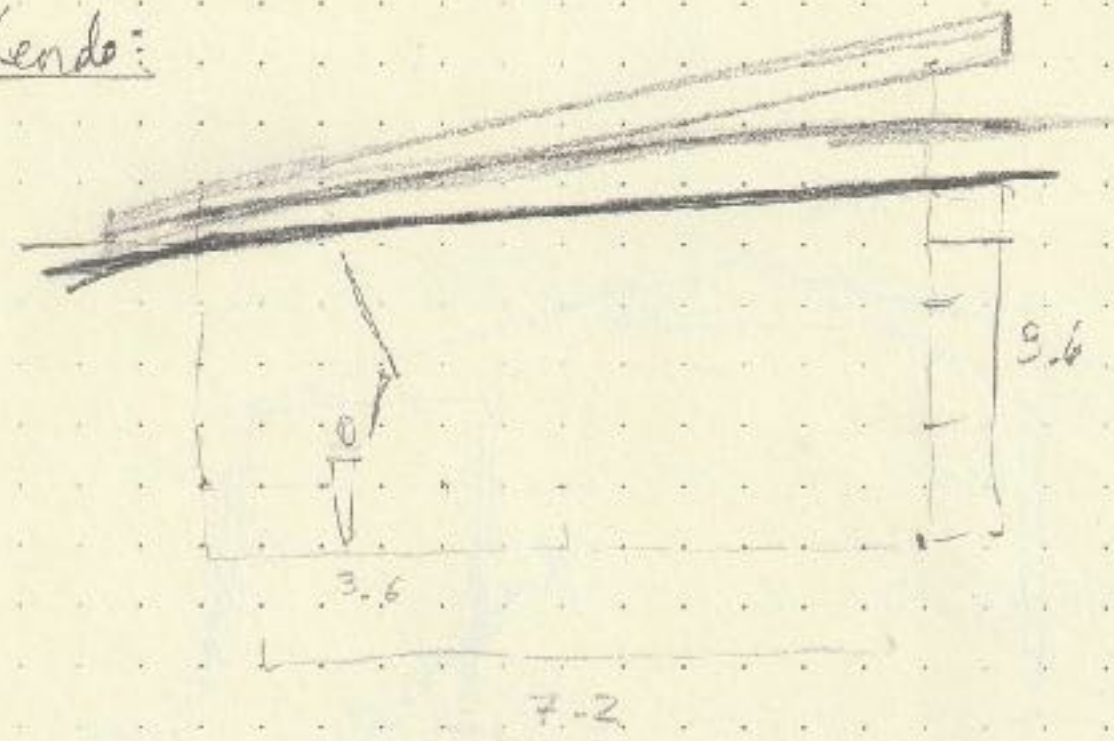


Aikido

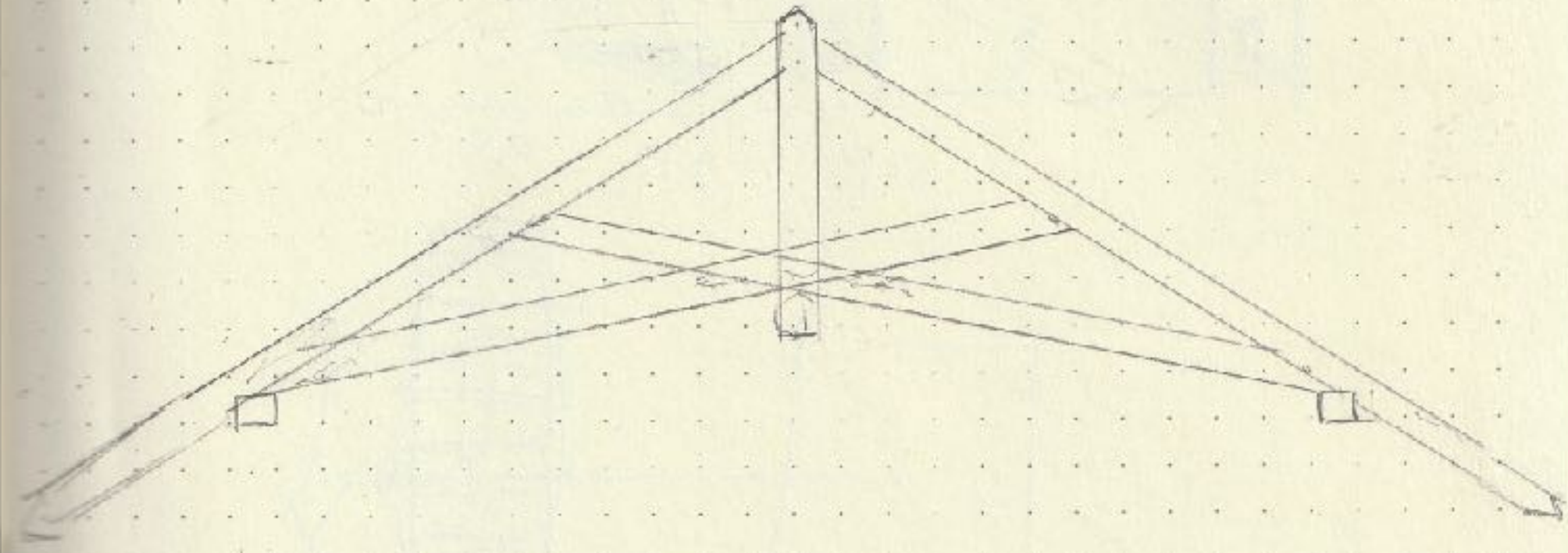
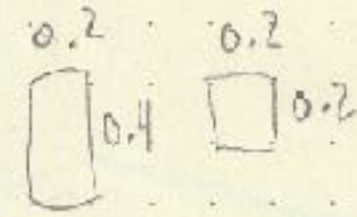
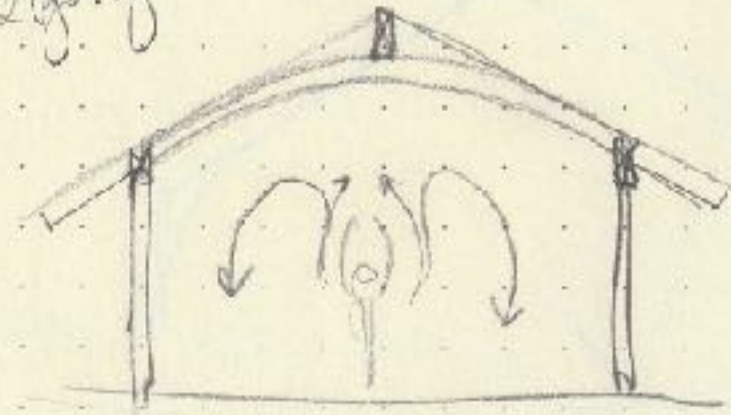




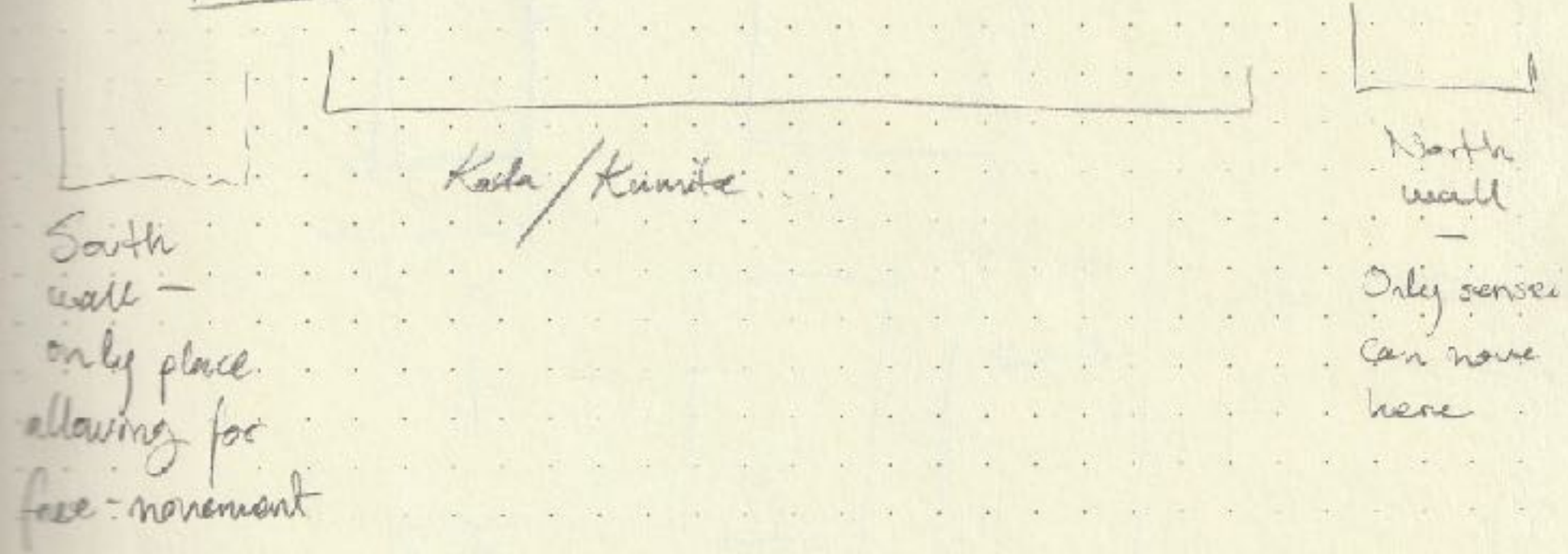
Kendo:



Organy

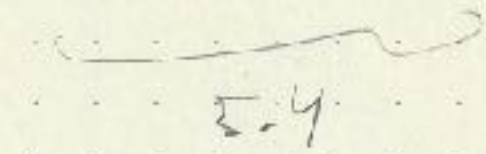
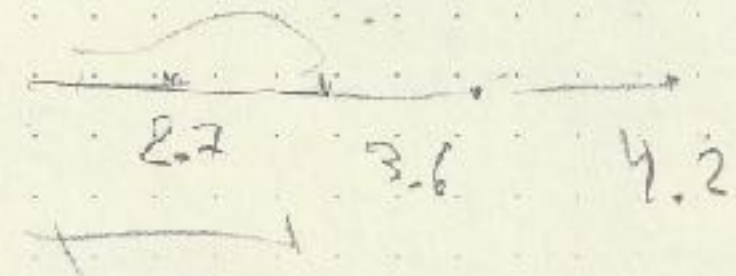
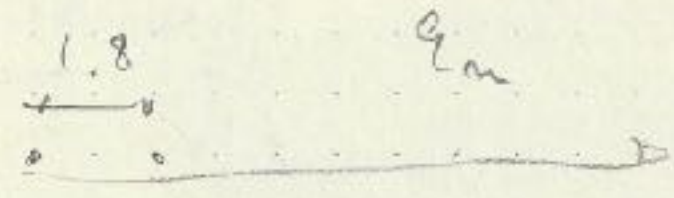
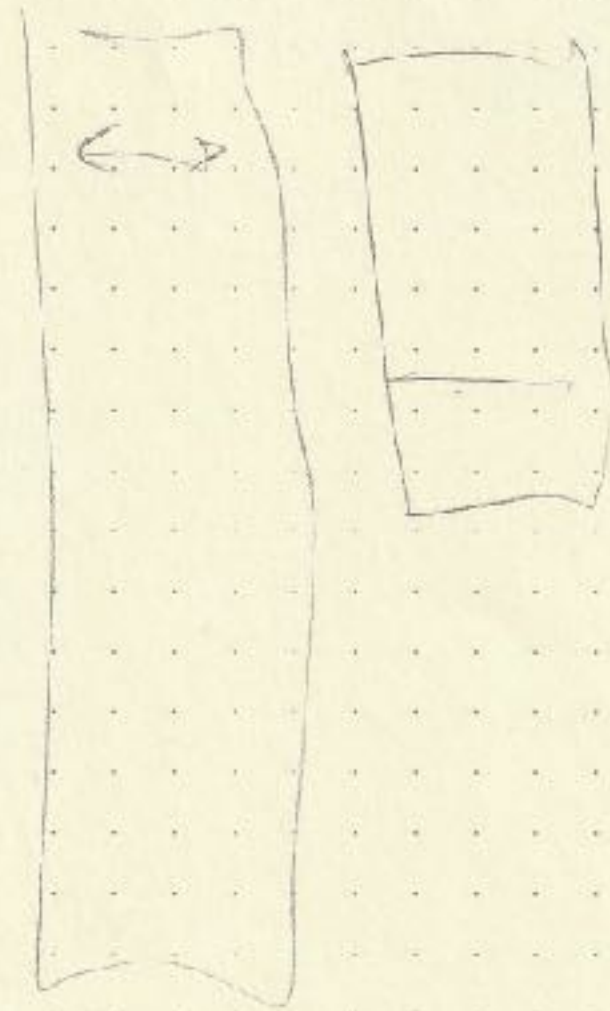
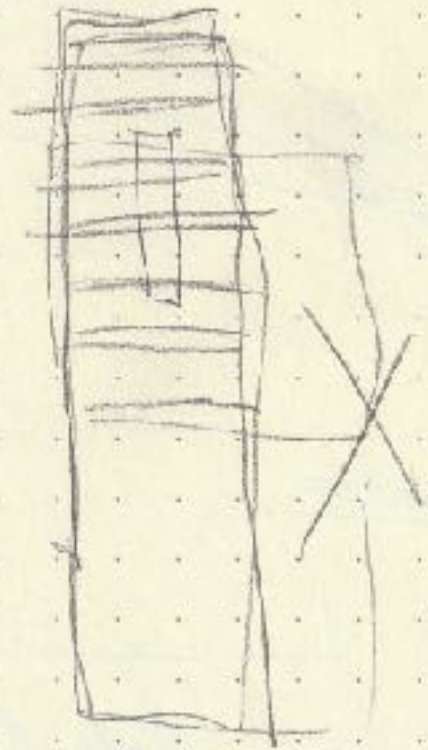
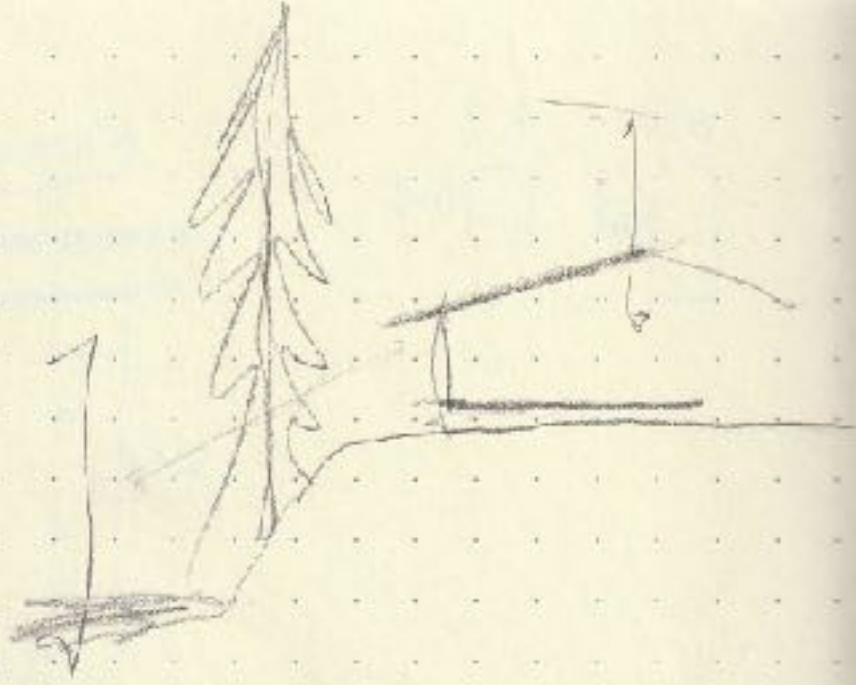
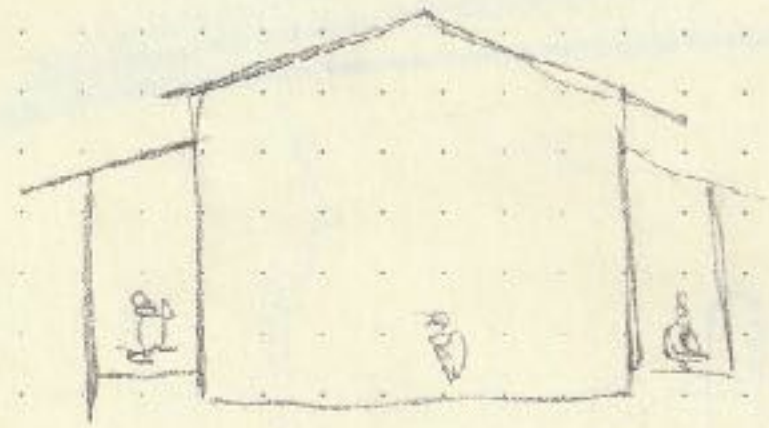


Karate





Ceremony & Gathering:

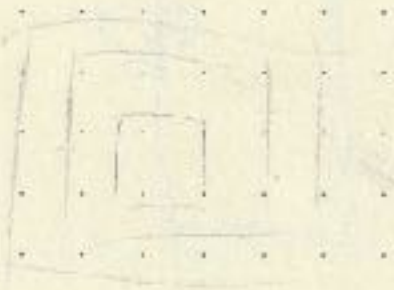




1.8 x 1.8

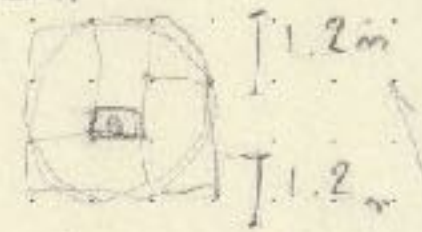


Stall no. 1  
K: 5 x 11 (+)  
Ka: 9 x 14 (5)  
Ke: 5 x 24 (13)  
A:



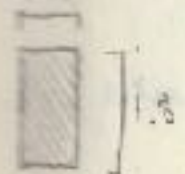
91 m<sup>2</sup> → 15 stk → 6 m<sup>2</sup> per pers.

1.2 1.2



1.62 m<sup>2</sup> (x 4 = 6.48)

0.9



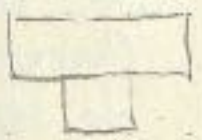
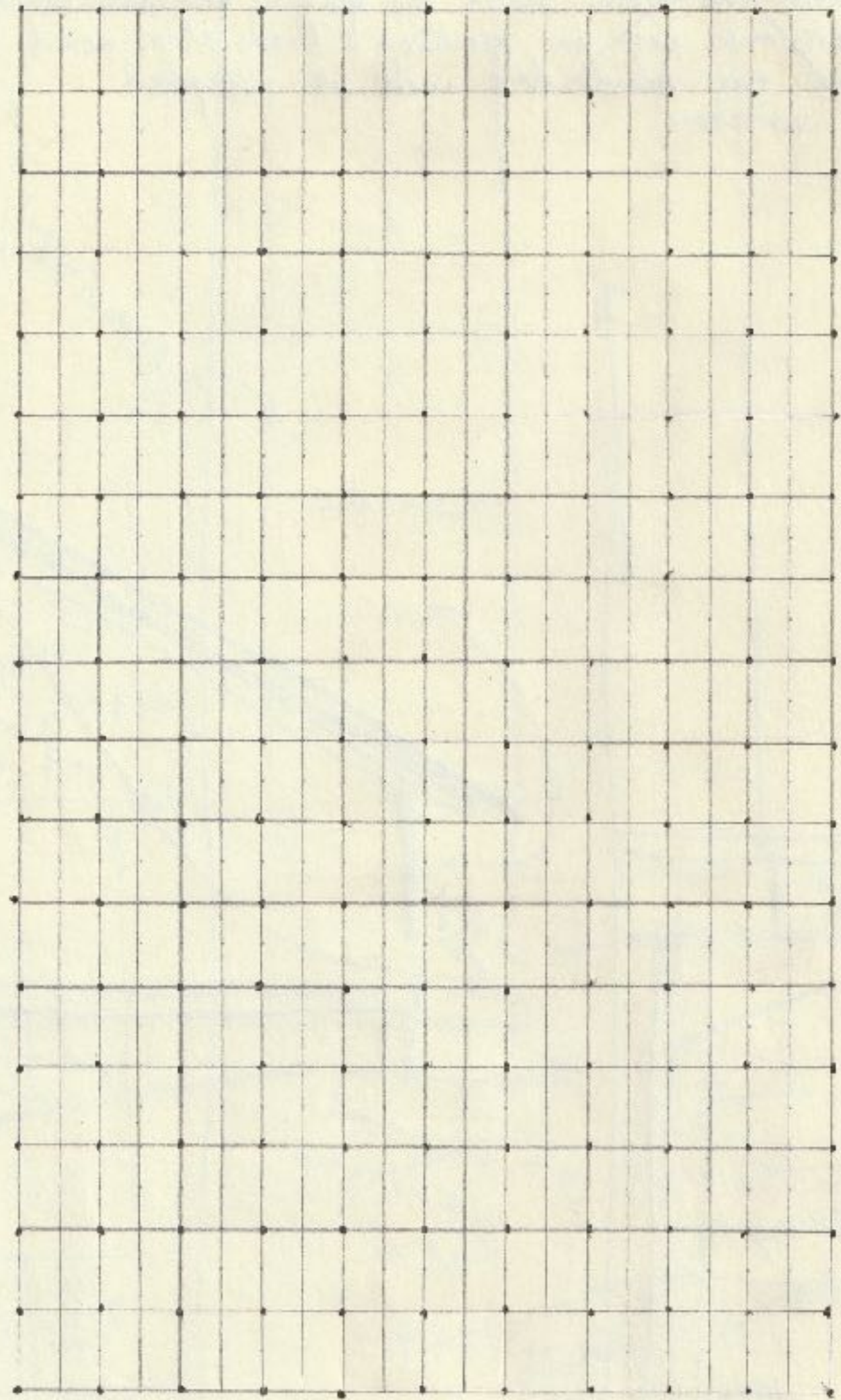
1.62 m<sup>2</sup>

1.8

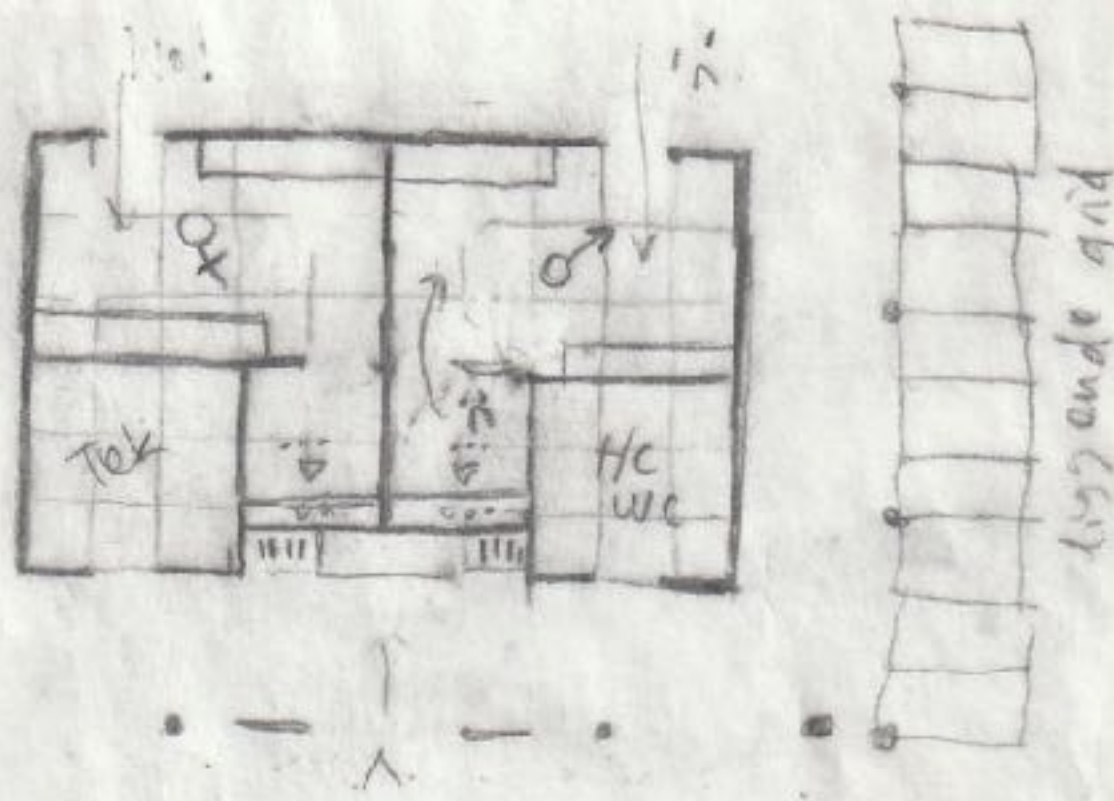


1.2

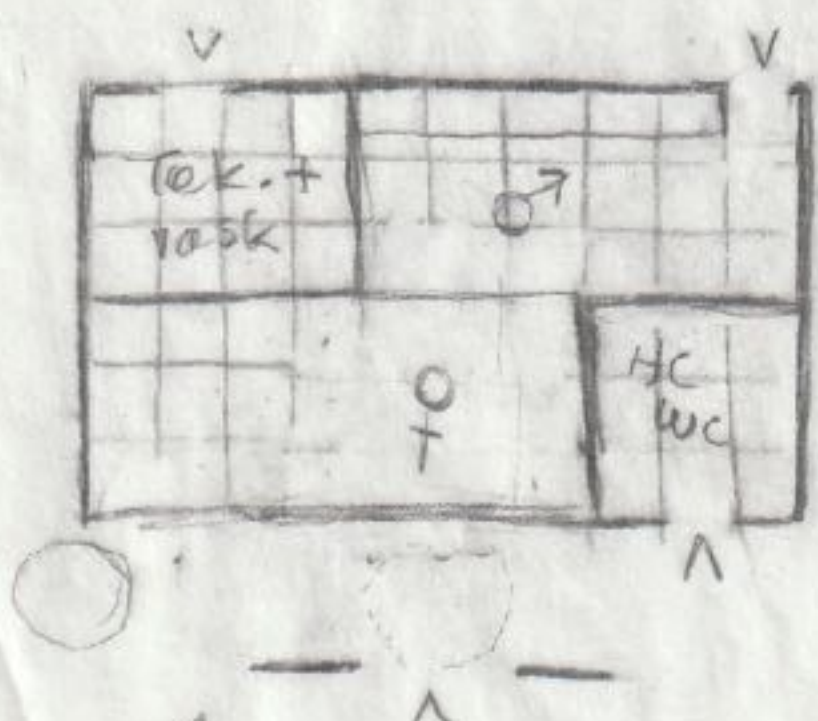
3.24 m<sup>2</sup>



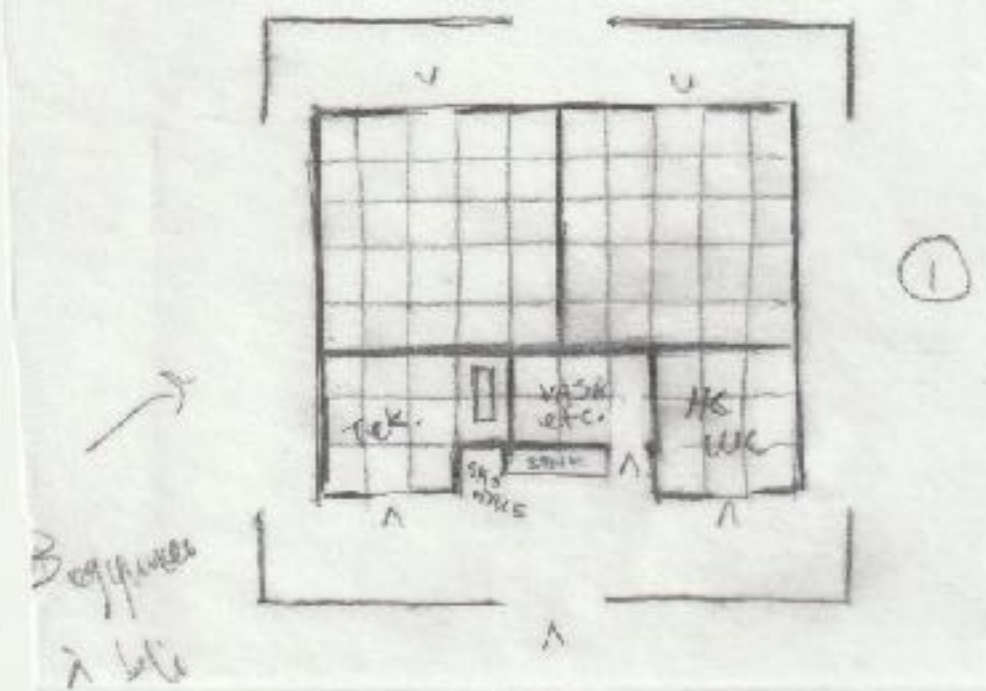




0.9x0.9 interior grid  
 1.8x1.8 / 2.7x2.7 / 3.6x3.6 exterior  
 konstruksjonsgrid  
 exterior



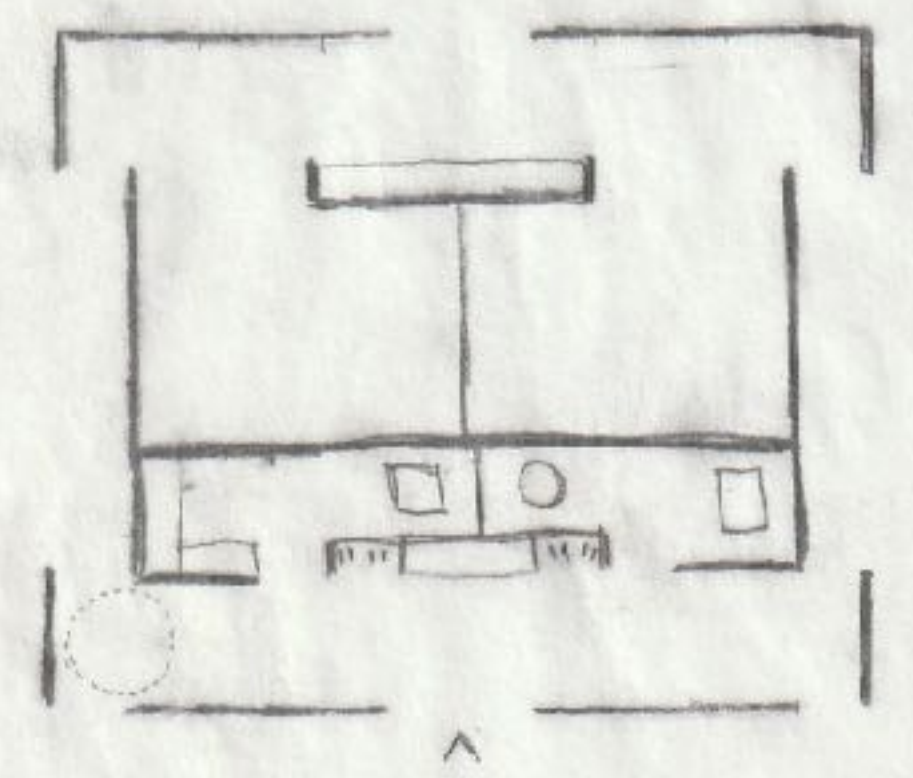
mer plass til logistikk?  
 for lite i  
 dusj?



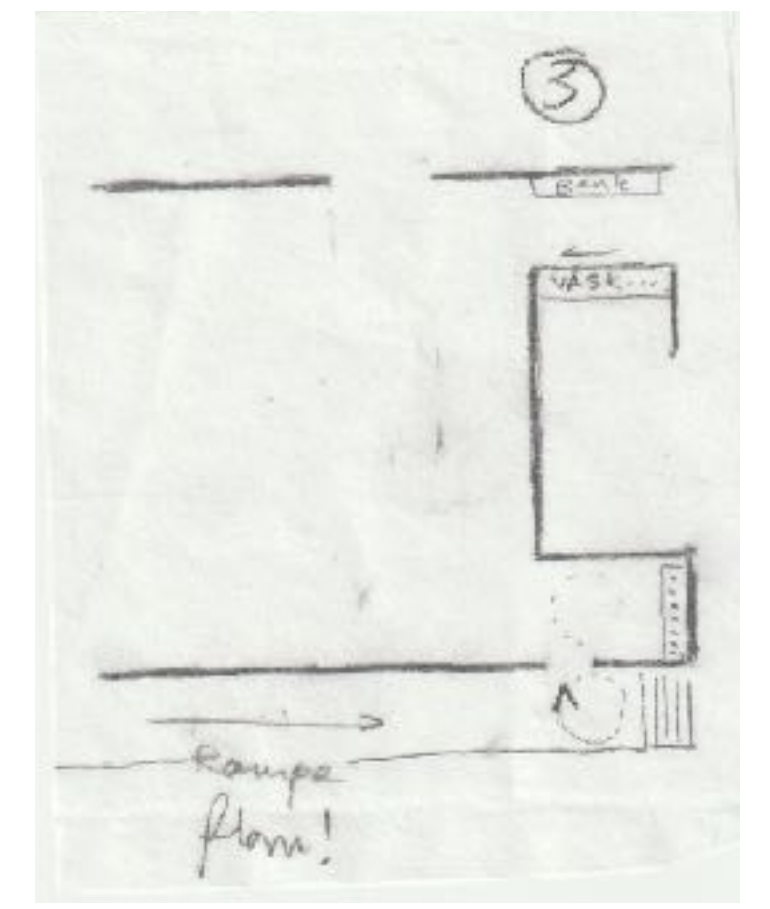
en lang korridor  
 mi og vente  
 bruker jeg for nye areal til sirkulering?  
 Ark. → tilpasset og  
 legg etter bevegelsesmønstra

(beholder)  
 'Alle veggene må gå i grid!  
 ventesone om man kommer for tidlig

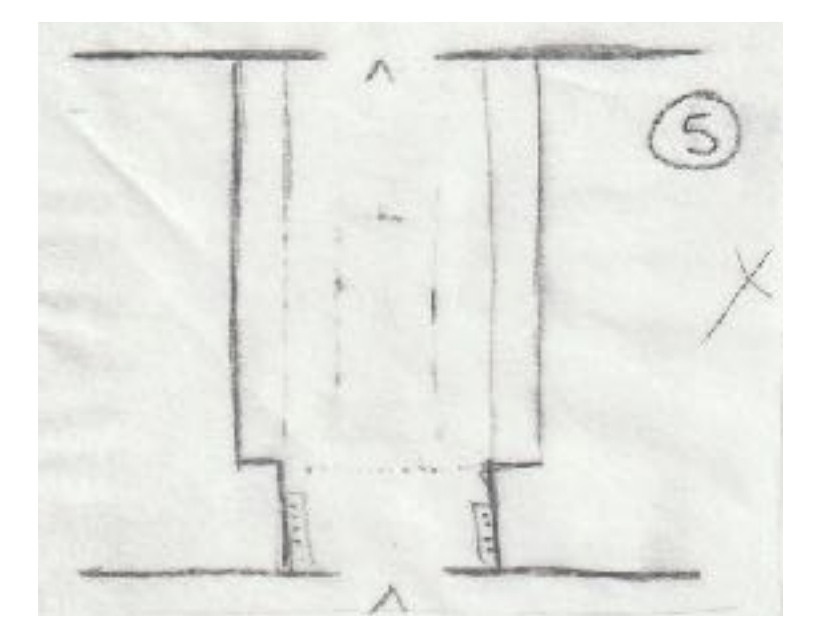
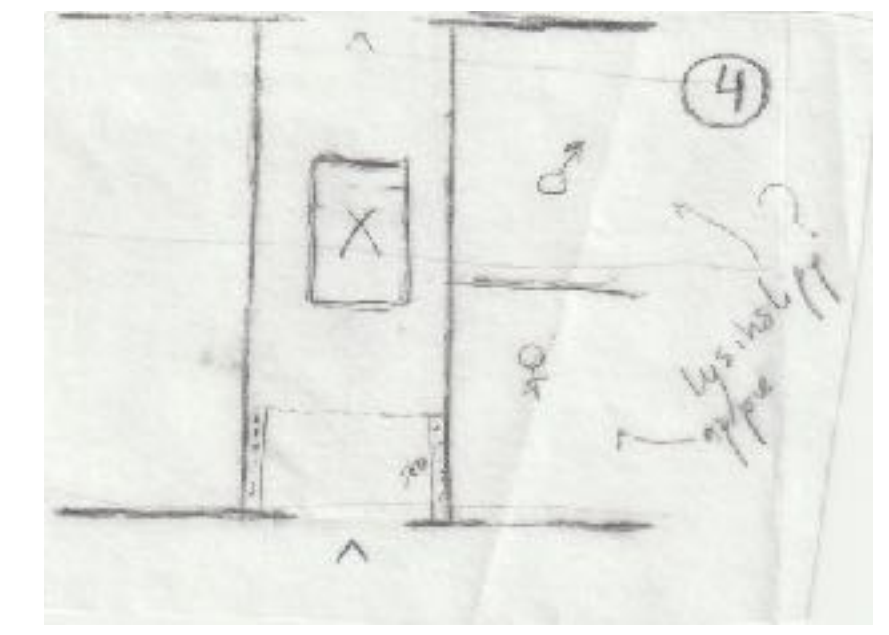
• nødvendig å ha forskjellige nivåer!  
 ↳ vises m. vinduene  
 • skyvedørene + våpen kan brukes hos kendo → (gise våpen inn!



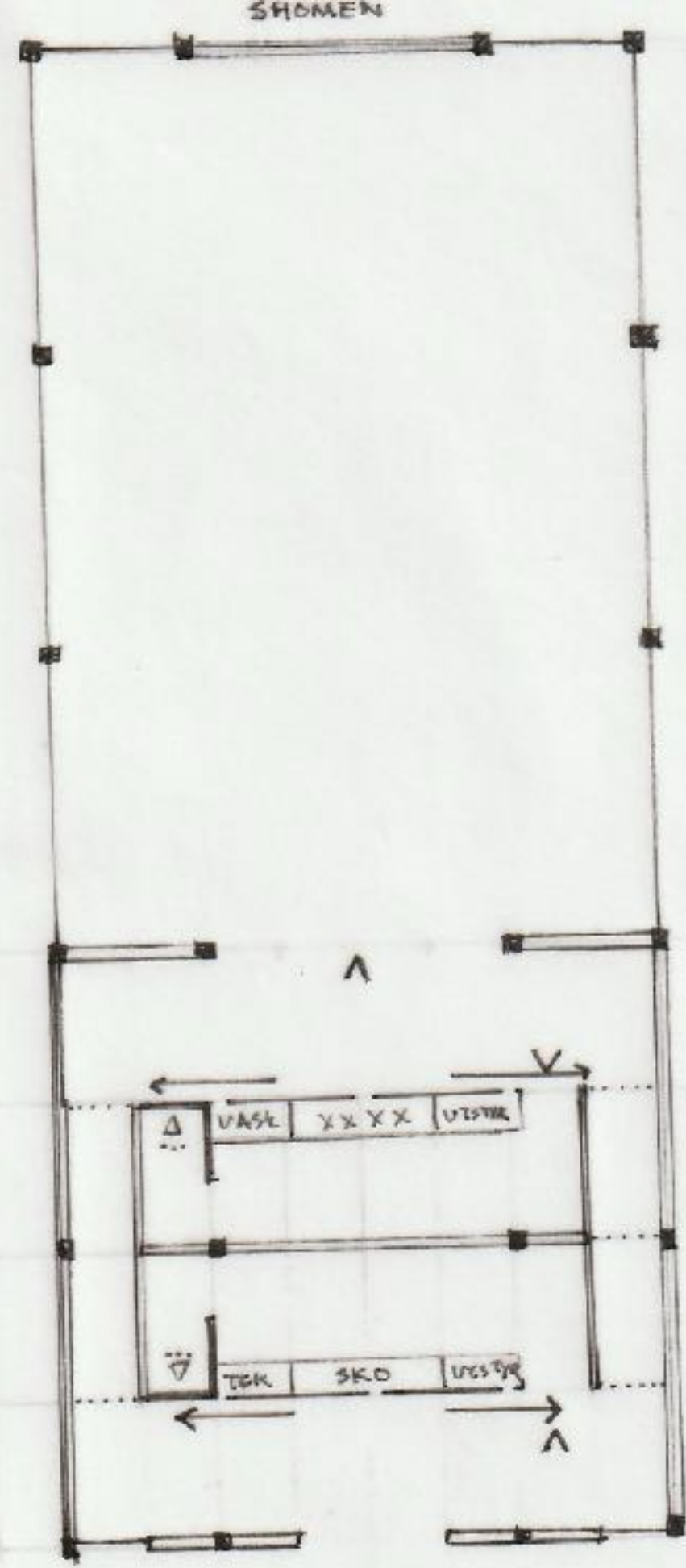
hva med HC WC??



2



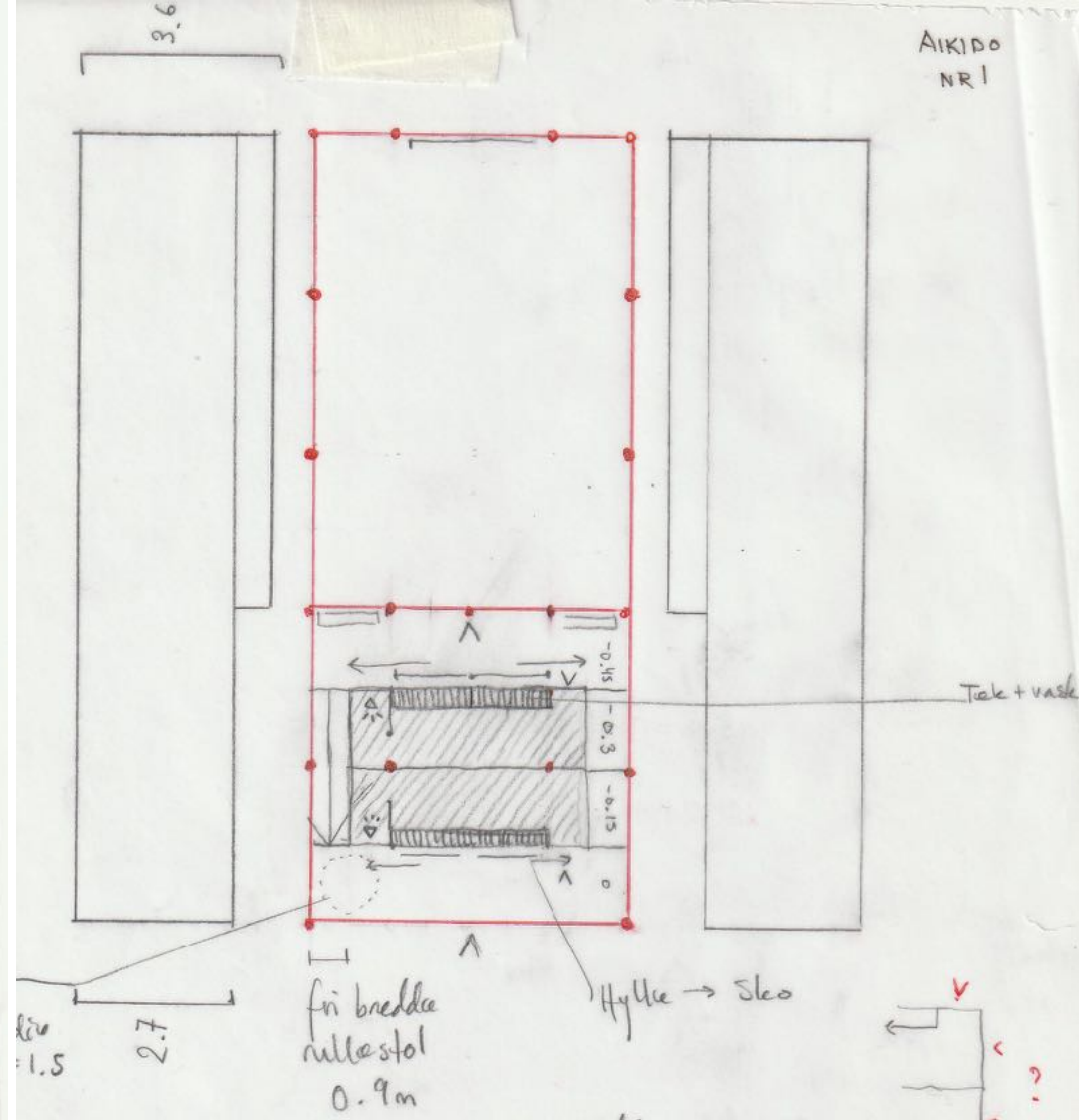




SKAP  
 DÖR  
 UTSTYR  
 • Må være pent å  
 se → ikke vaske!  
 ← Vask skap  
 0.9 → litt  
 uten  
 dusj!

Aikido

AIKIDO  
NR 1



Move around  
 opponent  
 → Use the opponents  
 placement + movement  
 to ones advantage

Aikido

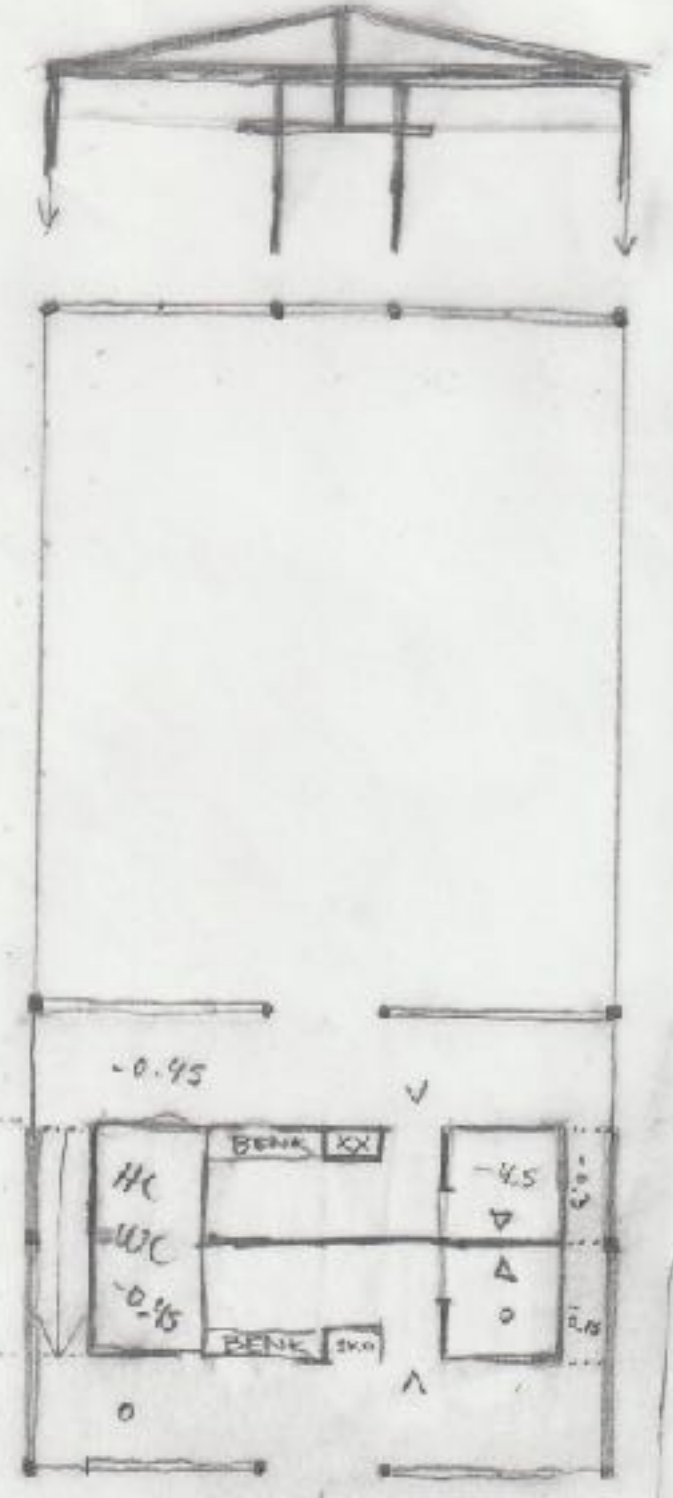


AIKIDO  
NR. 2

0.9 m bred (minimum for Hc)

2.7

0.45



bredere!

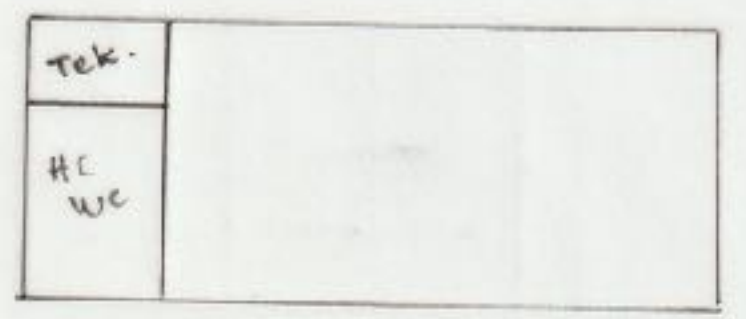
AIKIDO  
NR. 3

6x6 (1.4m)

← for start?

tek.  
rom nå  
være  
rundt  
10 m<sup>2</sup>!

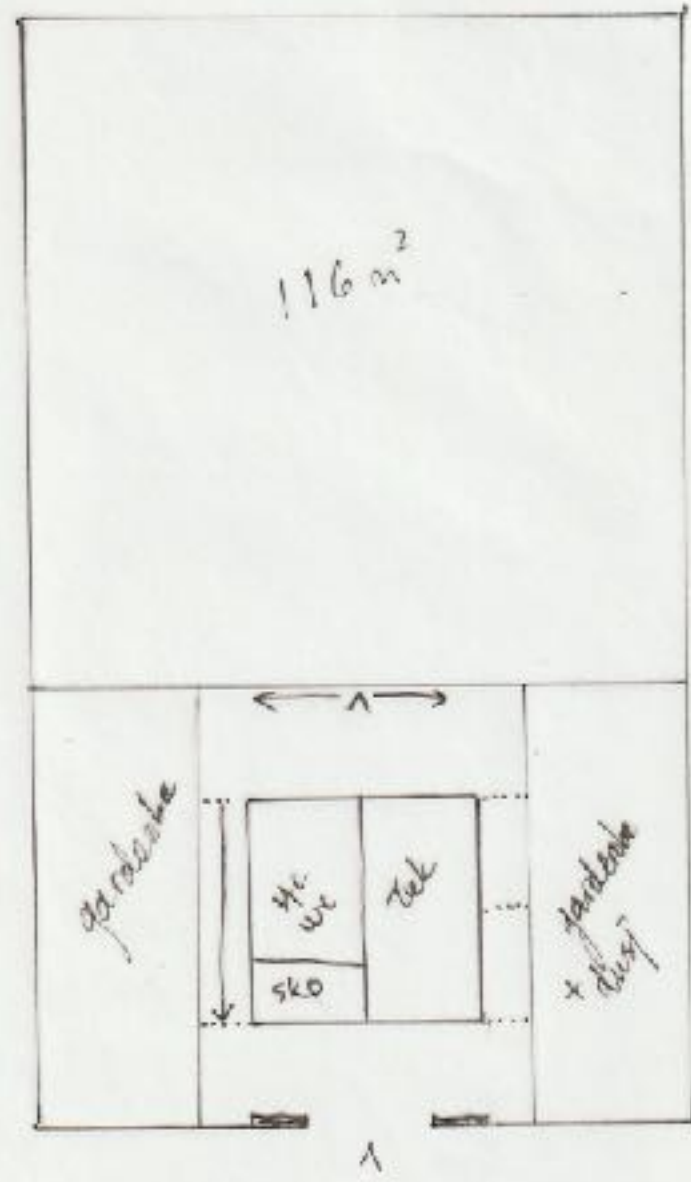
hverfall



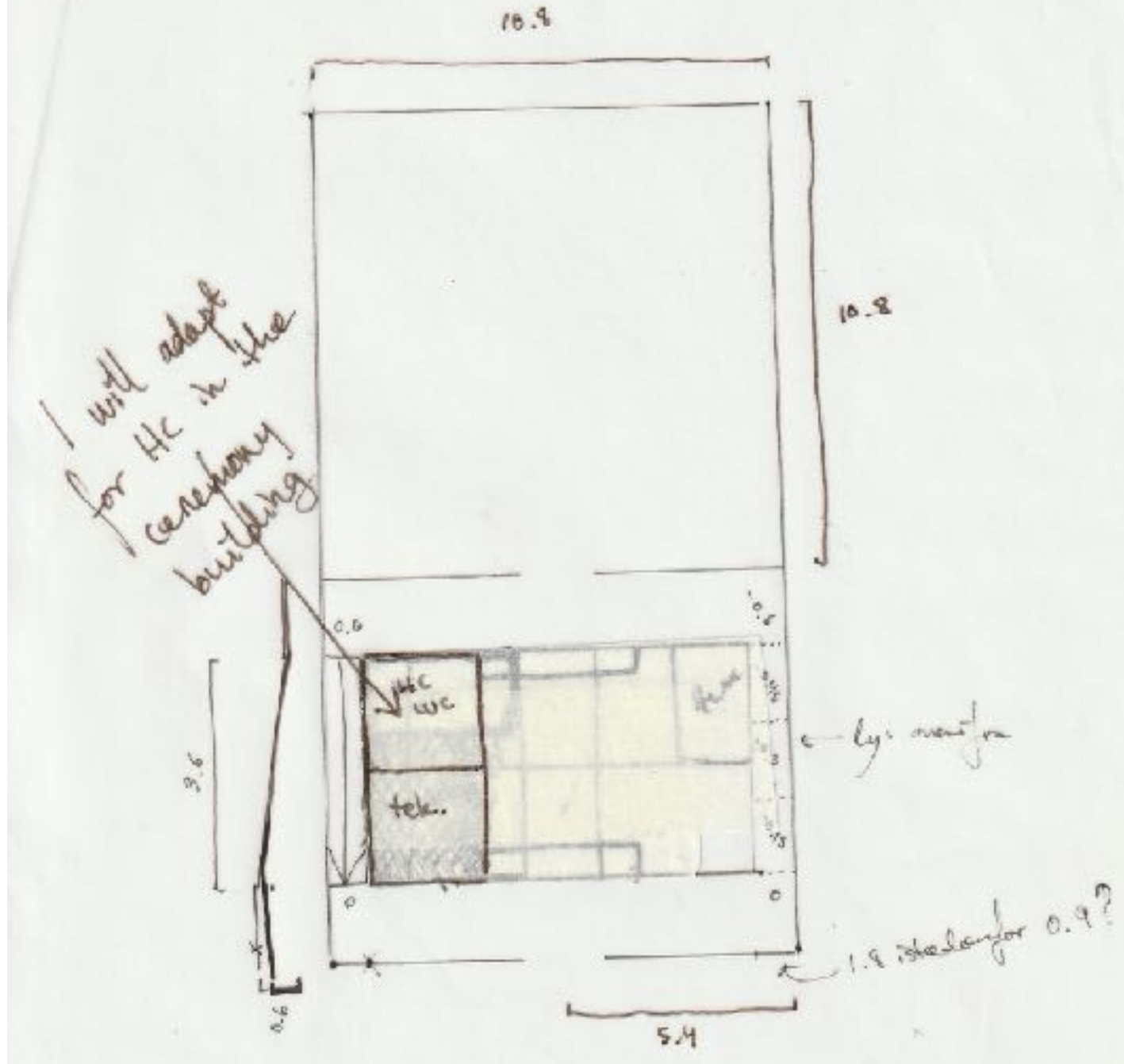
← garderobes  
på stolen?  
fint lys-kvalitet



AIKIDO  
NR4

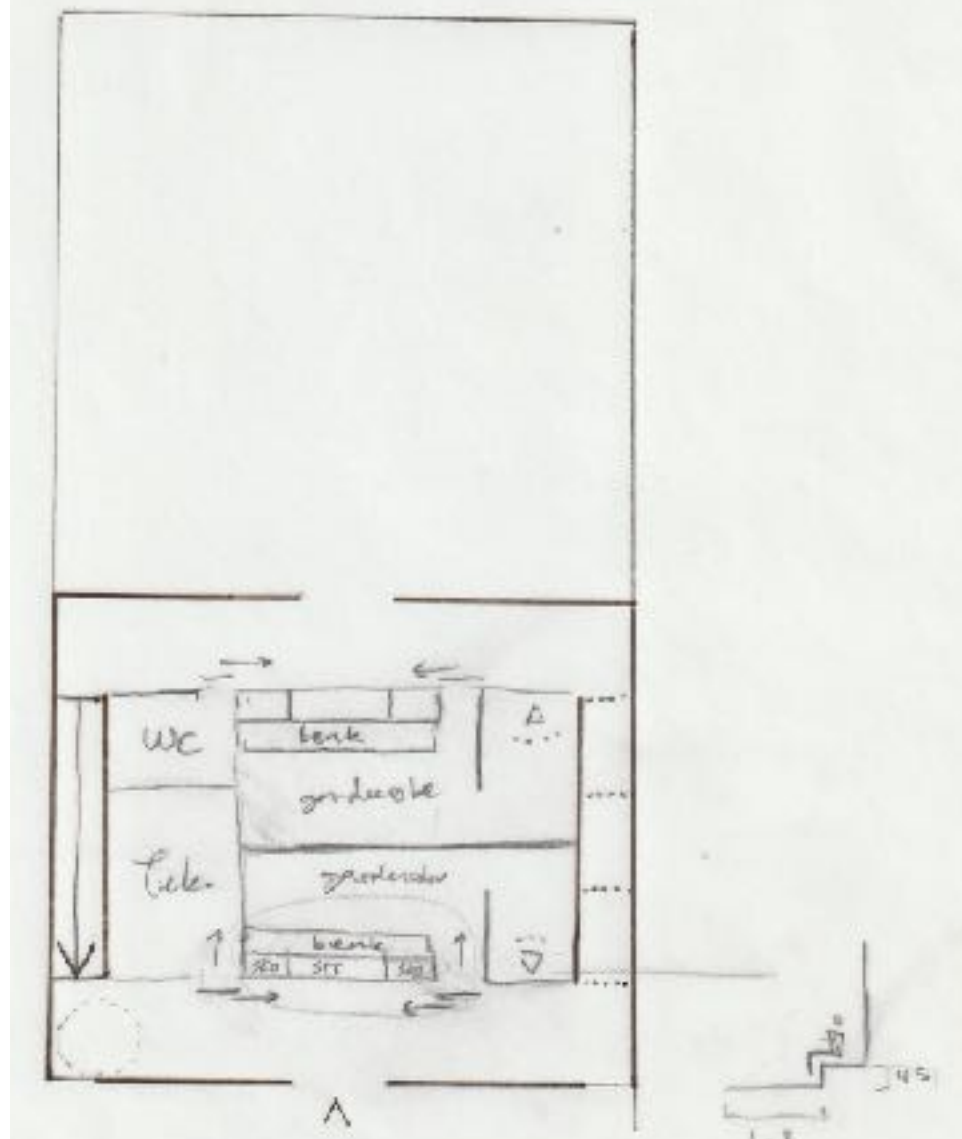


AIKIDO  
NR 6



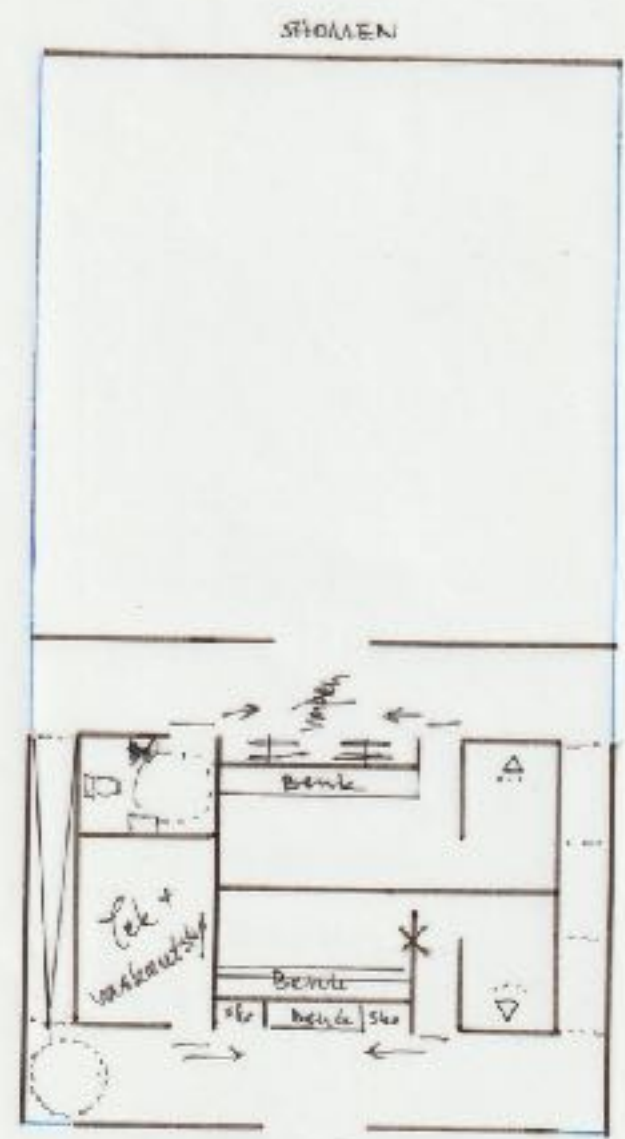


AIKIDO  
NR 7

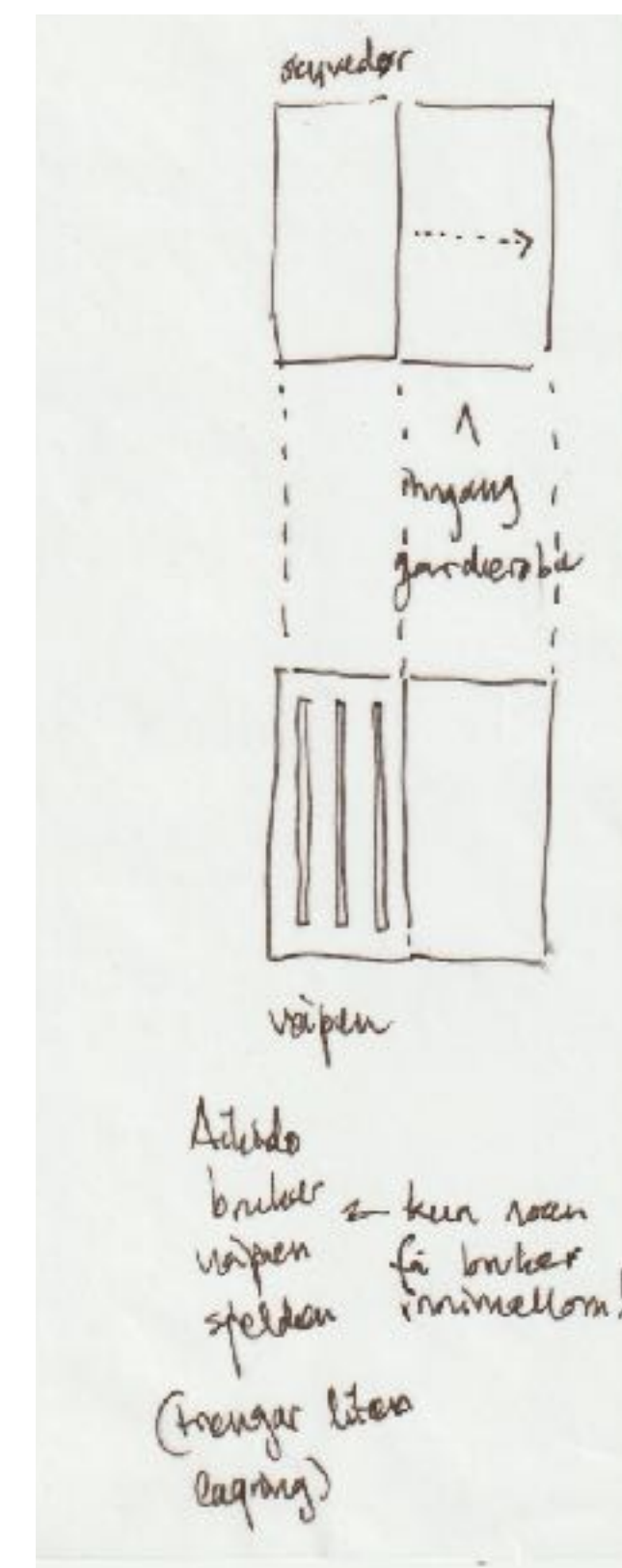
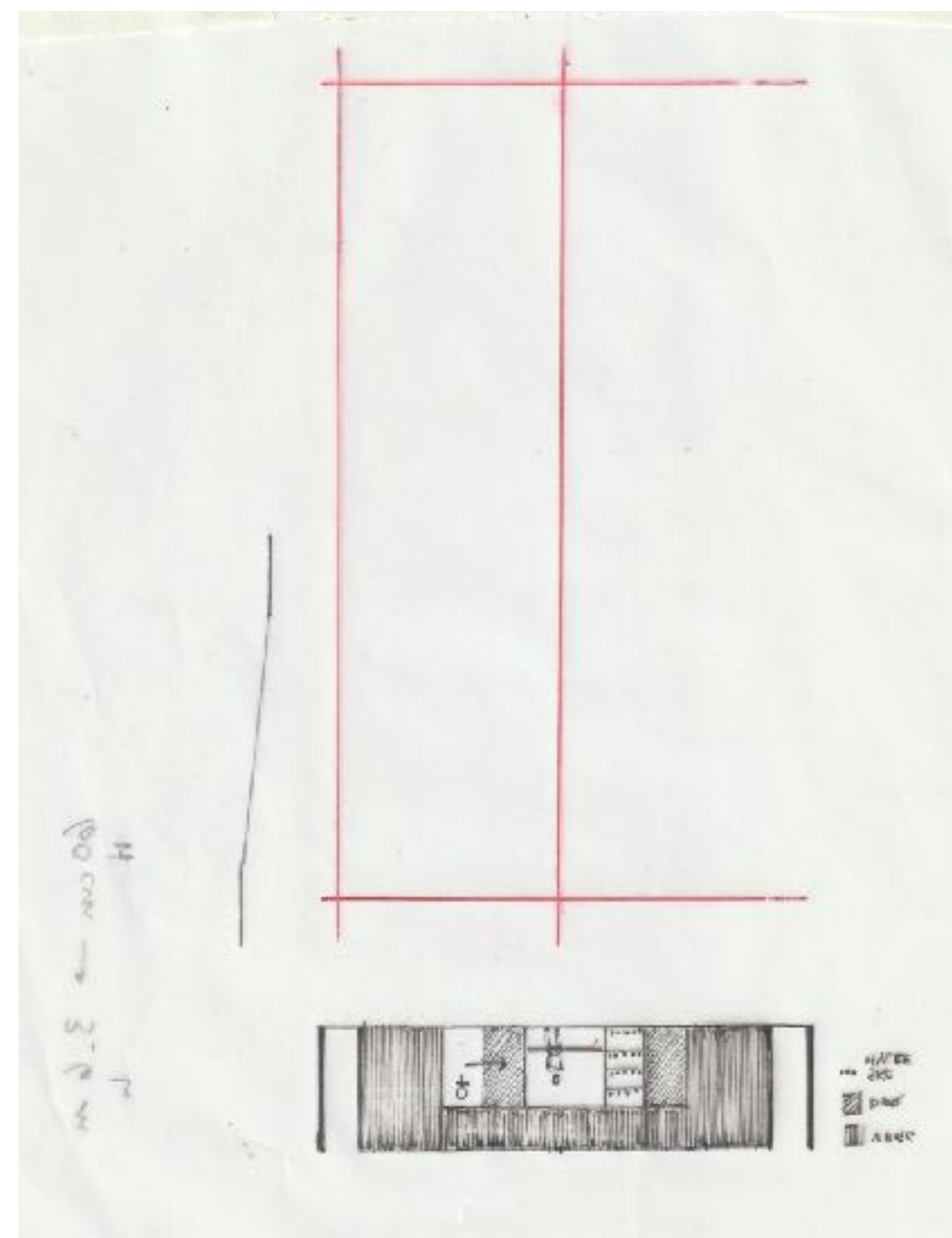
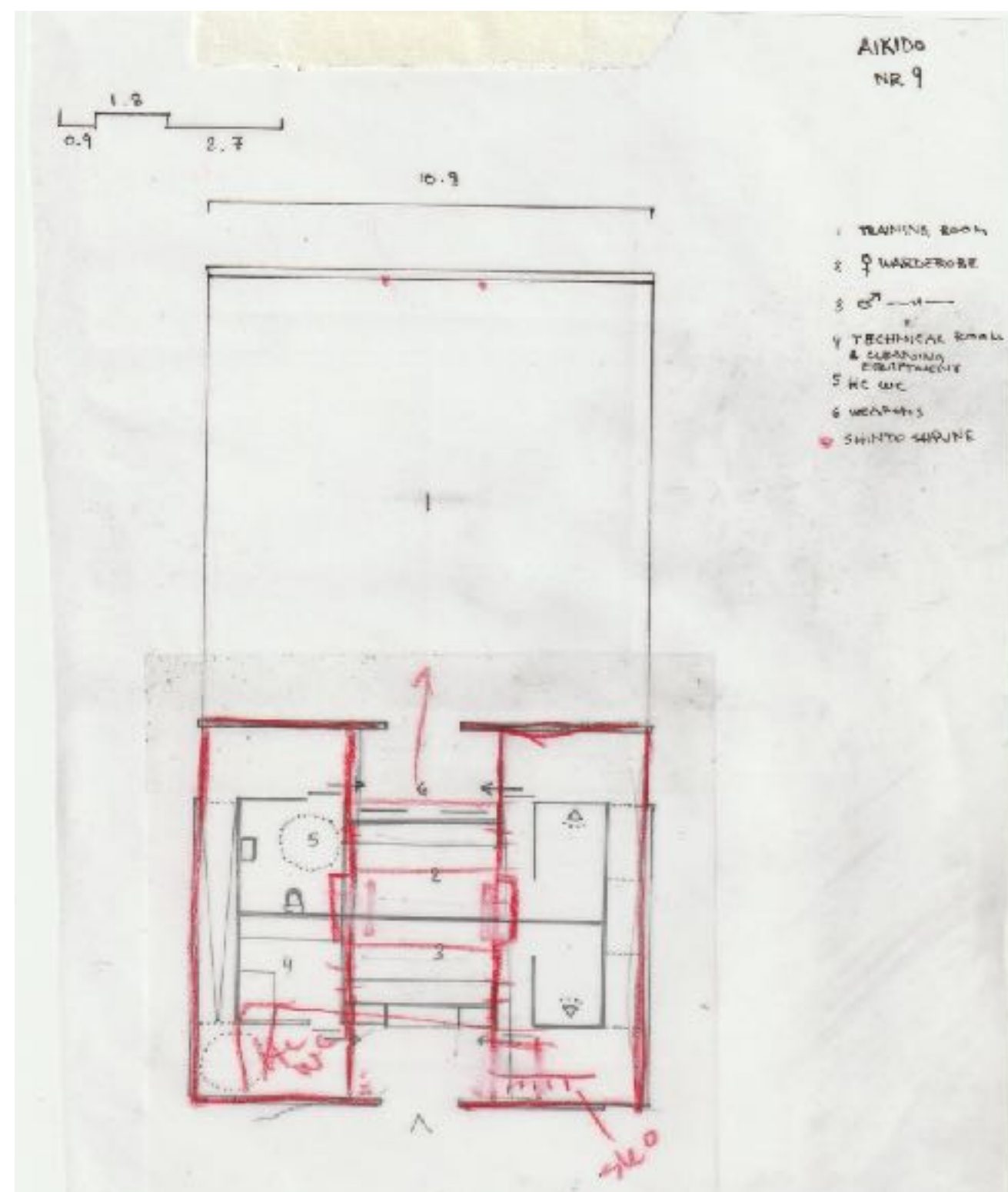


- FURNITURE
- WINDOW
- WALL
- (SERTAKAN TITIKS  
AT FLOOR JUMP)

AIKIDO  
NR 8



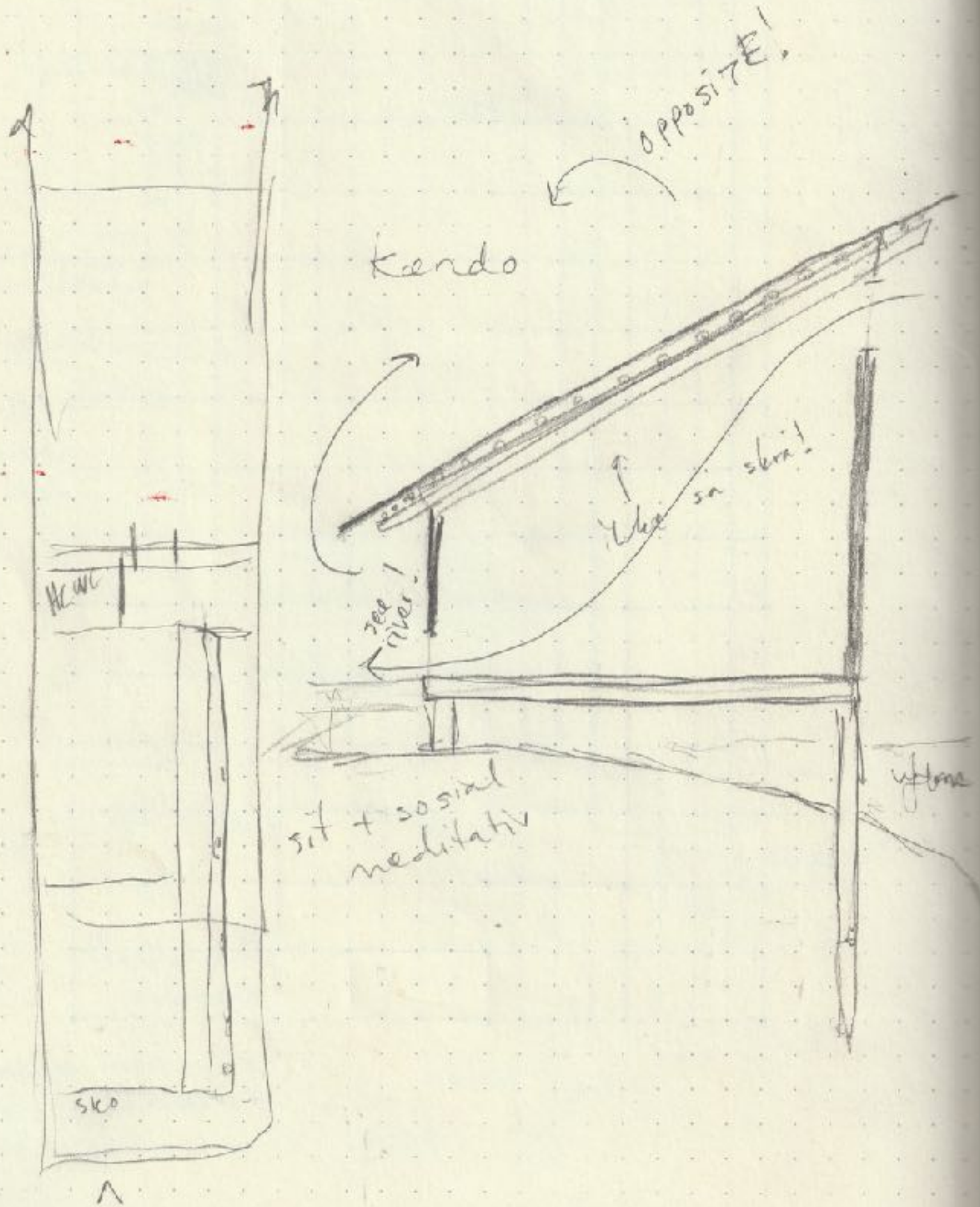






The ceremonial building will ~~be~~ be used for ceremonial grading as well as gatherings. This will be HC adapted.

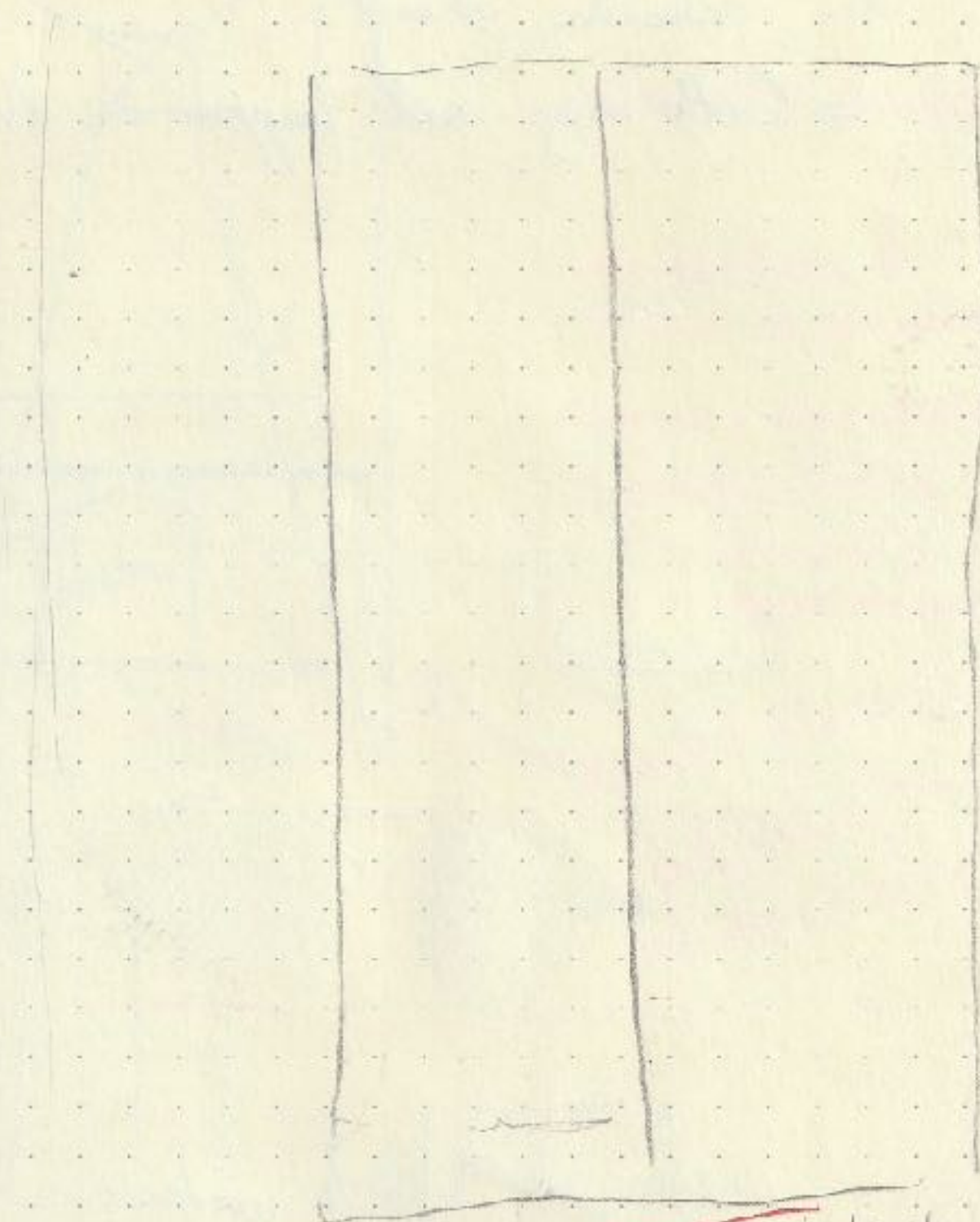
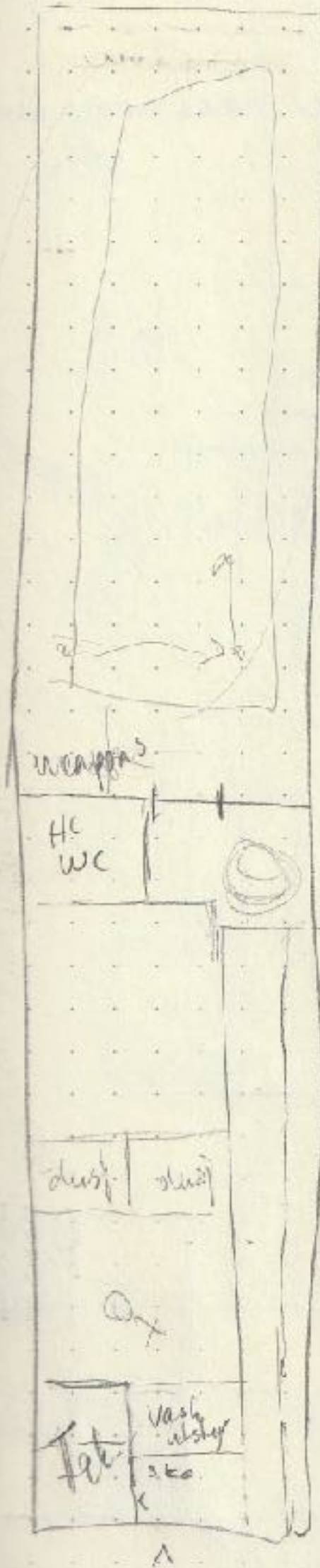
Adido needs the ~~dojo~~ mats for grading and will therefore use their own ~~dojo~~ for grading. They also need the ~~dojo~~ SHOMEN & SHIATTO SHOMEN. Therefore the Adido ~~dojo~~ will be adapted to HC visitations.



KENDO

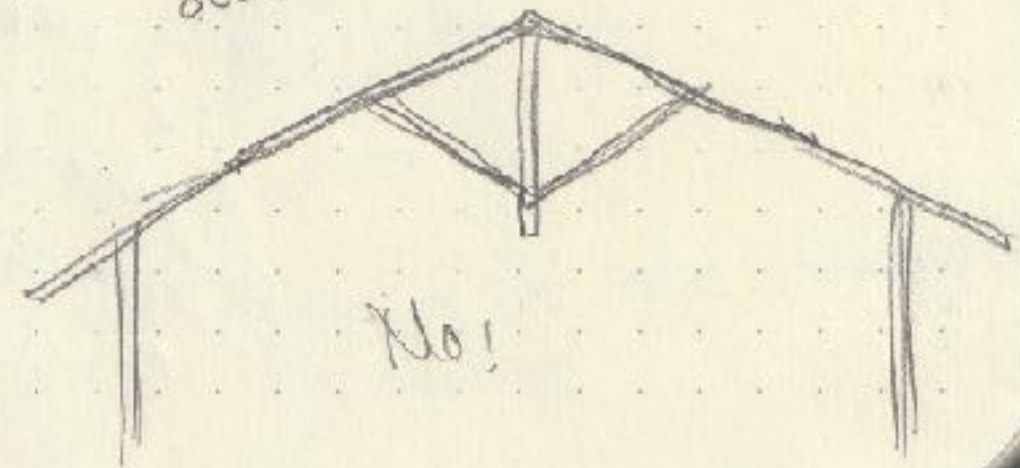
KENDO

maks bevegelses lamplex + bredde



to teach  
→ let them be attached  
teacher student

weapons!  
lock in!  
Roof → 2 people  
dual & linear

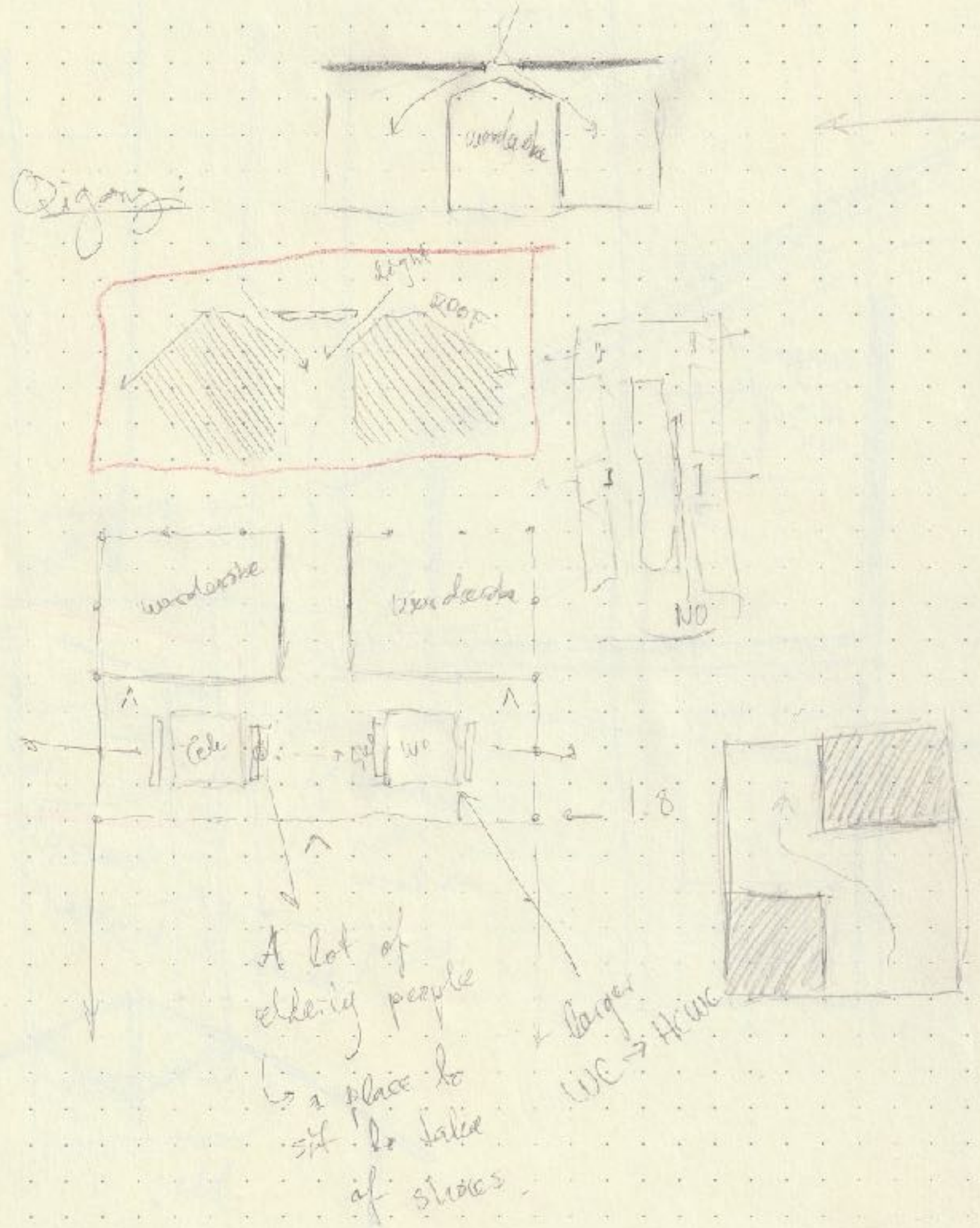




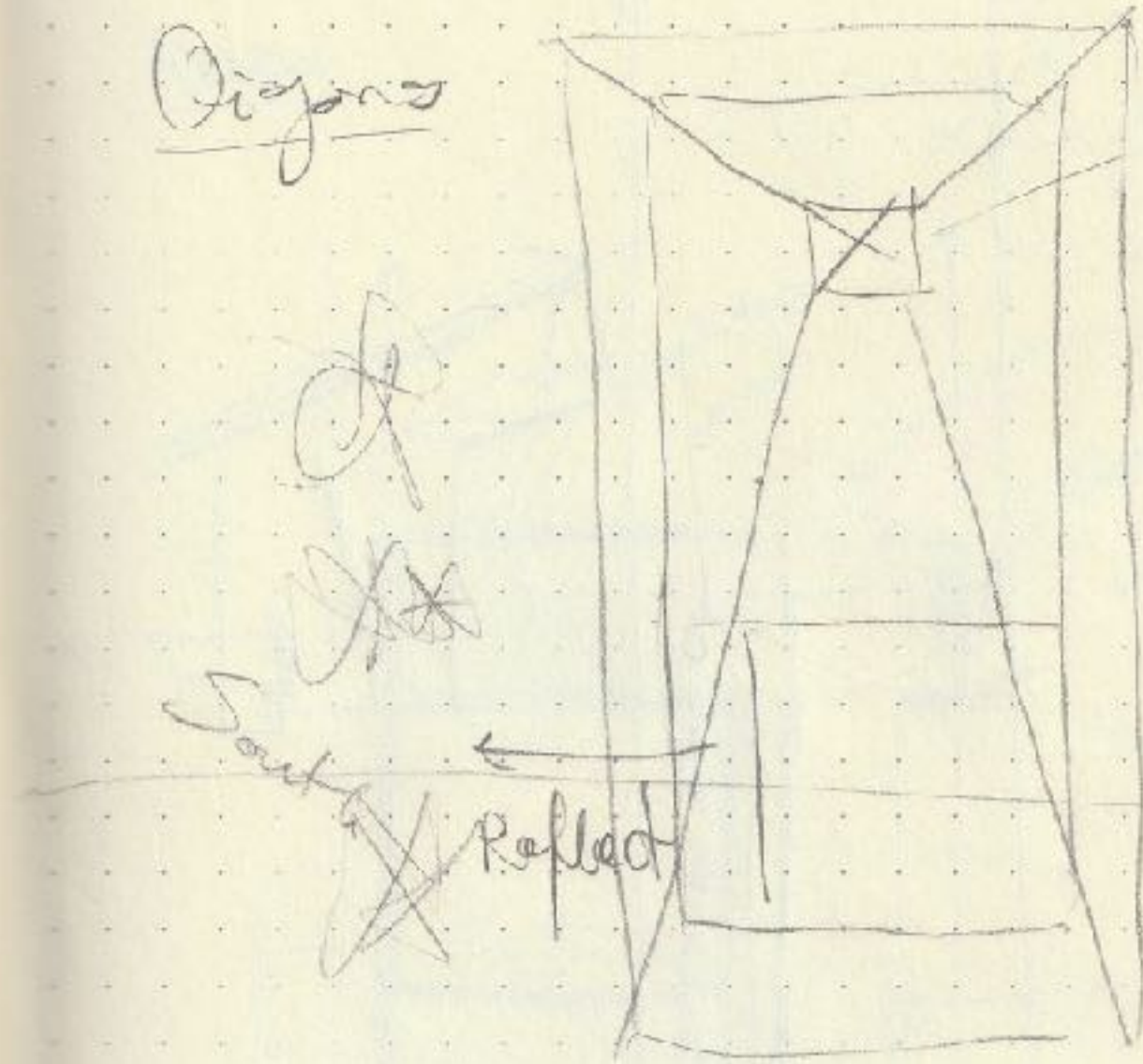
Space for reflecting and meditating  
in each day

↳ Ceremonies will happen in the ceremony building

Diagrams



Diagrams

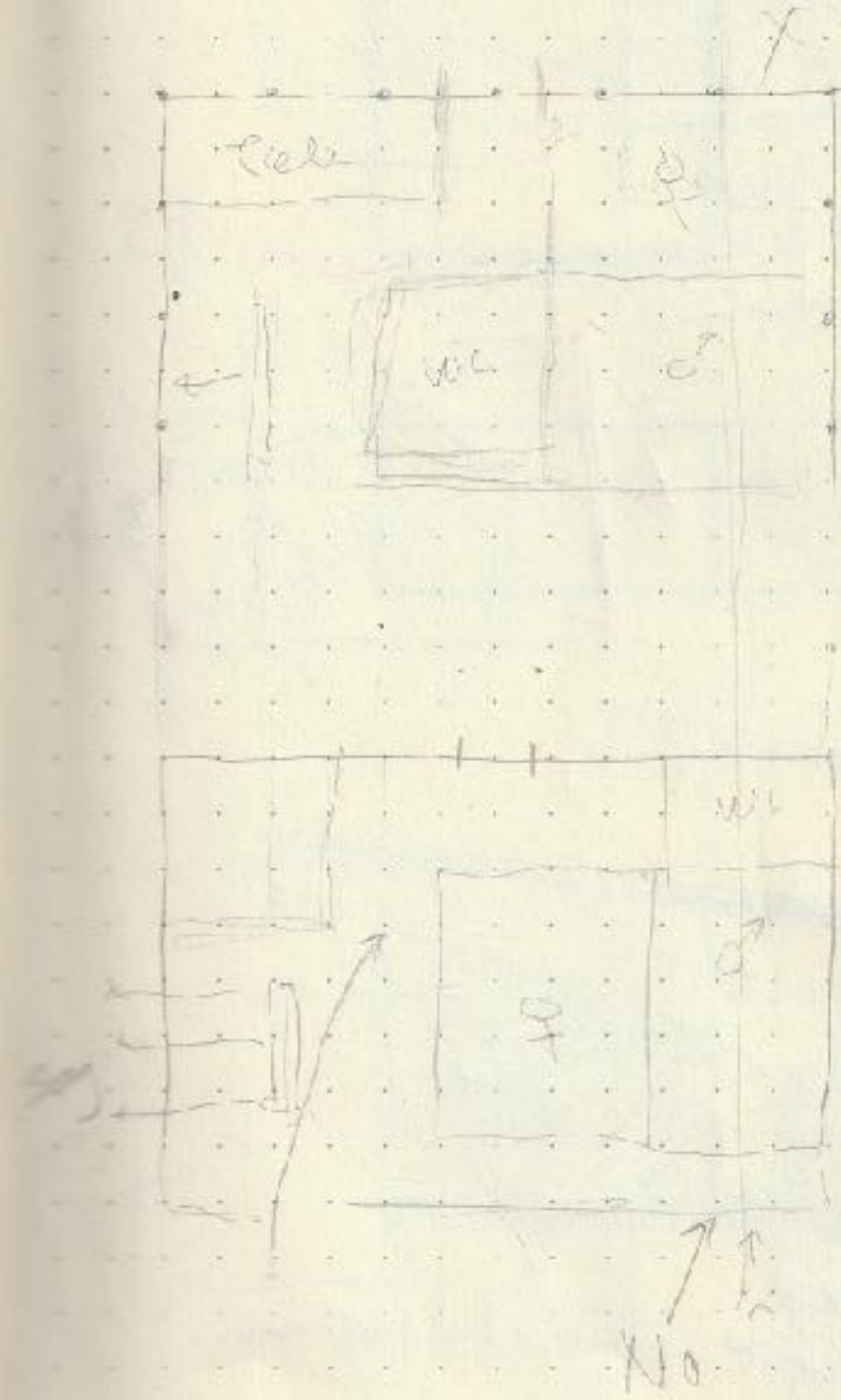


- Concrete foundation

• Reflection ↓  
area → situation

• Light + circulation  
+ roof + doors  
= rituals & movement

opalet glass  
reflected on  
venter-rom?



lead the gas  
up & down

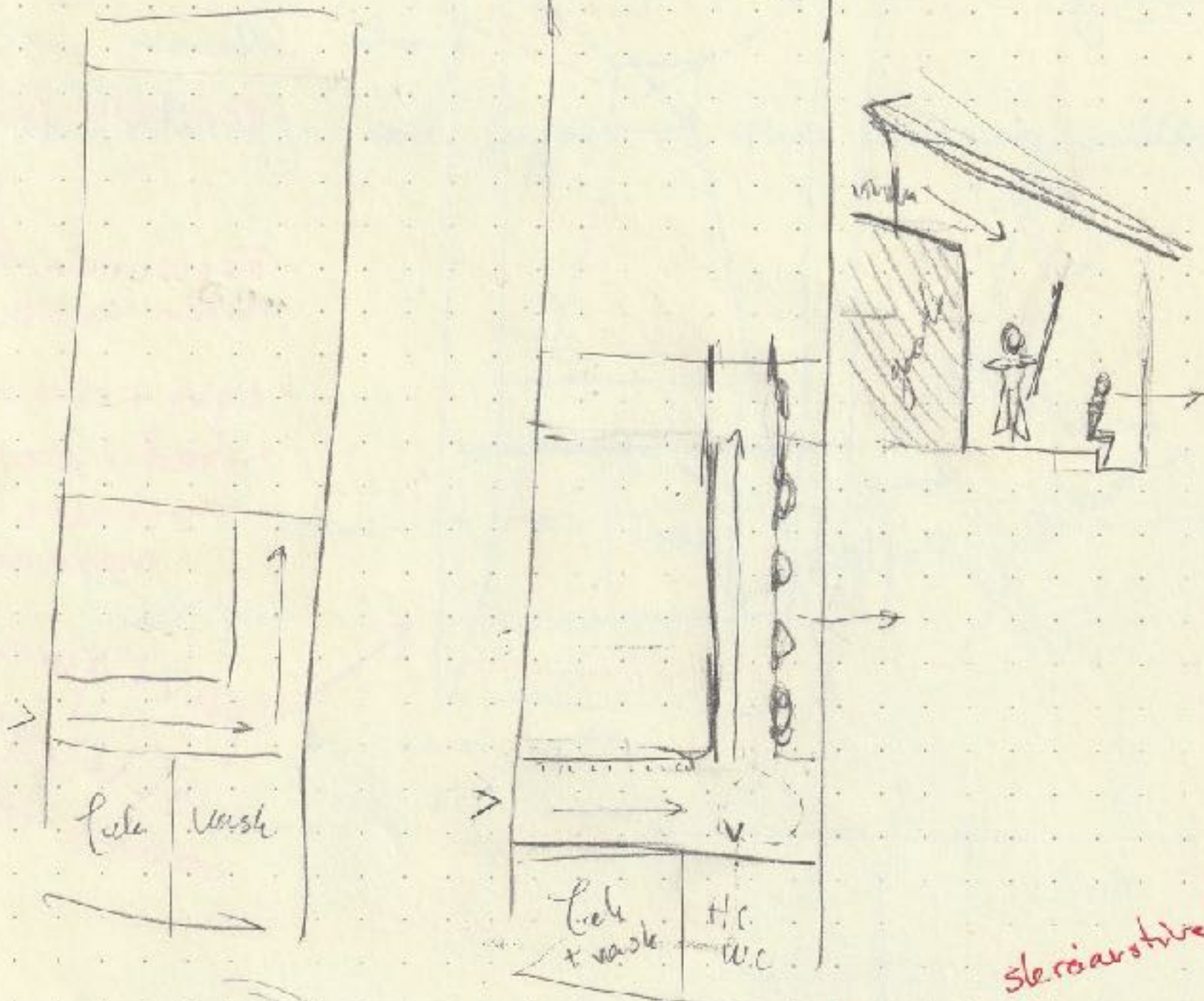
Roof is not so  
steep! No Yes

small light  
"windows"/slits  
(just to let  
light in.)

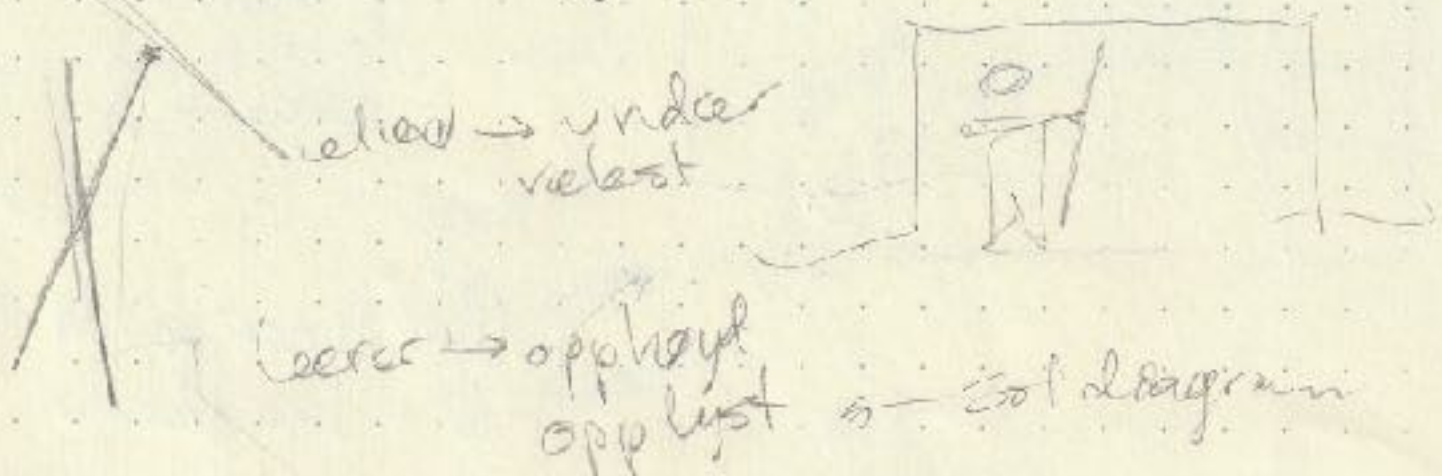
Ultime vider pa die indre romene  
↳ + lys overfra



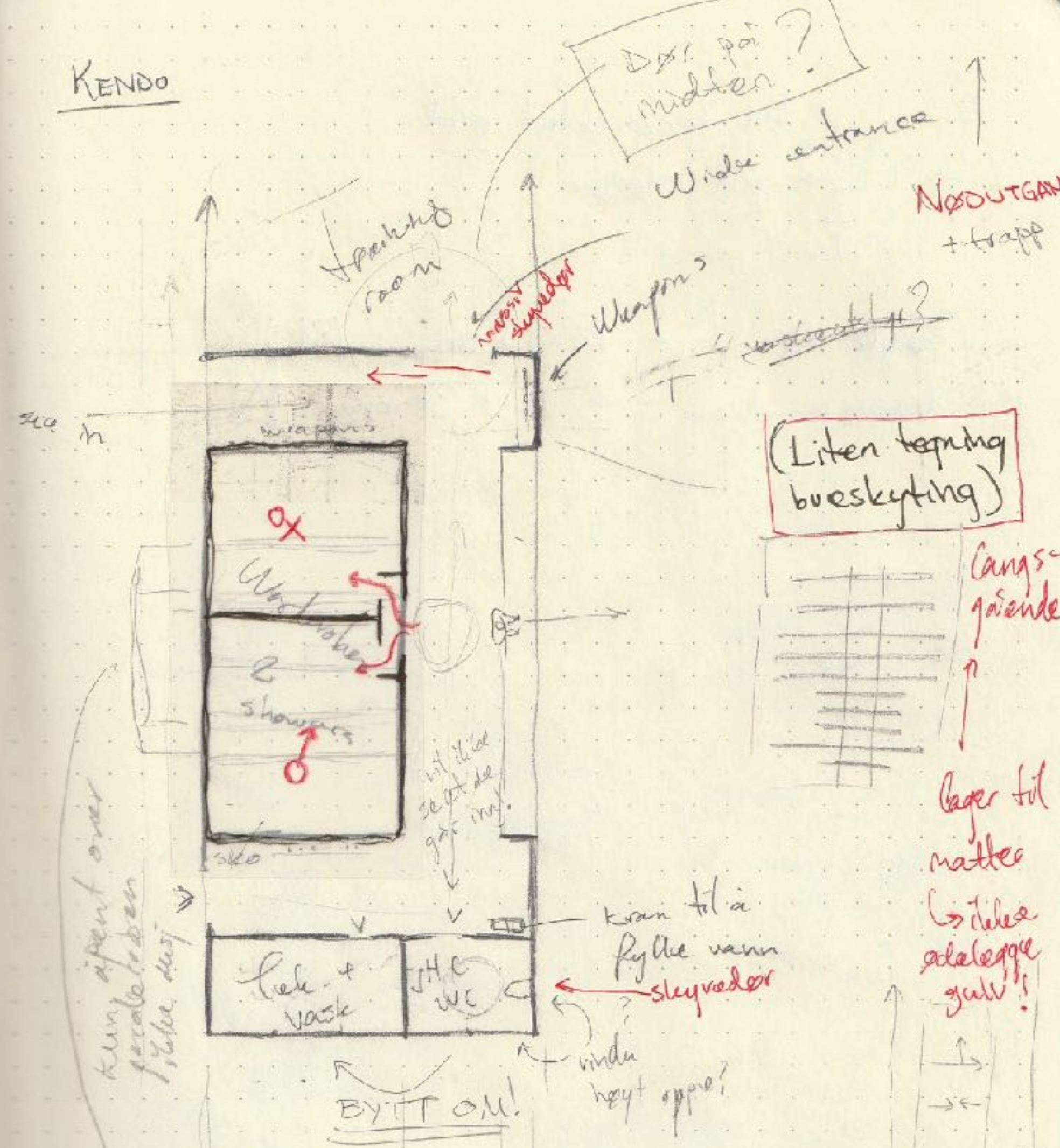
Kendo



fordi de oppbeholder og  
briker av liggjet.



KENDO



(Liten tegning  
bueskyting)

Langs-  
gående

lager til  
matte  
↳ ikke  
sklepp  
gull!

og helt  
TP → lys  
jordarbe

Beacnola  
sagles. ma  
sta!  
S. hus  
kontroll

ast engener



3.6 m → Bra konstruktivt grid

↳ 1.8m → grid interior  
eller  
0.9m

Spøyle dim. → 15 × 15 cm



drager dim. → 15 × 30 cm

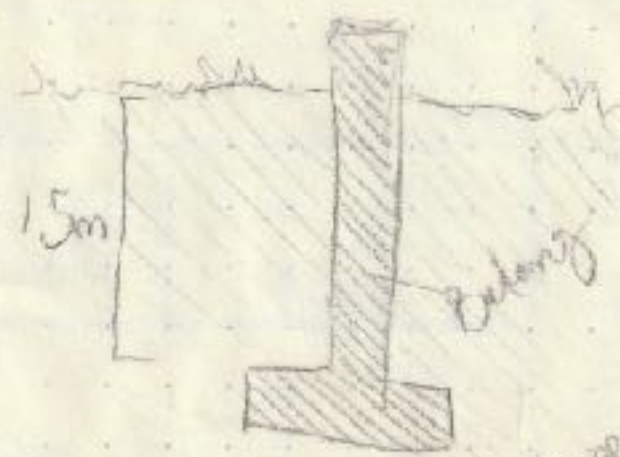


[TEK 17]

ISOLASJON

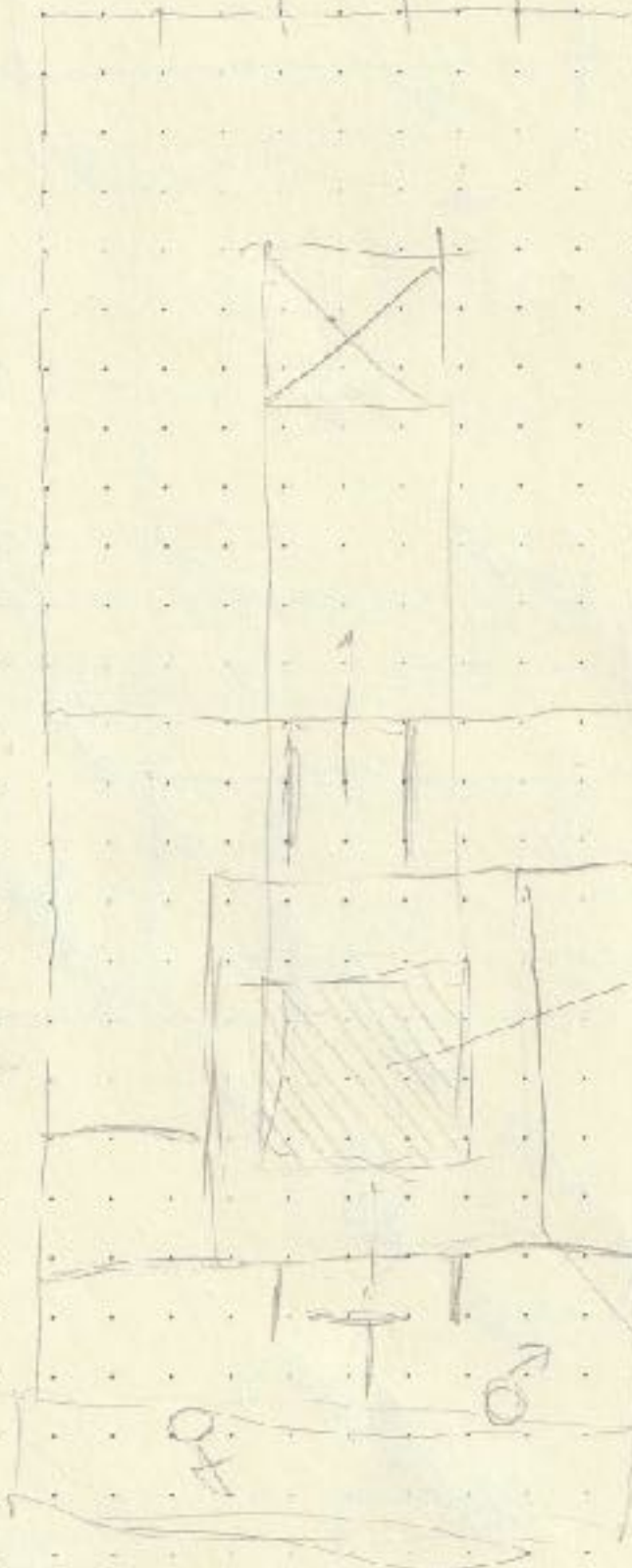
ca 15 cm	Yttervegg
ca. 30-35 cm	TAK
ca. 30-35 cm	GULV

Frostdybde  $H_0 = 1.5m$   
Bærem/Sandika



Spøyle → heltre

Qidona:



GRIS

same gris  
ikke som  
ita

3 stier



40 cm





Arbide

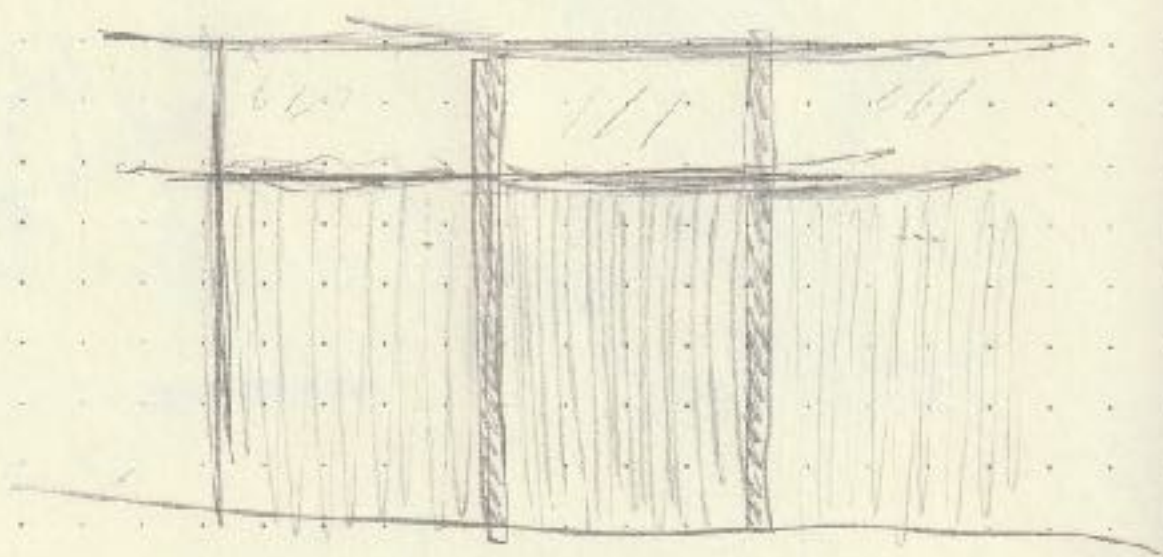


Pitavalas → kultur  
Japan → kultur

Japanese kultur er en stor del av kulturene

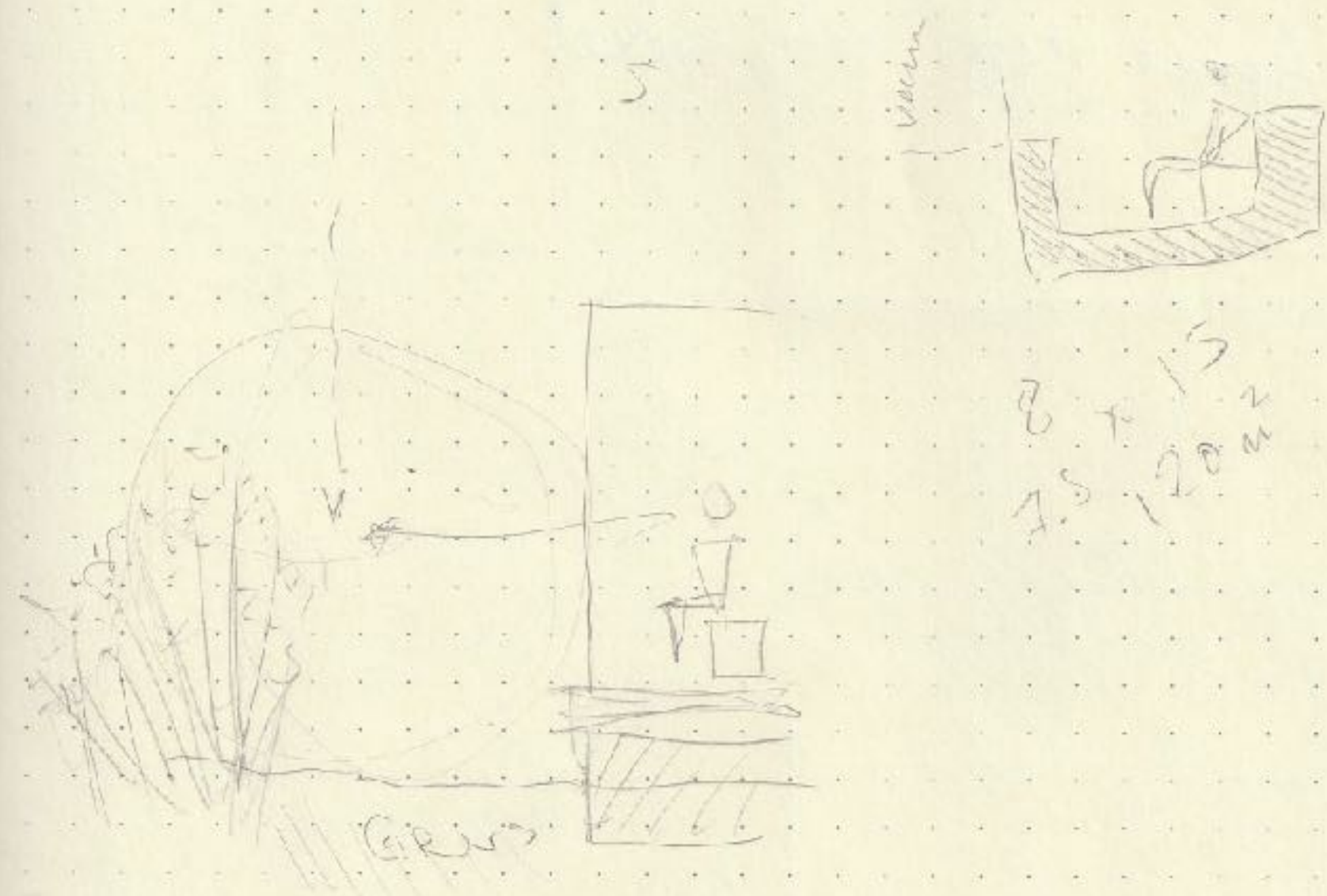
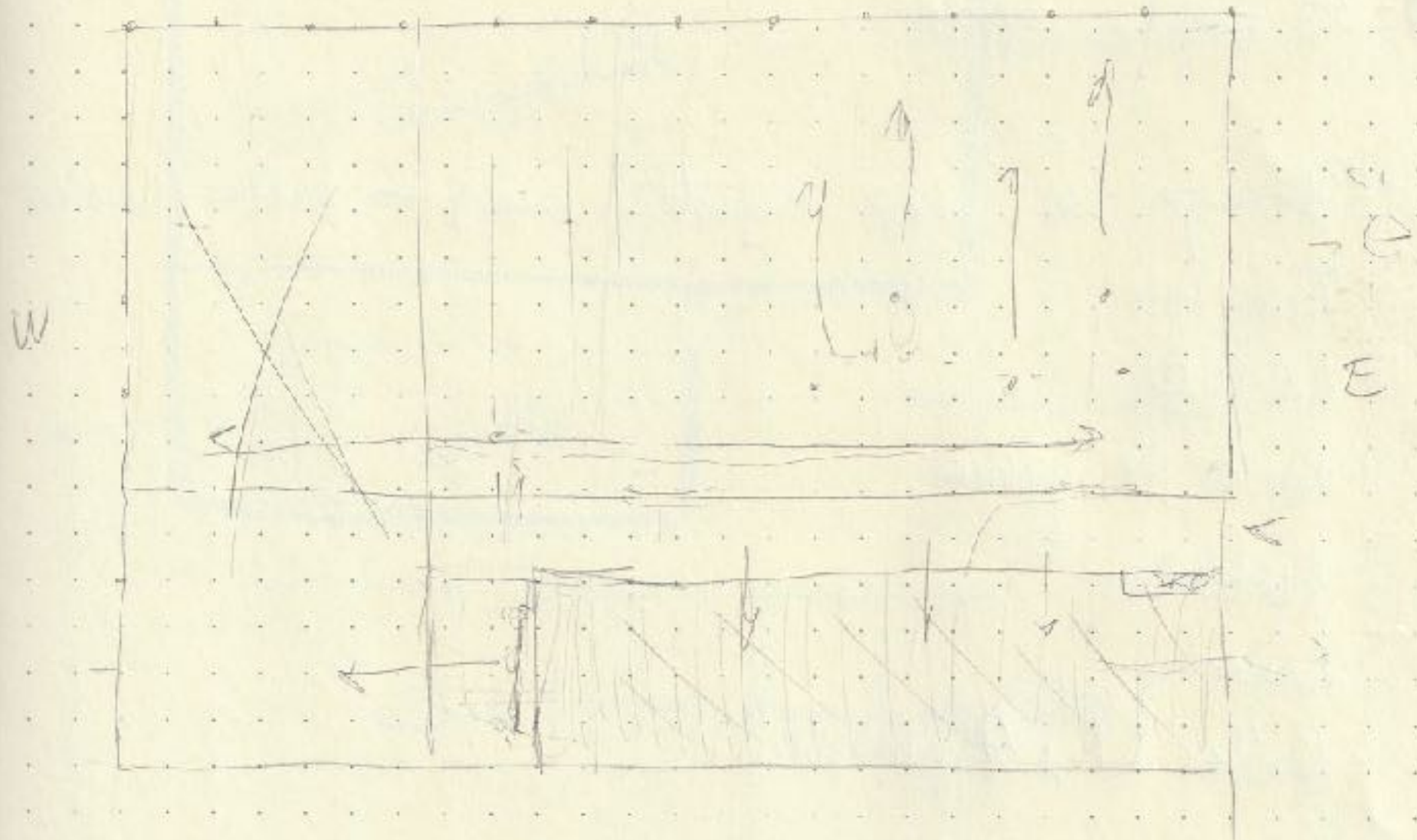
Bulking

baeringsrom



Karate =

N





## Ceremony:

20-30 people approx:

• Storage → skap, innfelt i vegg → beltter/handsker

• Tek. com

• HC WC

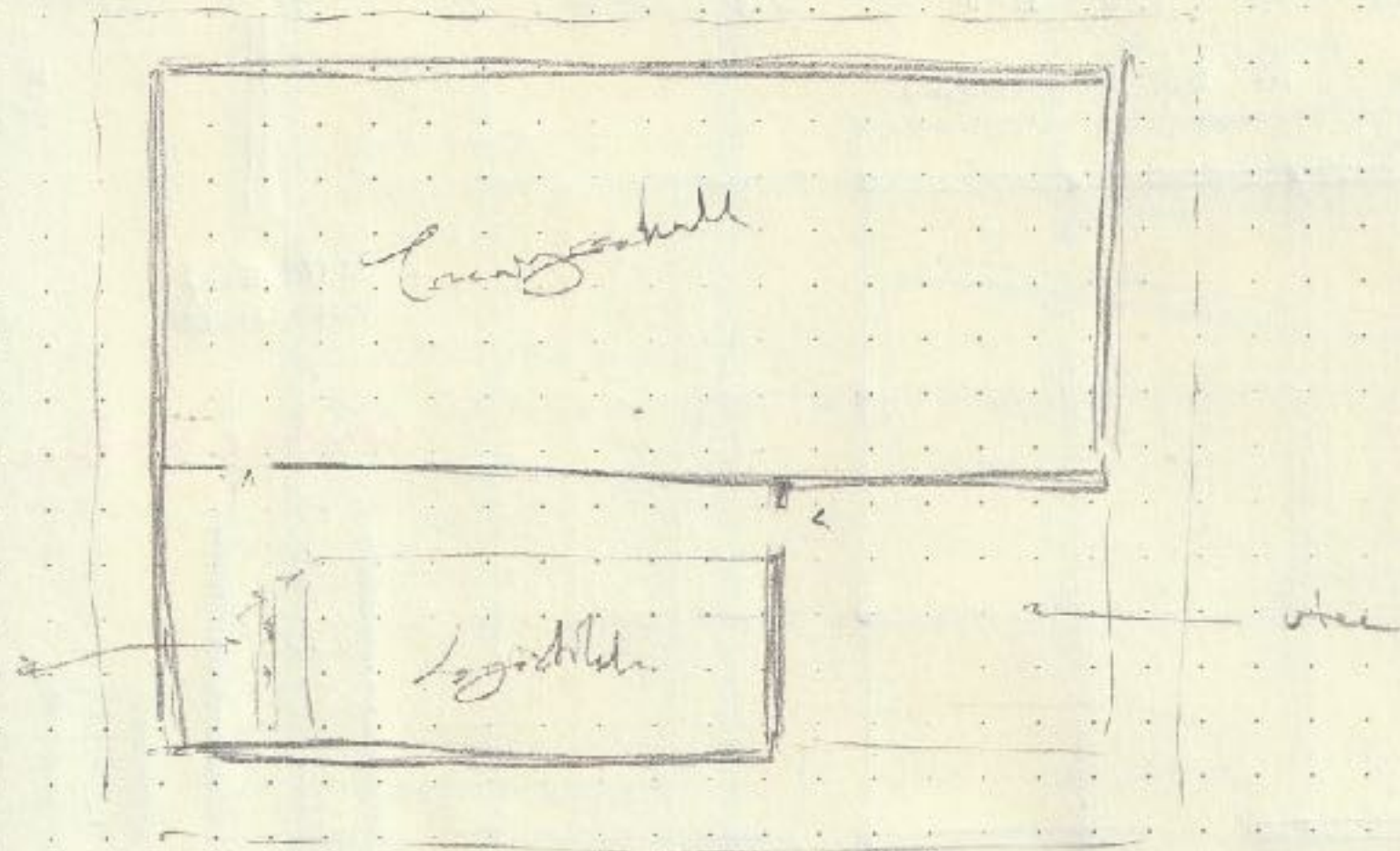
• Room to gather

• Kjøleskap

• Lagar

• Kordor (1) 4 plasser

↳ Apner opp mot stua

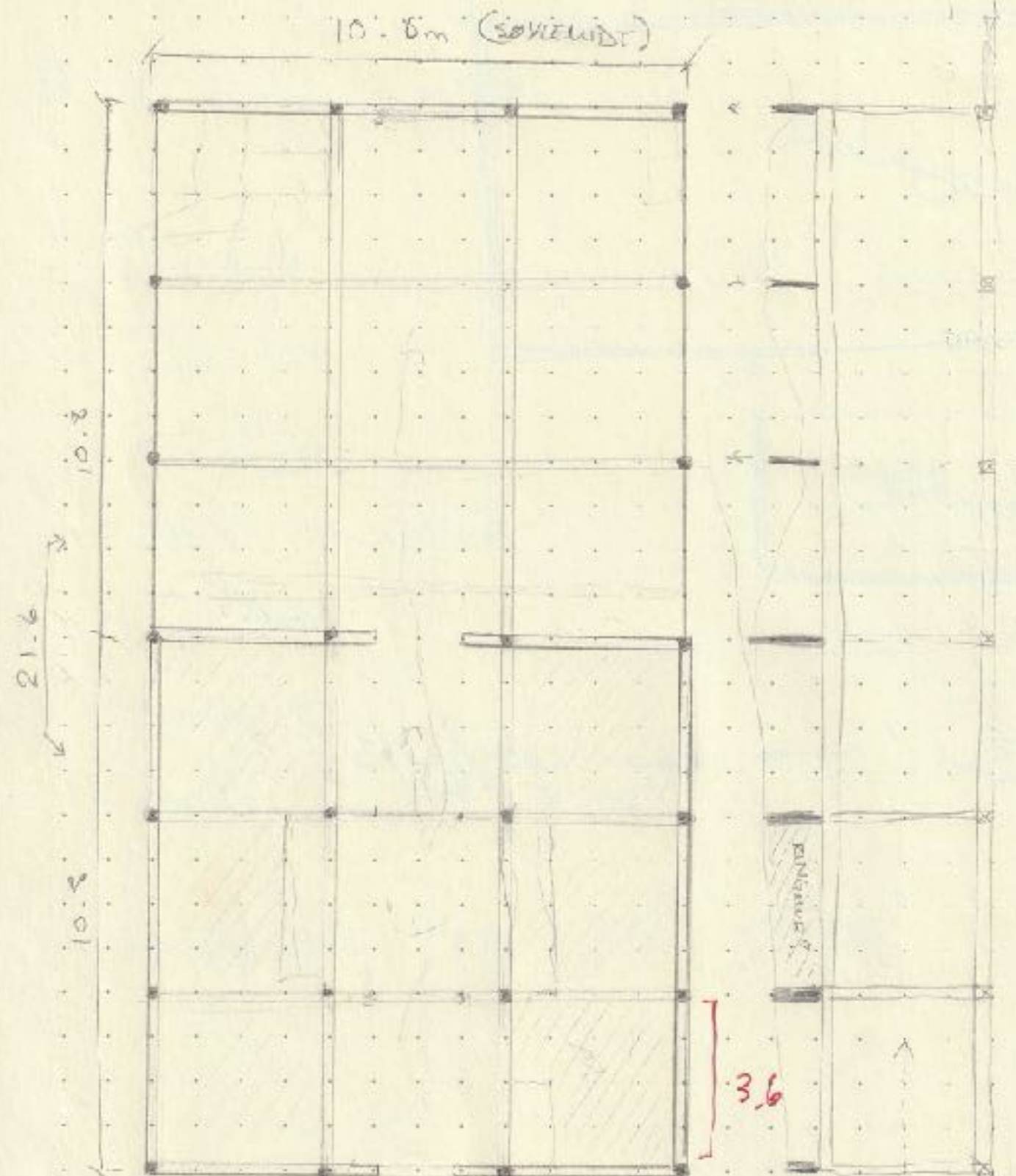


Sol? → Apnerhet/LYS?

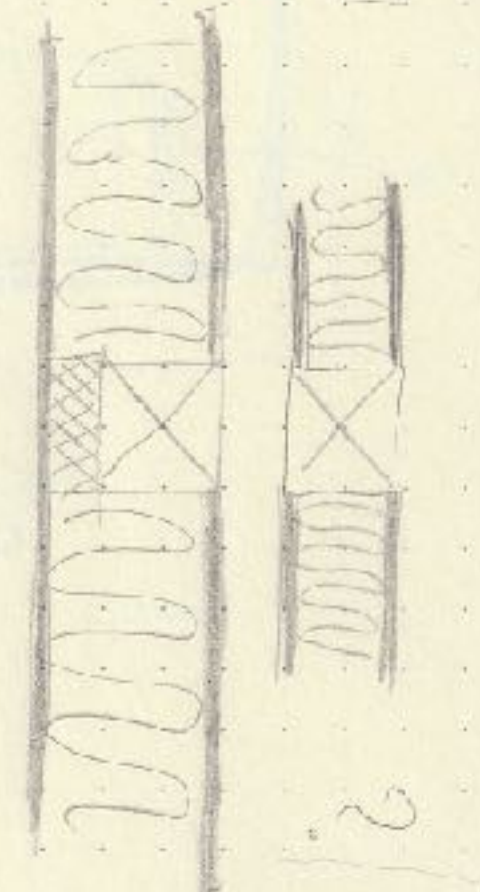


Aikido:

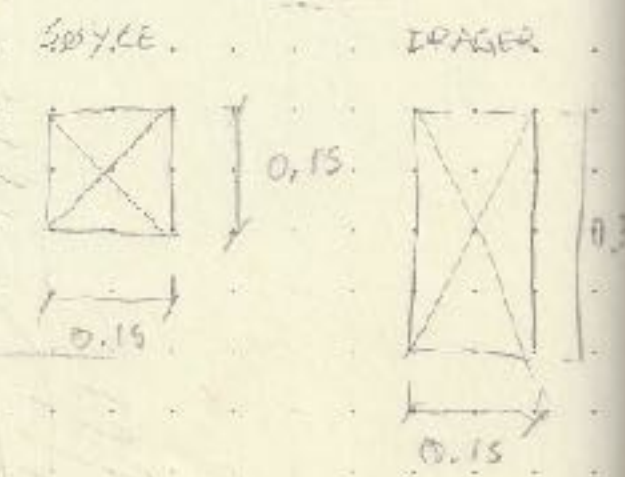
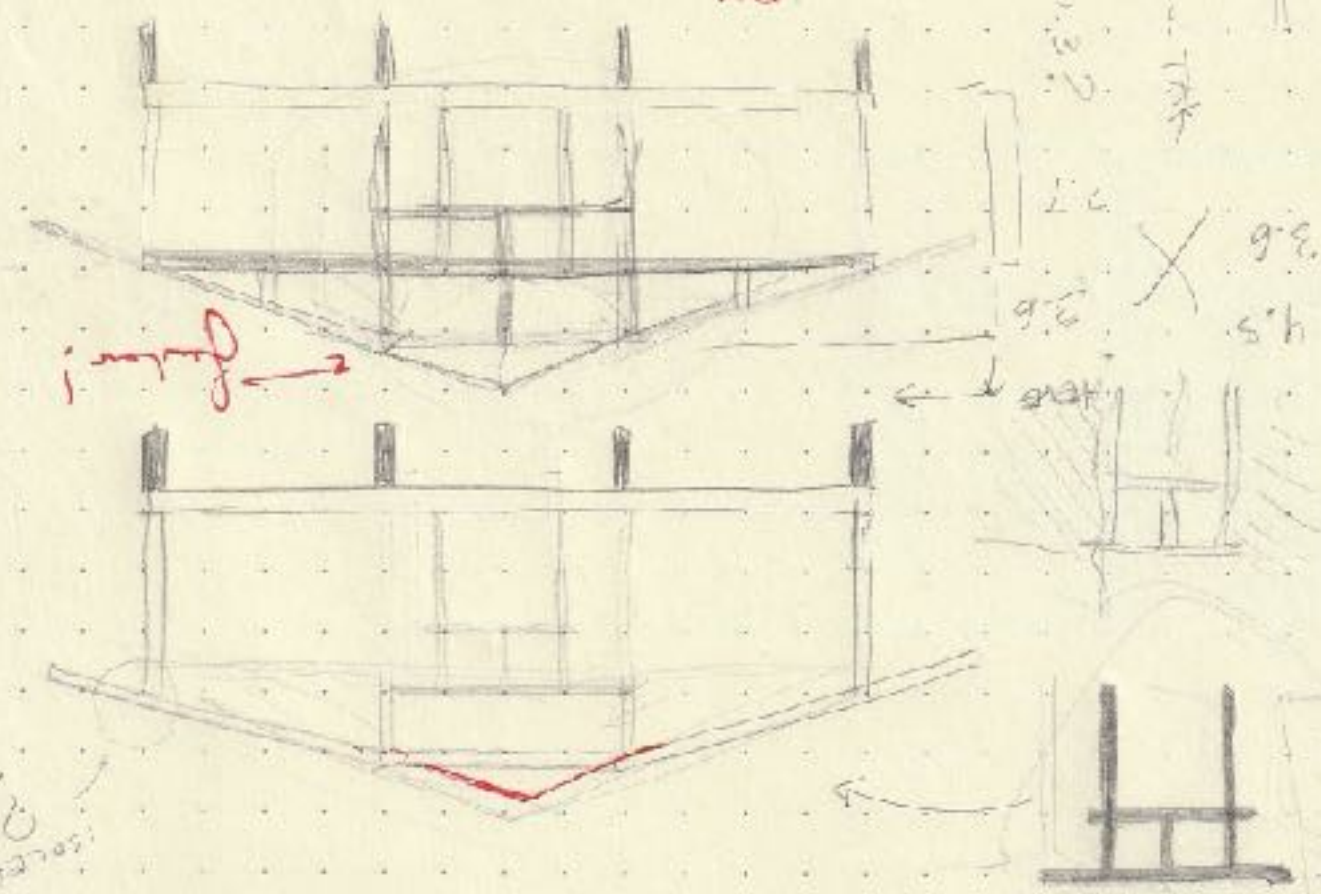
SÅYLEKONSTRUKTION.  
1,8 x D.9 → 3.6 x 3.6



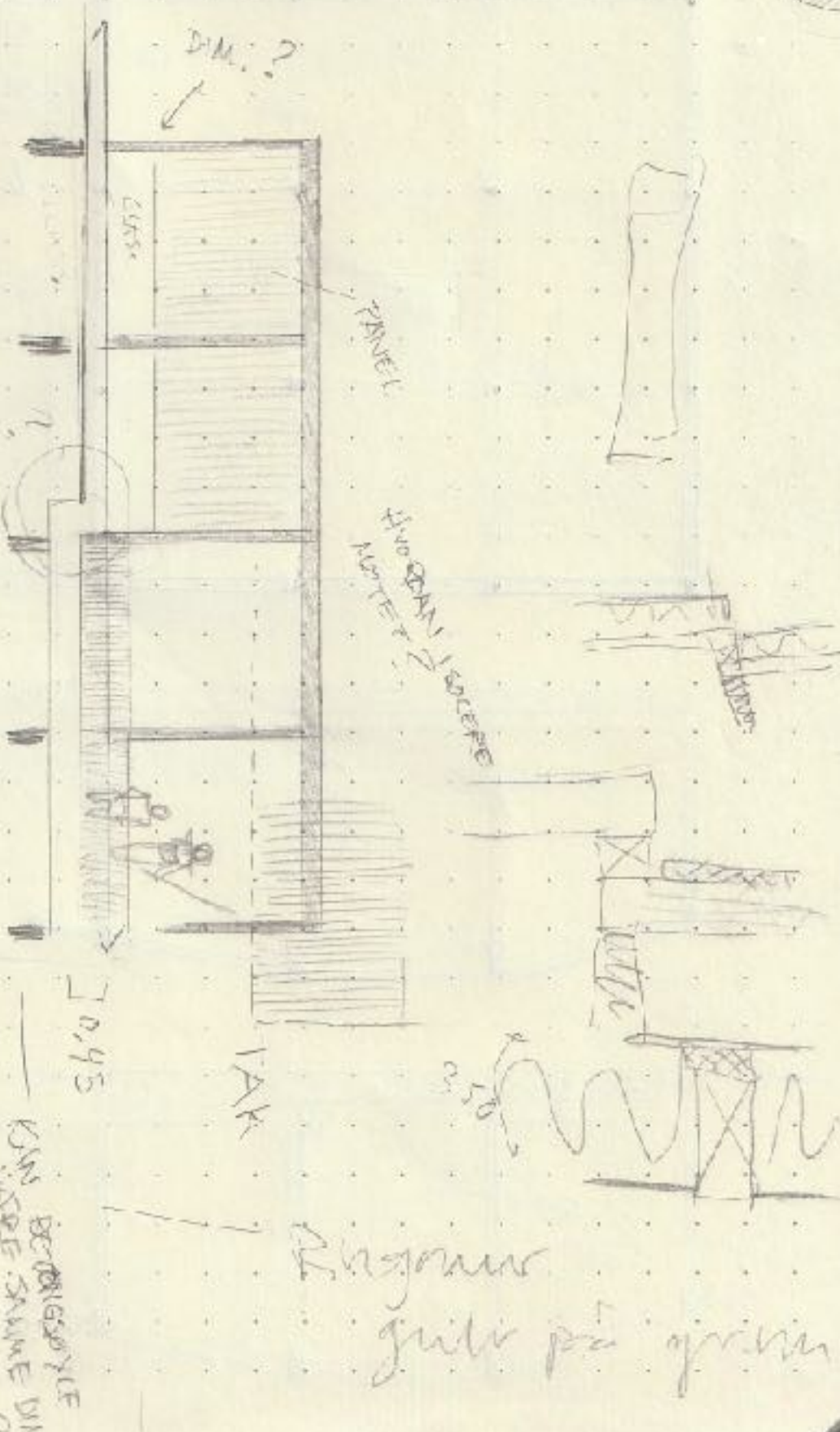
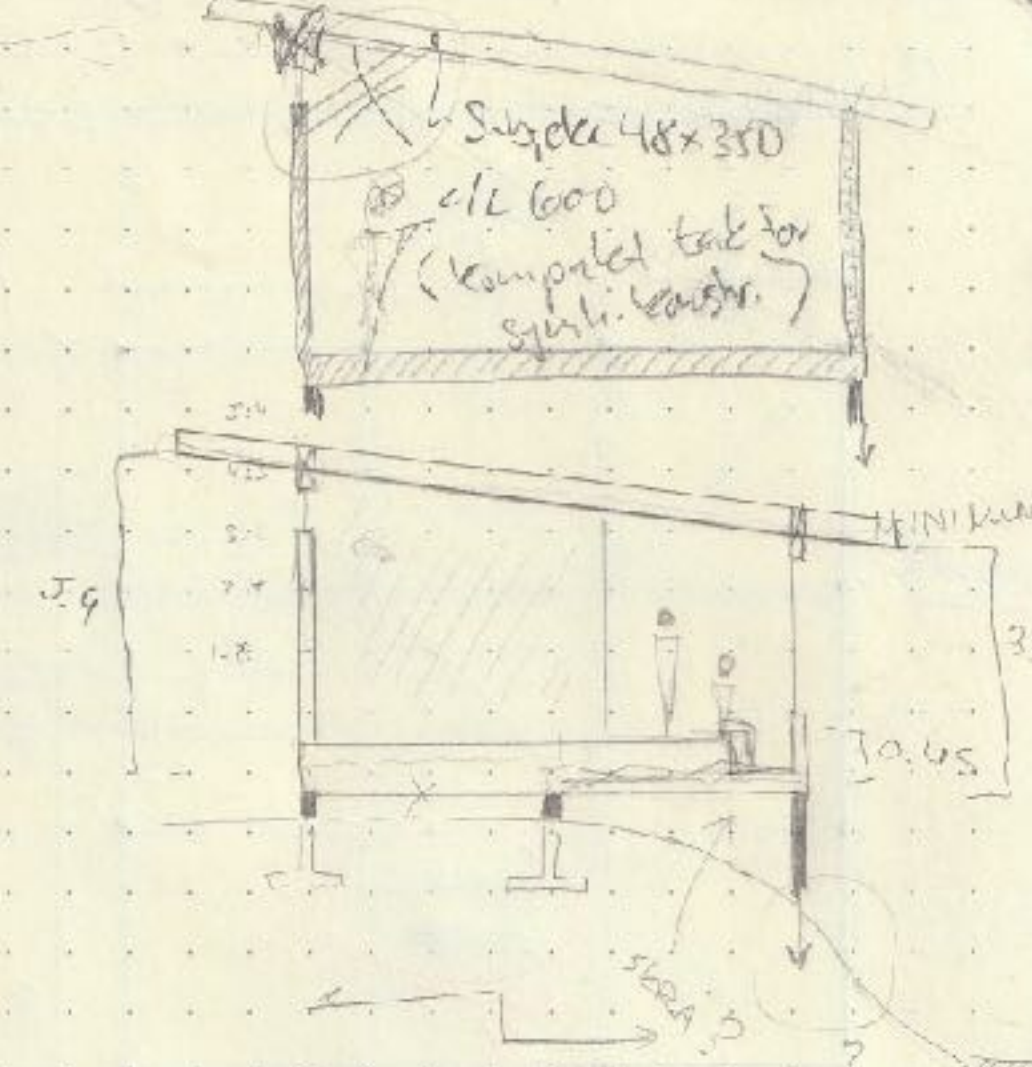
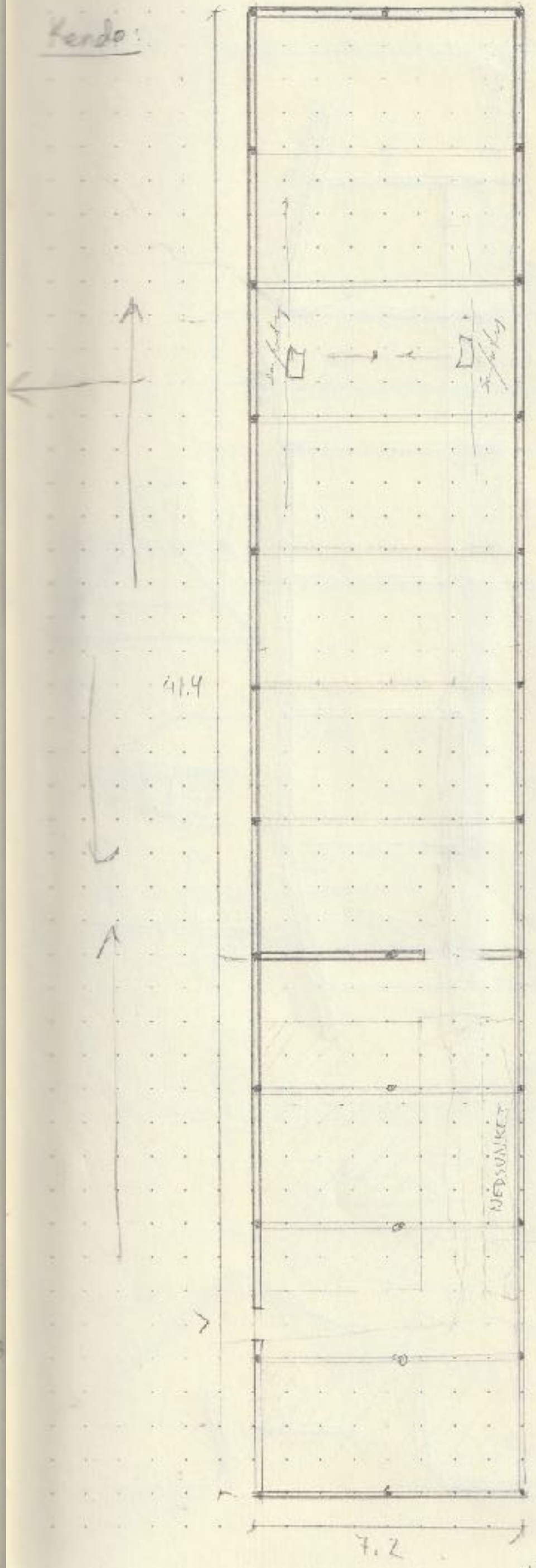
andne bjelke



FLOM  
RINGMUR RANDT  
ANLØP - VANN



Kendo:

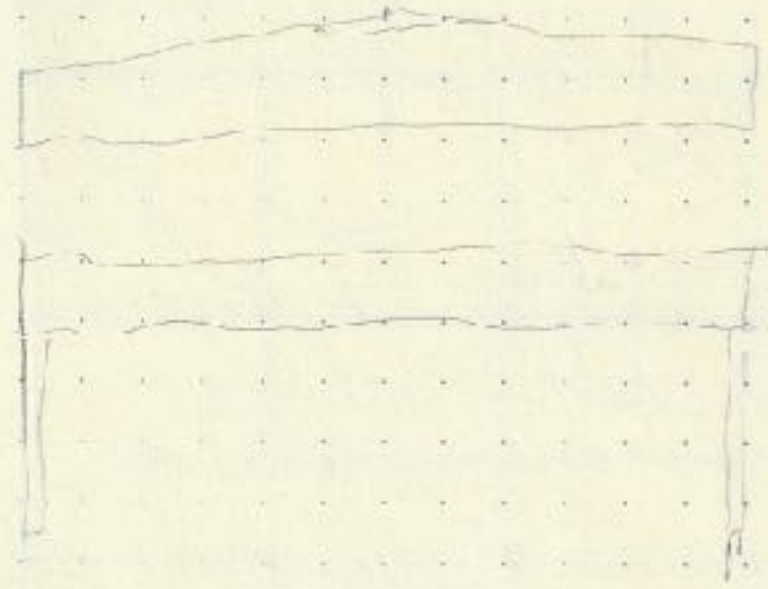






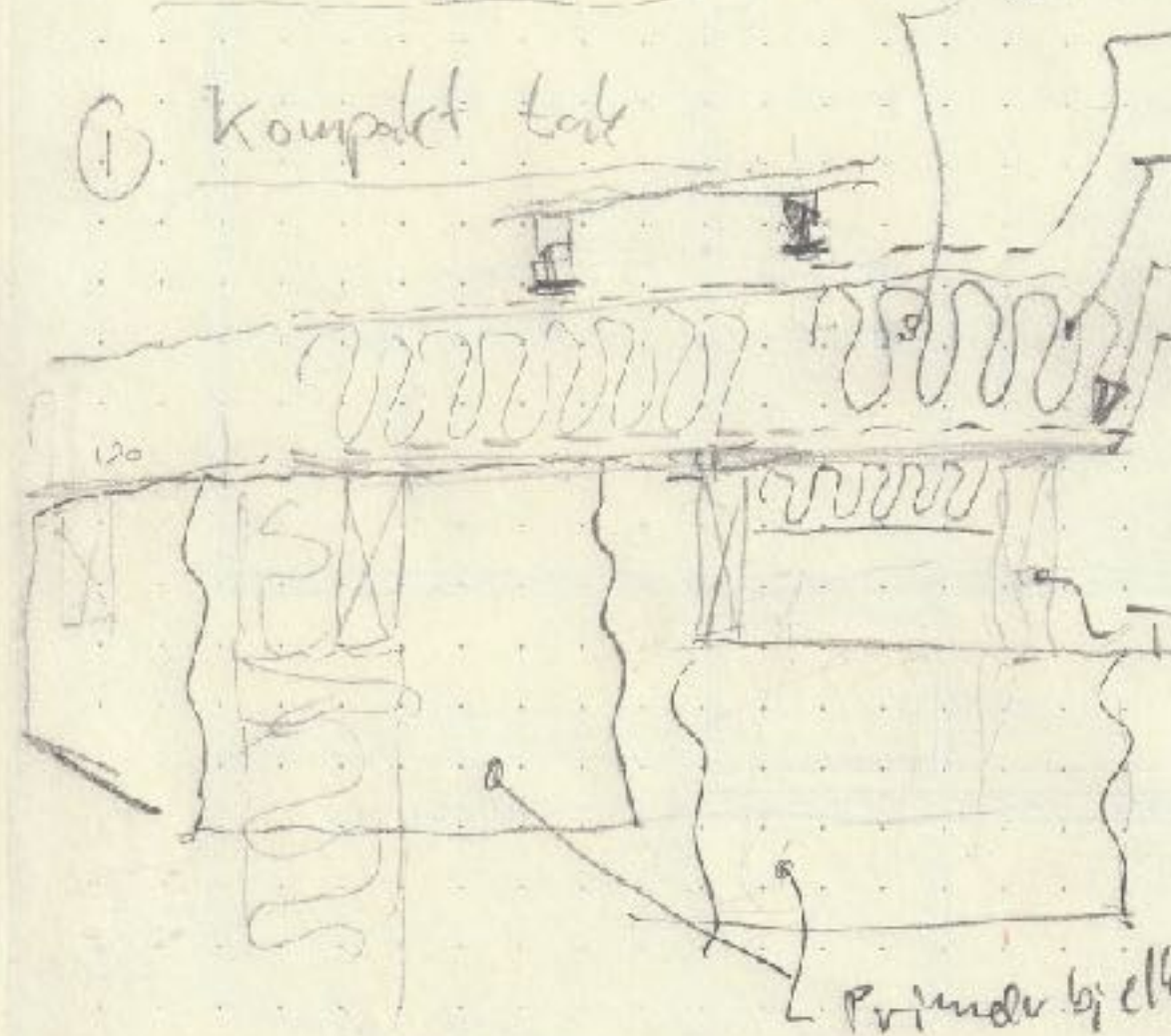


0.9. taler...



To taler...

① Kompakt tak



Ext. skivskåret isol. (140)

teckning

Kompakt isol. (tung min. ull)

0,2 mm plast / fuktspärre

träfiberplåt (x-fiber OSB el. lign.)

Takspärre c/c 300

400

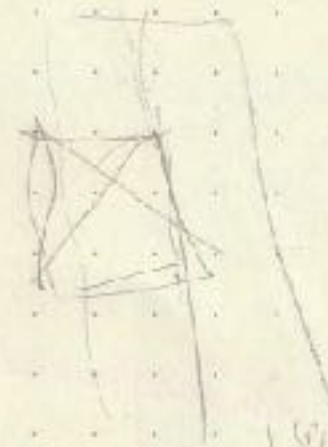
600

48 x 198

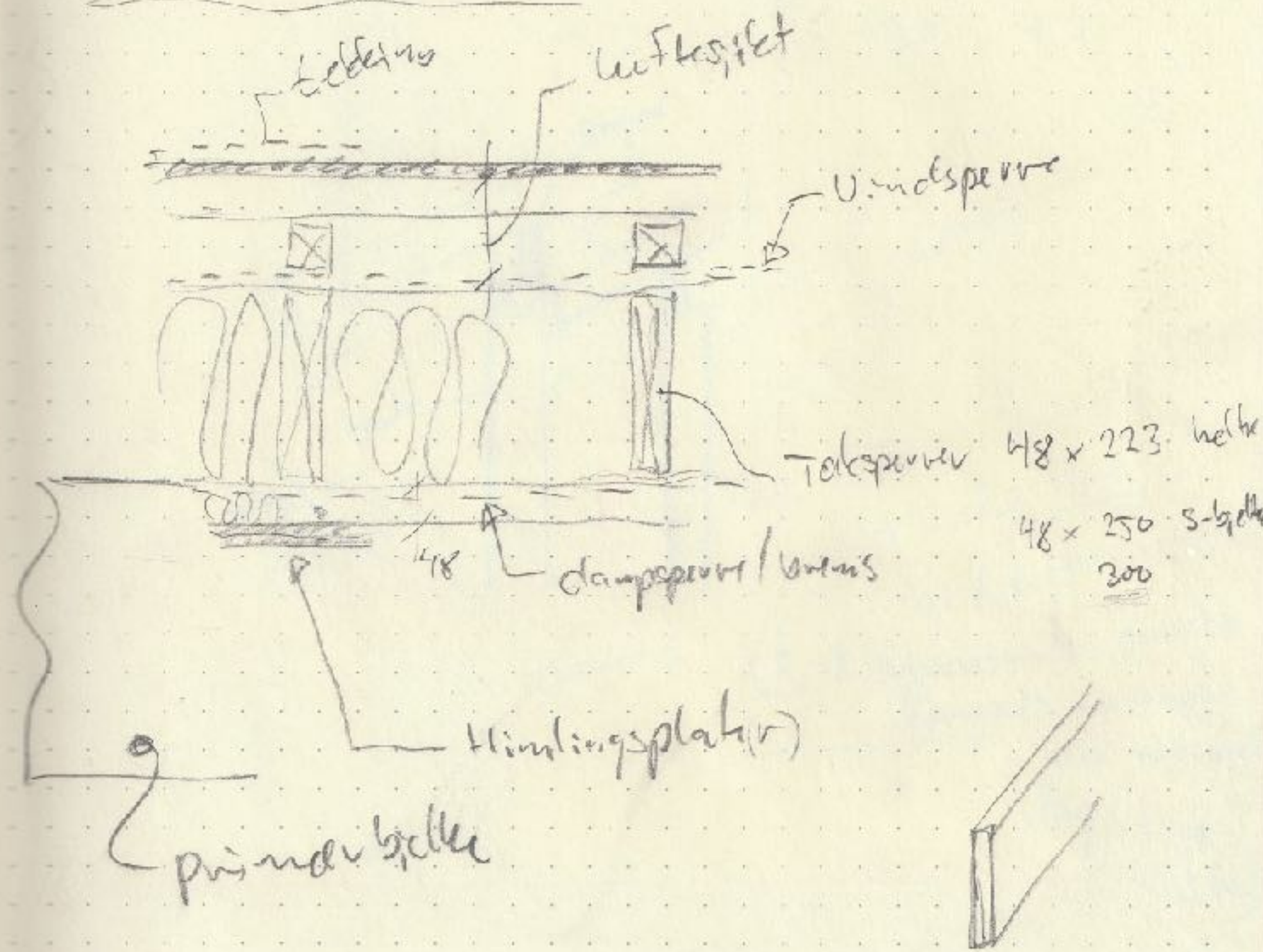
Takspärre

Primerbjälke c/c = 3.600

center till bjälke mellan



② Luftet tak



teckning

Luftskikt

Vindspärre

Takspärre 48 x 223 helbr

48 x 250 S-bjälke

300

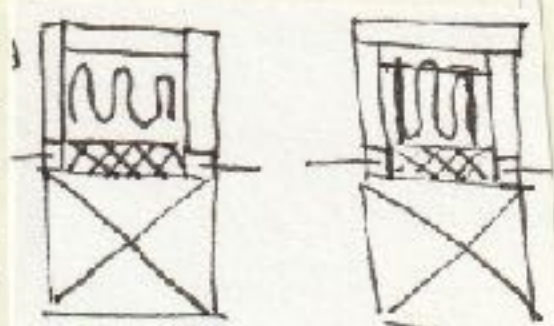
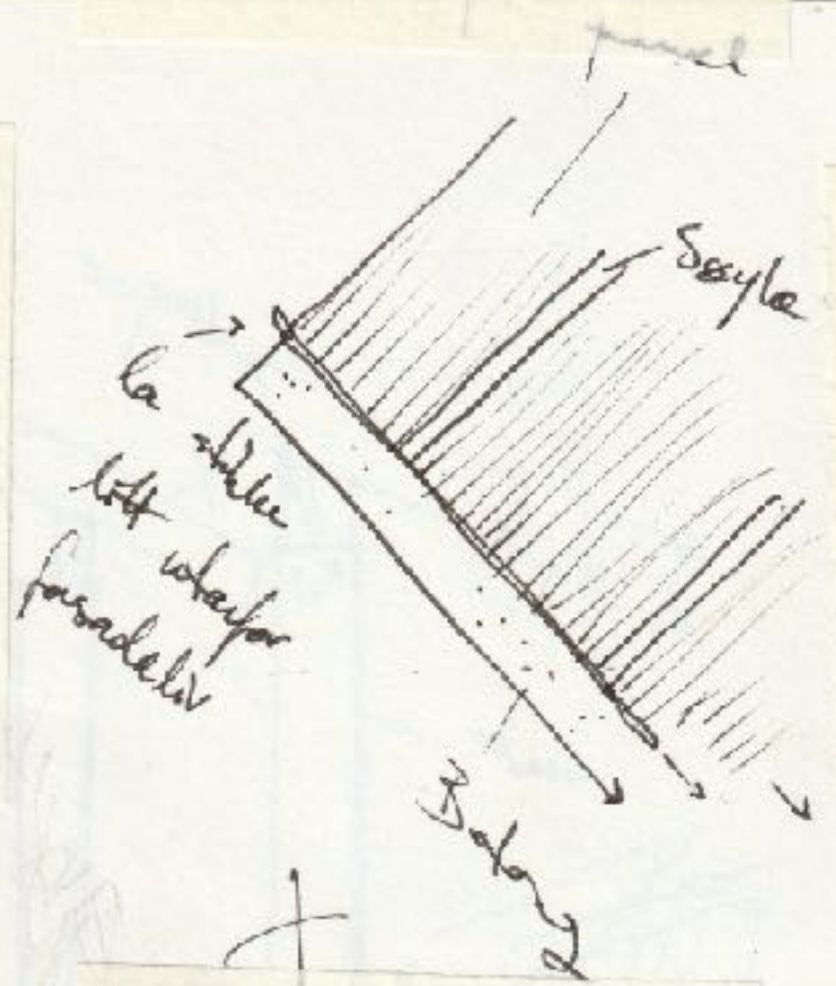
dampspärre / ventis

Himningsplåt

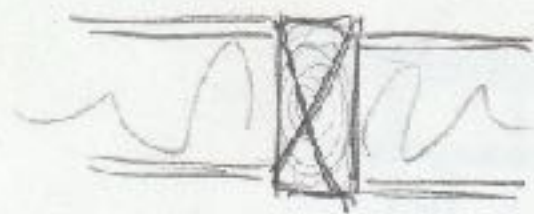
Primerbjälke



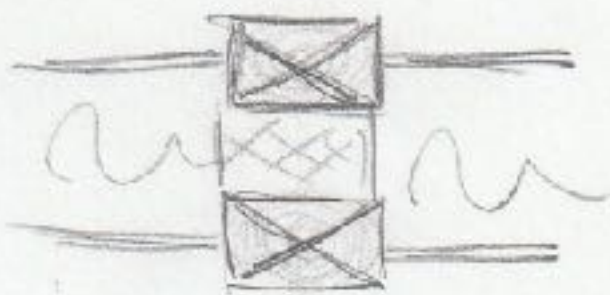




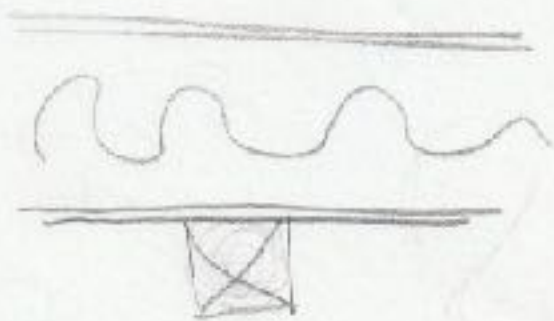
GENNOMGÅENDE SØYLER



DELT SØYLER



INNVEDIG SØYLER (FLUSH)



INNVEDIG SØYLER

AXO

Top view → within 30° 40°

\* Shear

→ Front view (rect)

skiv - 45

max 2D

→ velg av

huller likes

fronte



\* Mountain source layers → undi

blir et eget

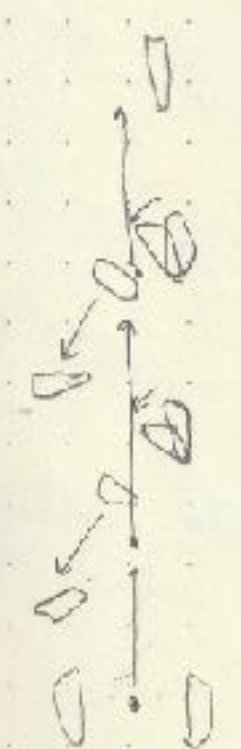
lag (linje-

tykkelse)

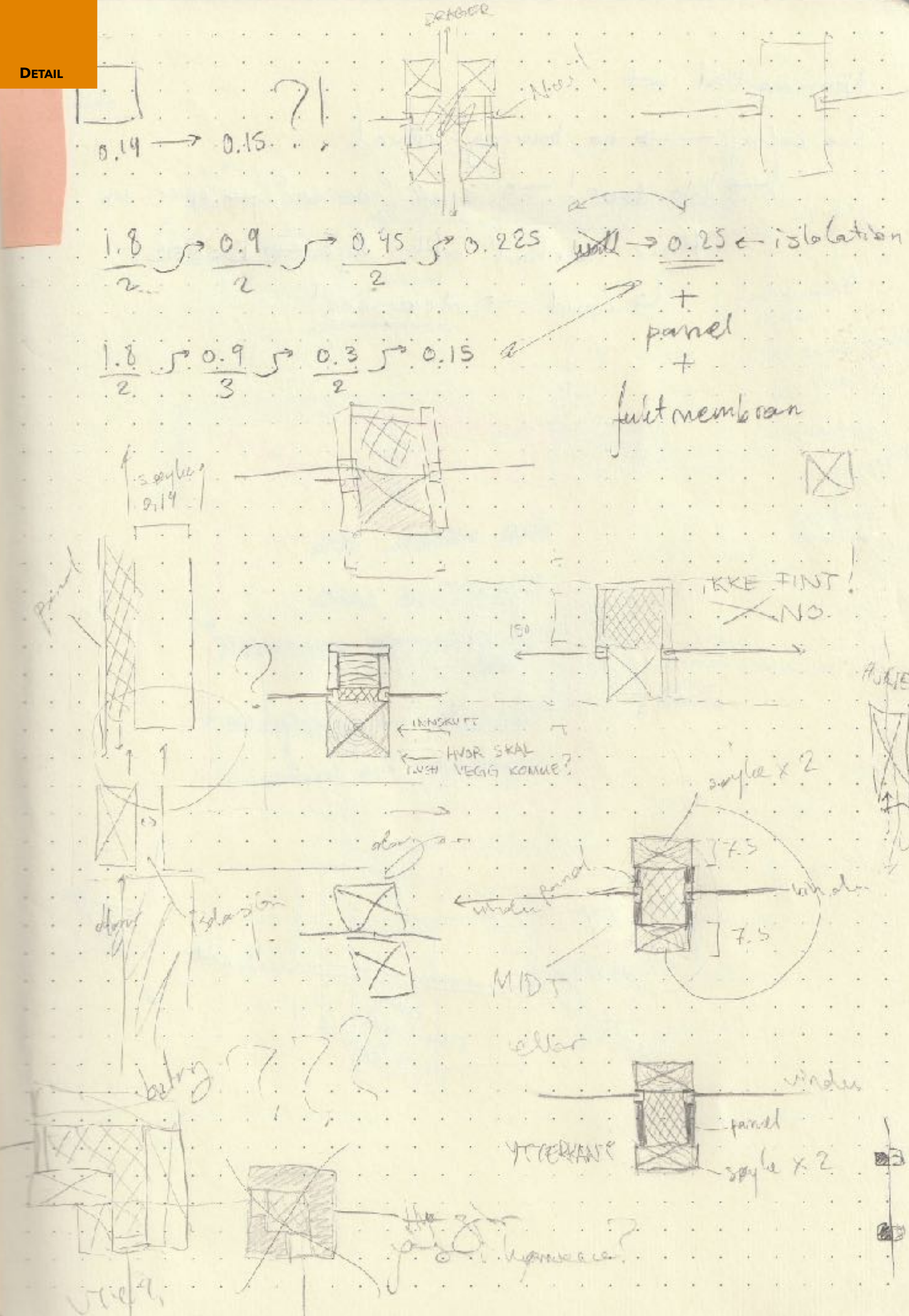
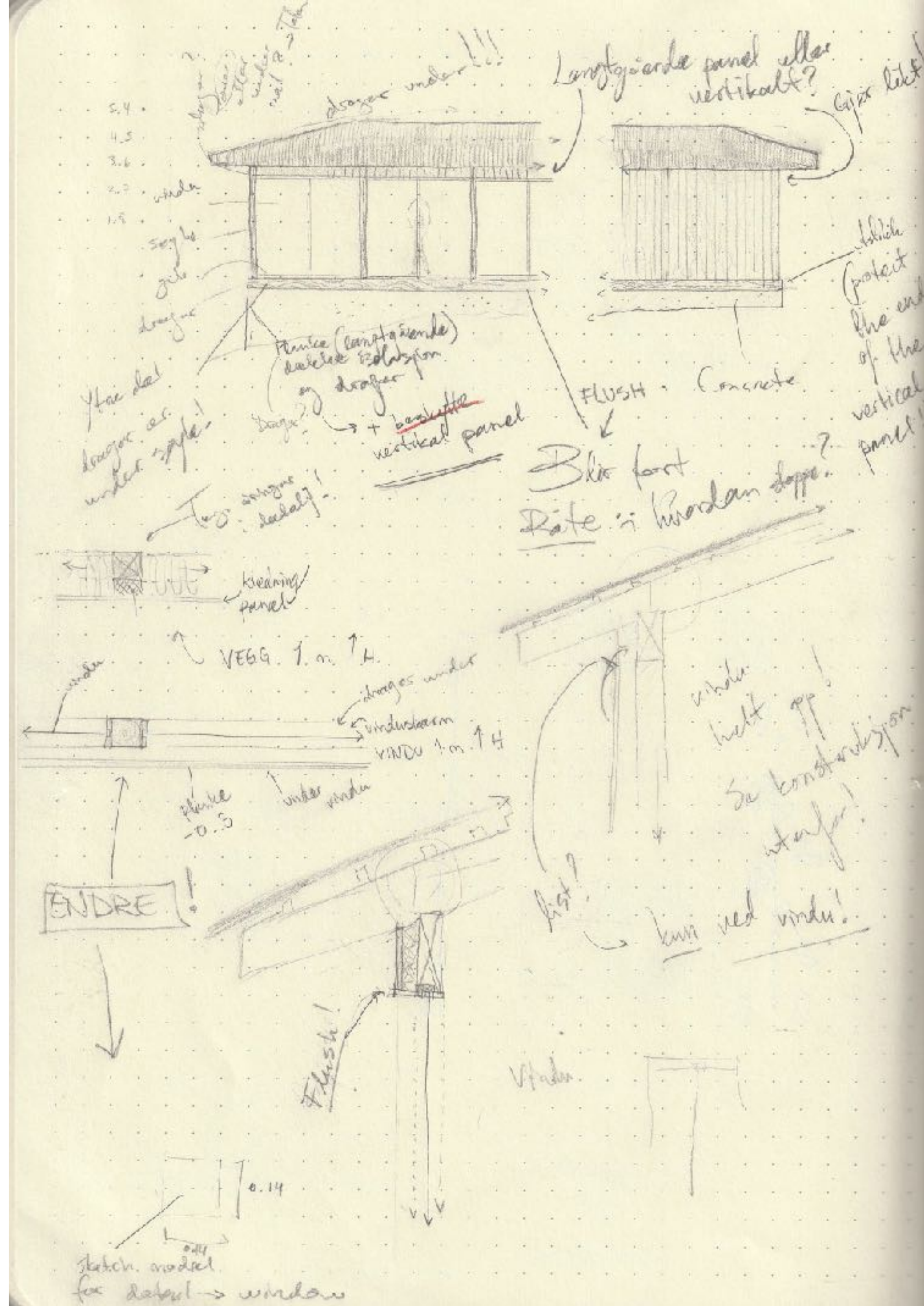
UTERPASS

FIELD









DETAIL



Non-martial art

↳ calm → no bowing-ritual

↳ No door! → small "corridor" → open up

Other martial arts do → DOORS!

↳ Loud → Acoustics!

Spesialt passet  
de ulike  
kampsporene

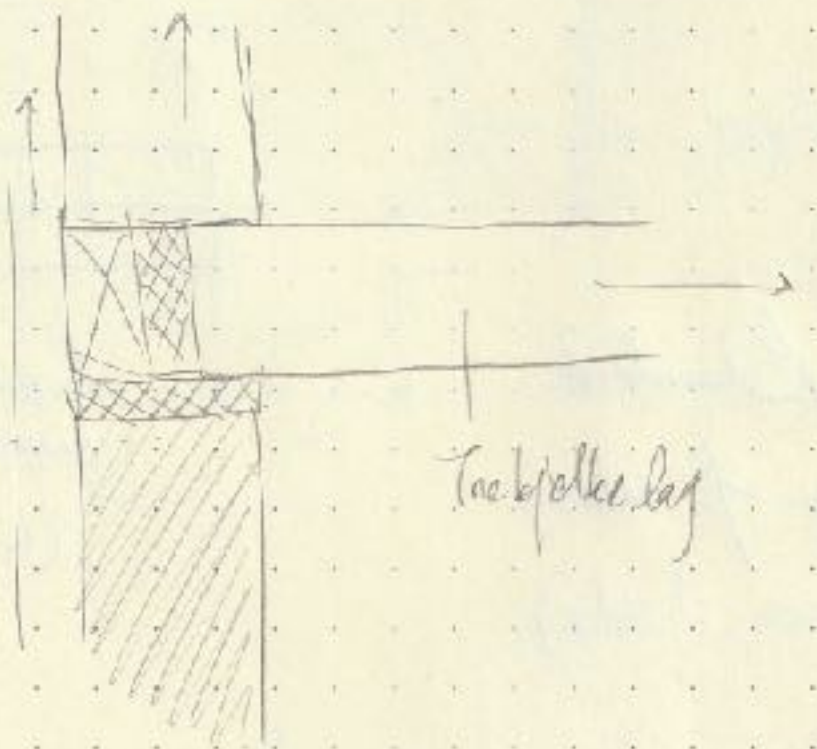
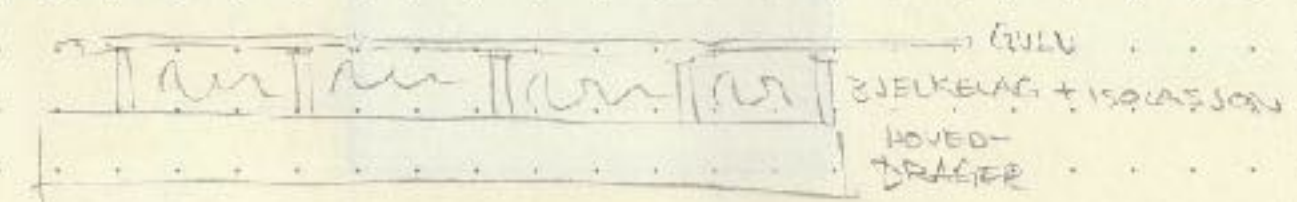
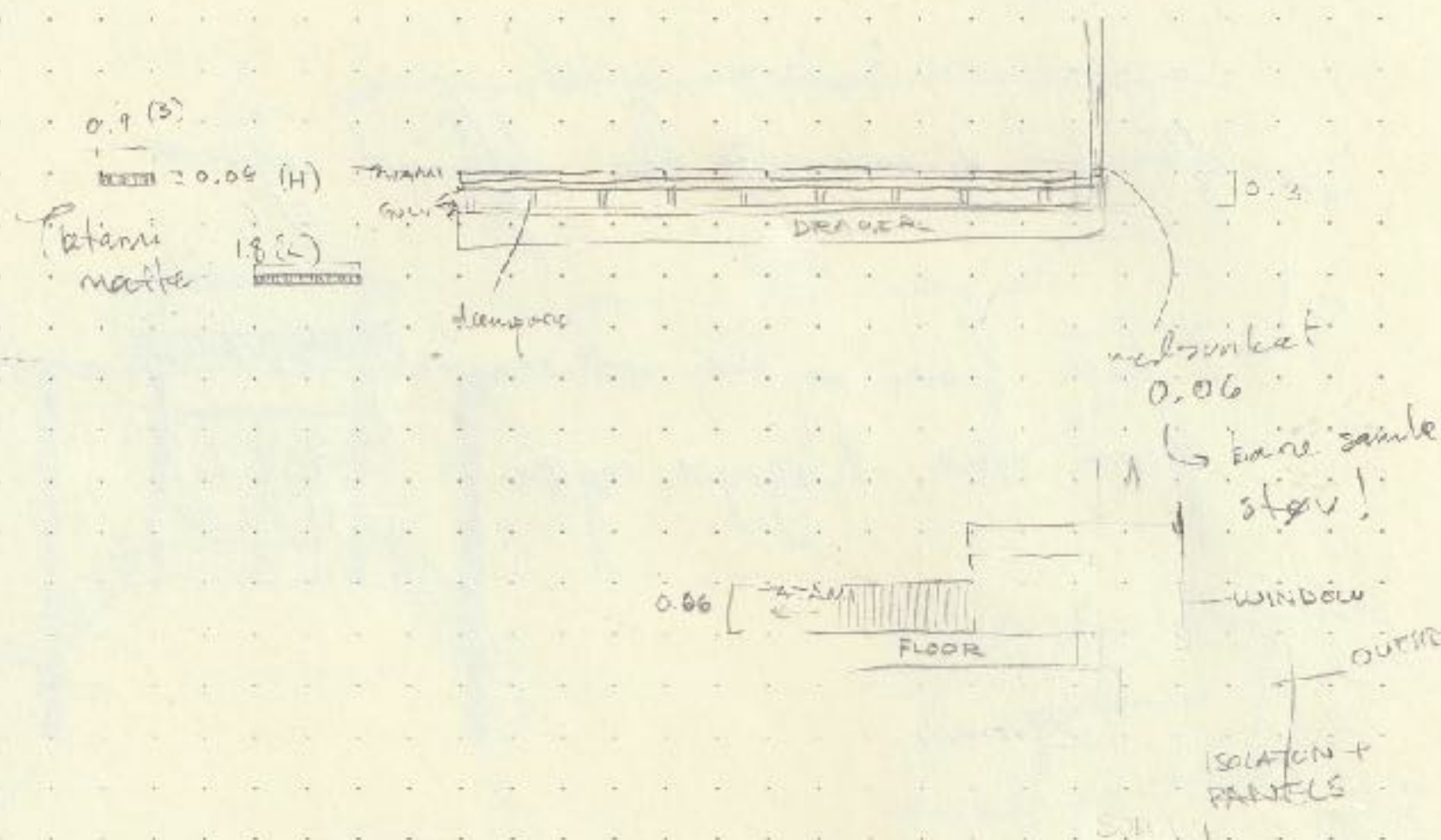
HVA MENER JEG  
EGENTLIG MED  
"RESTRICTED MOVEMENT"

↳ Ritualer → gjentakelse +  
repetisjon → kata....



AIKIDO

aiido

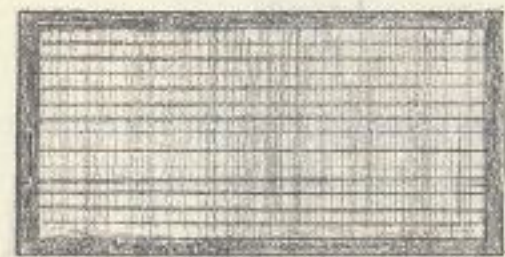




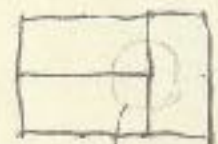
Tatami

Different dimensions in the different regions

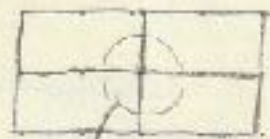
I have taken as the most commonly used dimension from the Nagoya region  $\approx 0.9 \times 1.8$   
( $0.91 \times 1.82$ )



Cultural fabric

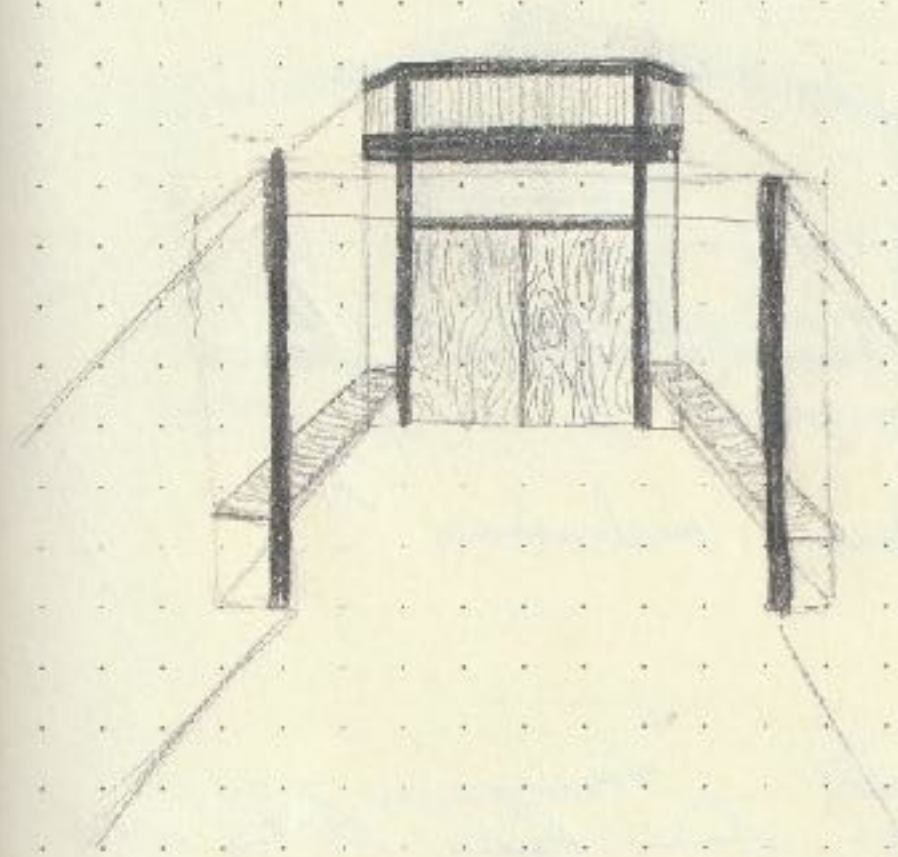


Common Standard meeting of tatami (2 corners, 1 side)



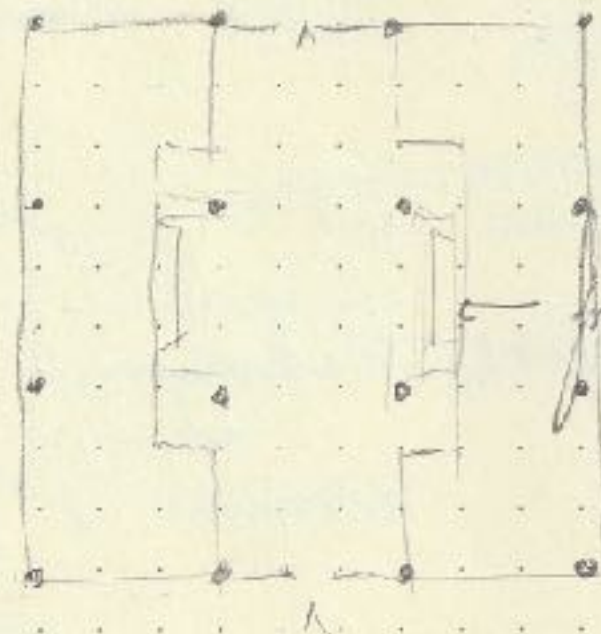
Ceremonial meeting of tatami (4 corners)

legn ingångspartens → skid → mörk



→ Tak → ellan ?

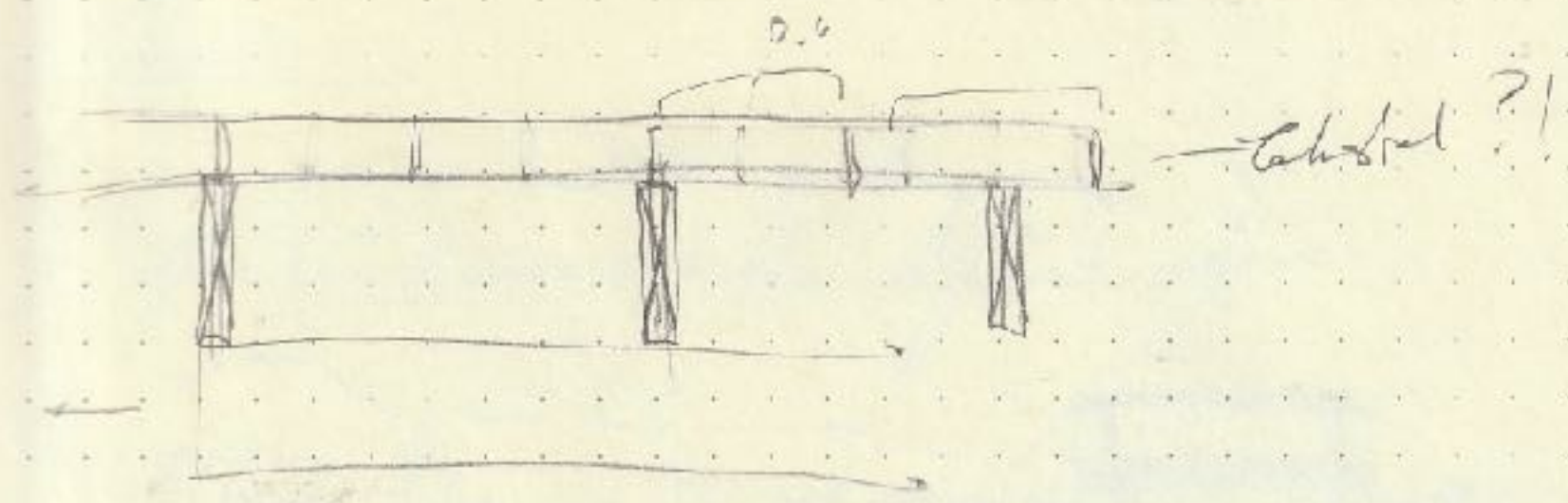
Skid de ständiga kungspartens på kulek på taket? Lincare



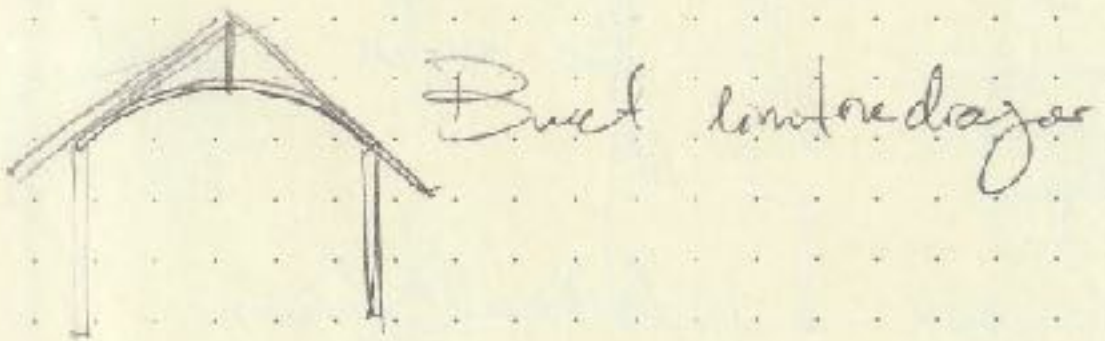
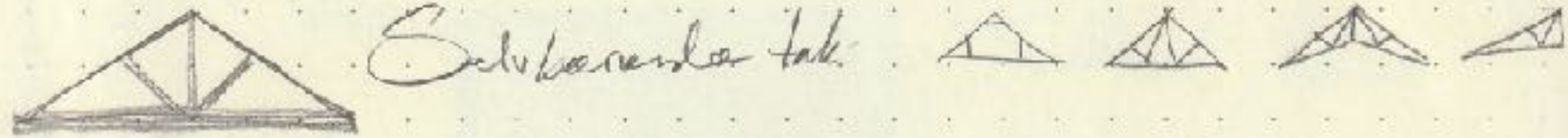
→ fire stölar i mitt?

Stöladimensioner 20 x 20 m (med dimensioner!)

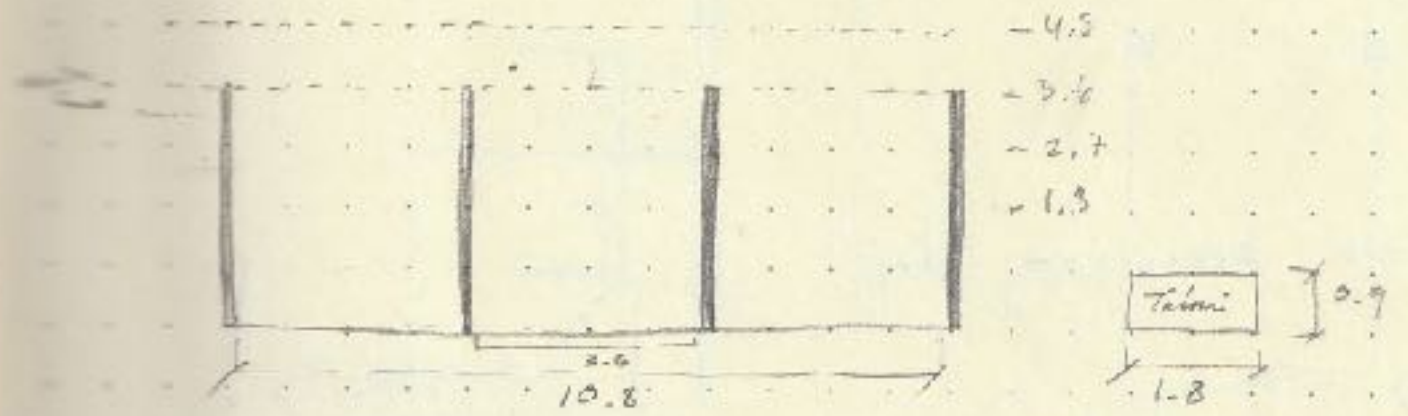




The roof can take on different forms  
to allow unconventional constructions?!

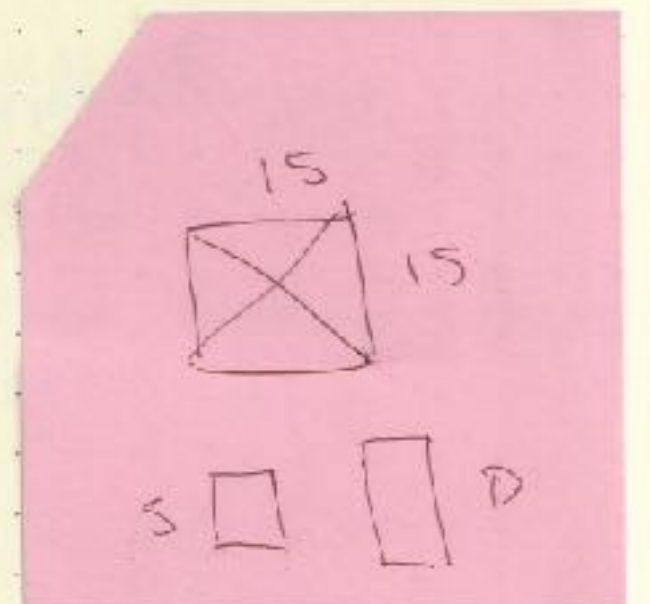
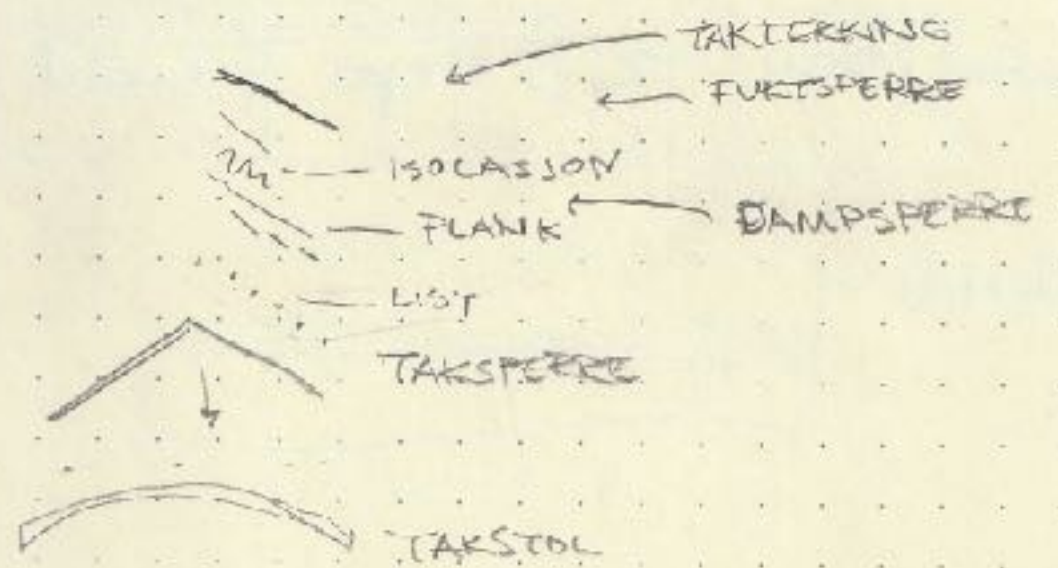


The roof can be so much more!

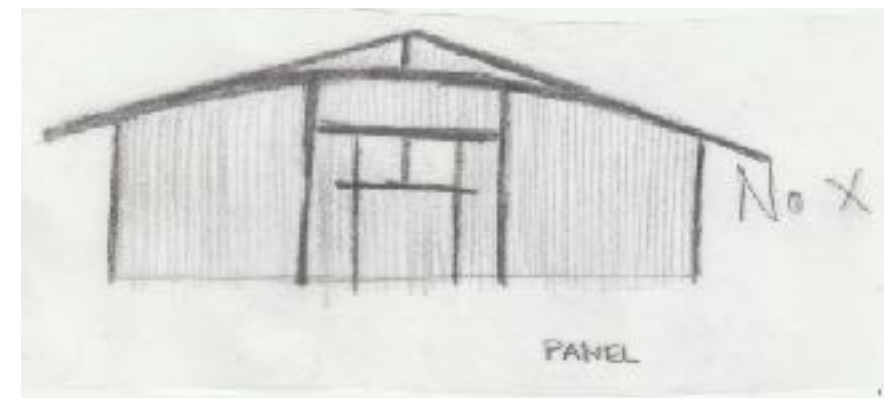
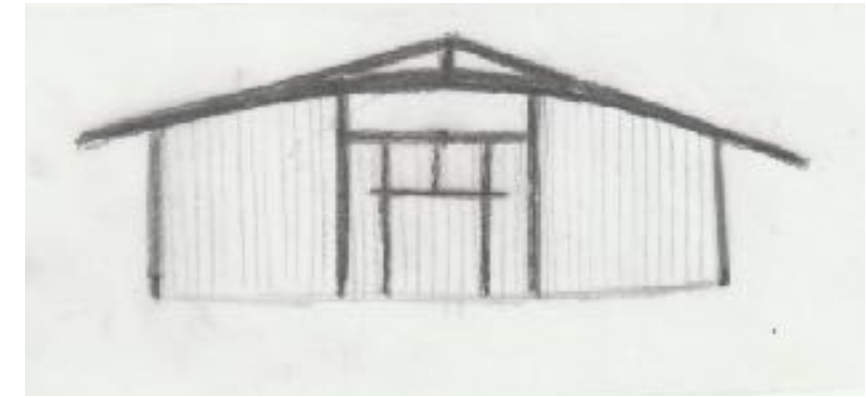
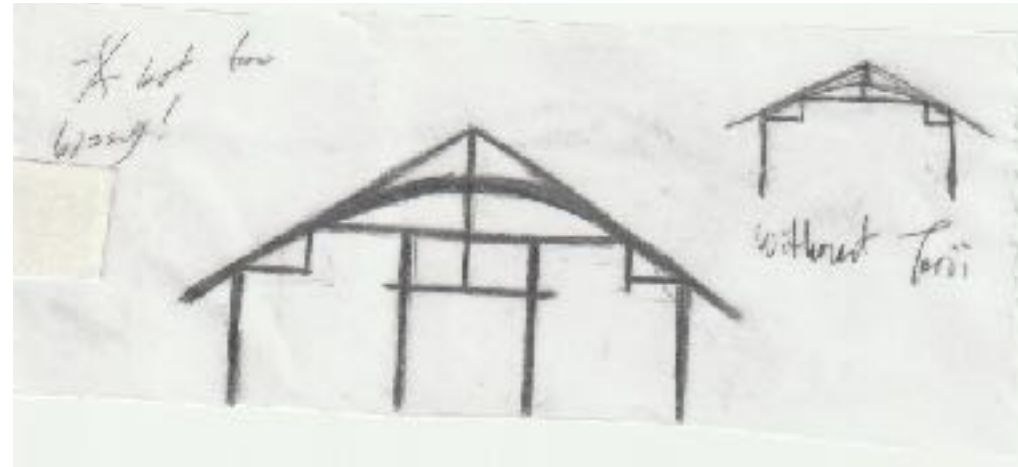


Linear movements: Kendo + Karate

Circular movements: Aikido + Bujang









BRUKE BAREKONSTRUKSJONEN SOM RETNINGSGÅR  
NÅR MAN TRENER

Reiho → bowing (dops)

Kamiza? (respect bow)

DOORS!

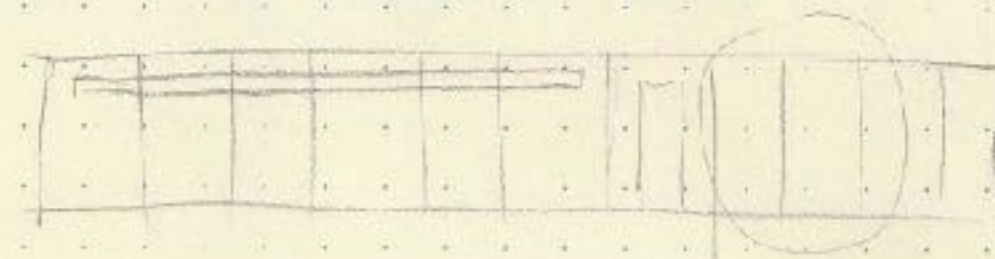
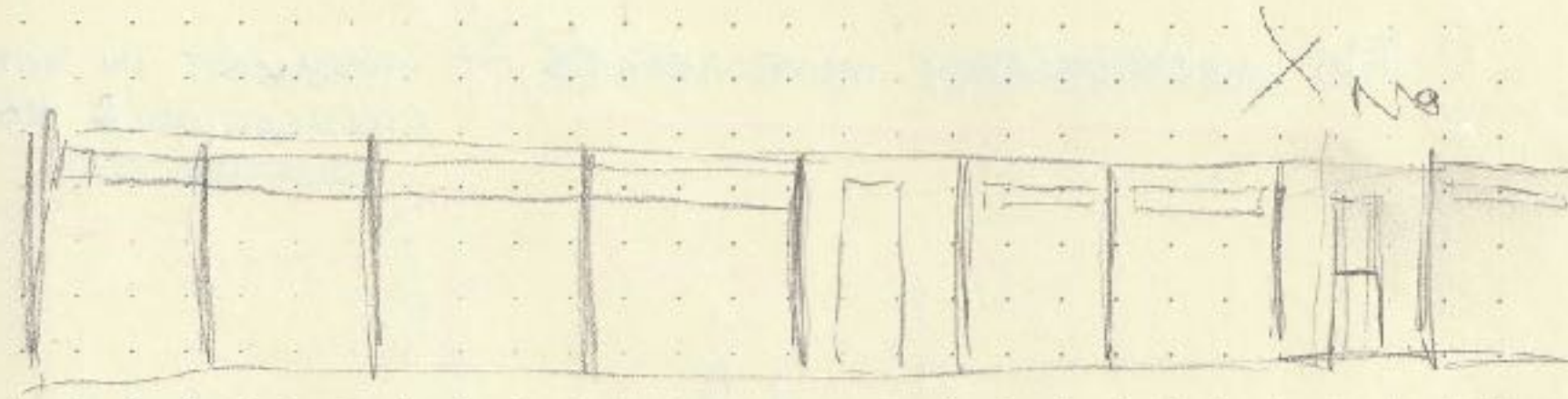
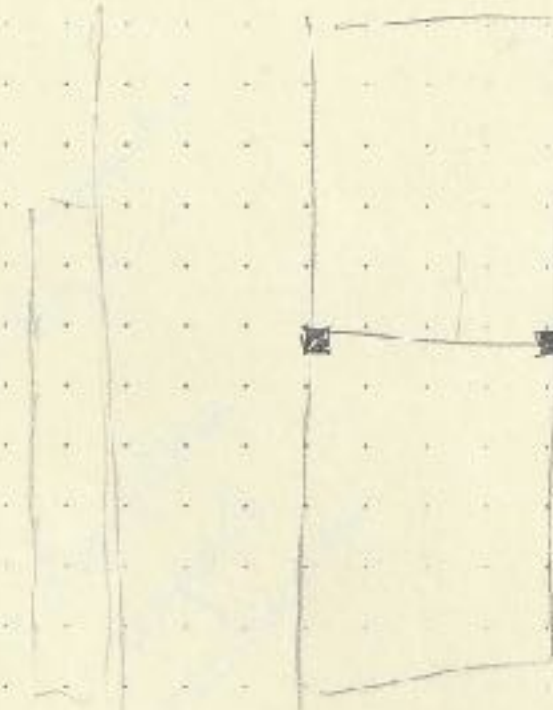
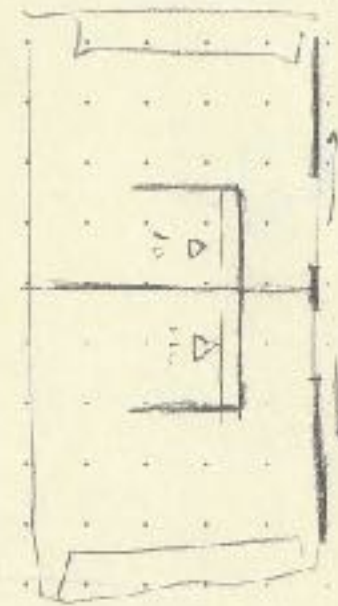
Sonkyo

↳ DRAW!

↳ aids in transition  
from net fighting to fighting

(initial) Bow → 3 steps forward

Kamiza?



Ukideba

Window?

Roof construction → dividing

1.8 → ? → What distance do they  
need between?

How many? → 15, (approx.)



## Martial art:

- PRECISION
- STRUCTURE
- SYSTEM
- RITUALS
- "RULES"

- NO UNNECESSARY MOVEMENTS → IMPLEMENT IN BOTH CIRCULATION & ROOMS CONSTRUCTION

↳ No unnecessary circulation needed!

- TRAINING ROOM
- HC WC
- HC → circulation
- WEAPONS/EQUIPMENT
- WARDROBE x 2
- SHOWER x 2
- ENTRANCE (SHOES)
- WAITING/REFLECTING/MEDITATION AREA
- TECHNICAL ROOM

tradition meets  
reality

discipline  
respect  
resilience

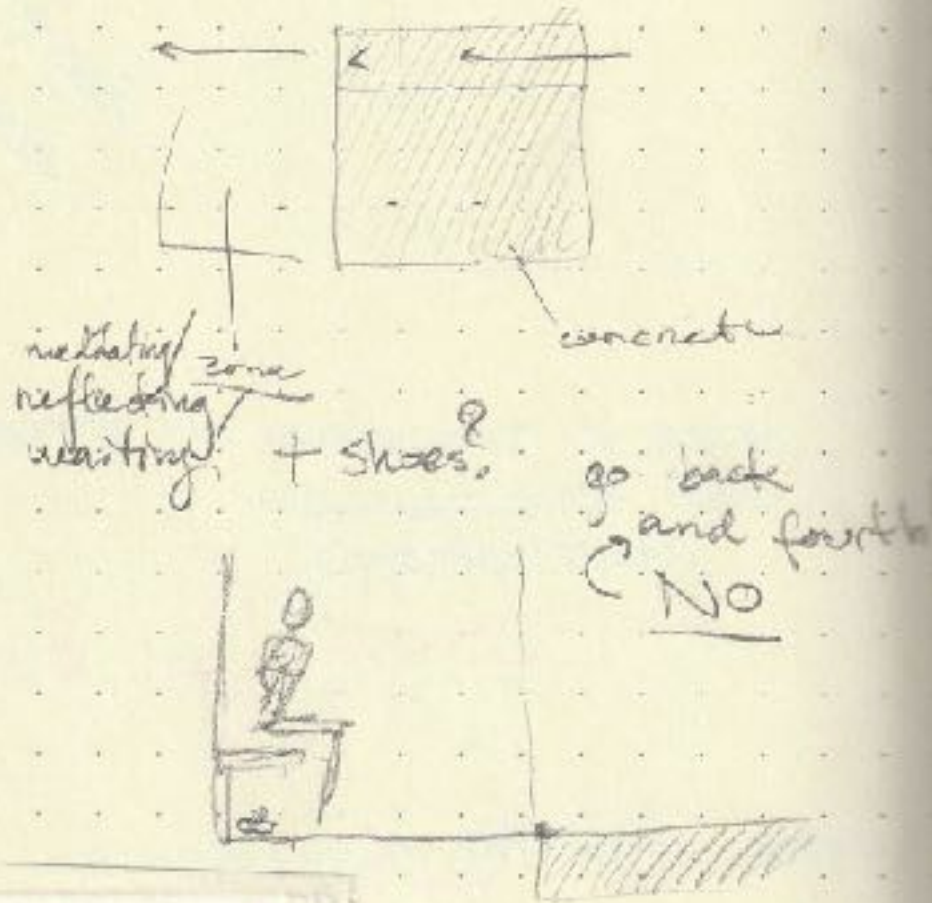
Dojos for daily use.

↳ Not adapted after  
the international competition-  
standards!

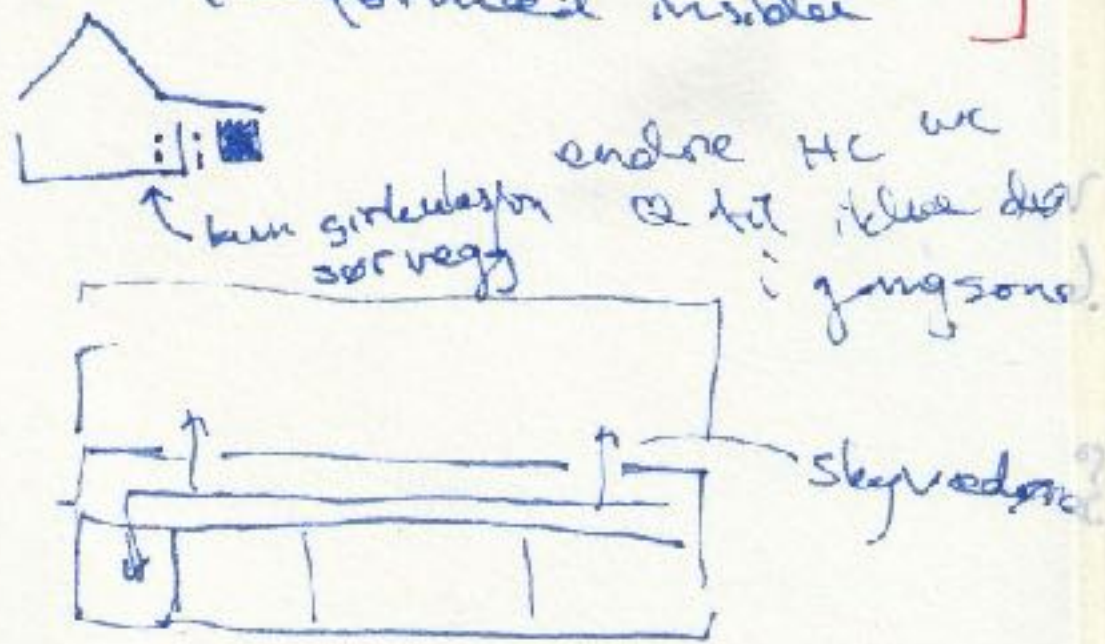


Karate:

Movement → SOUTH WALL



The sacramental significance of the dojo would be lost loose its meaning without the ritualistic movements performed inside

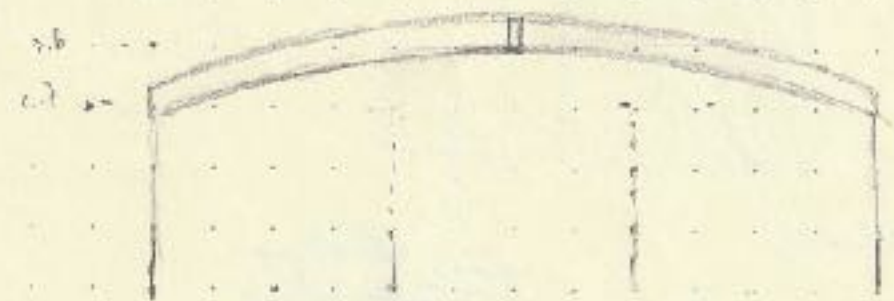
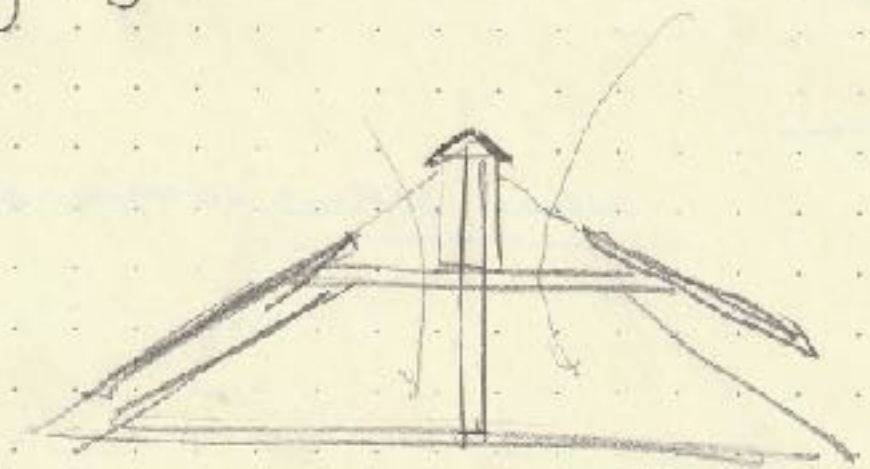


Aikido:

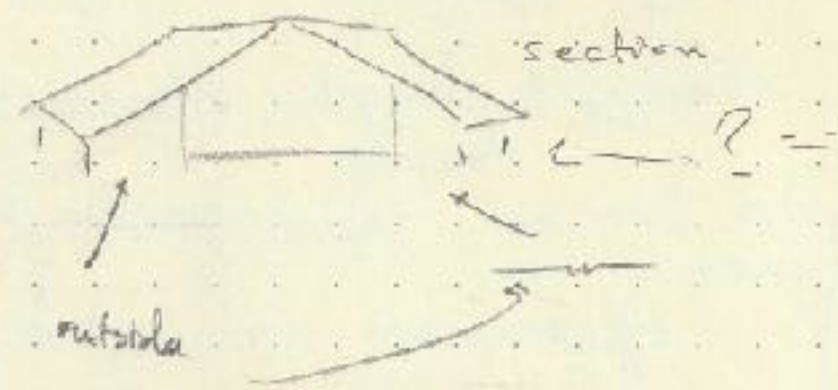
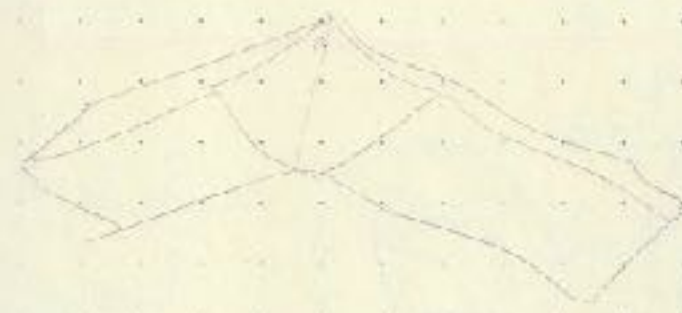




Qigong



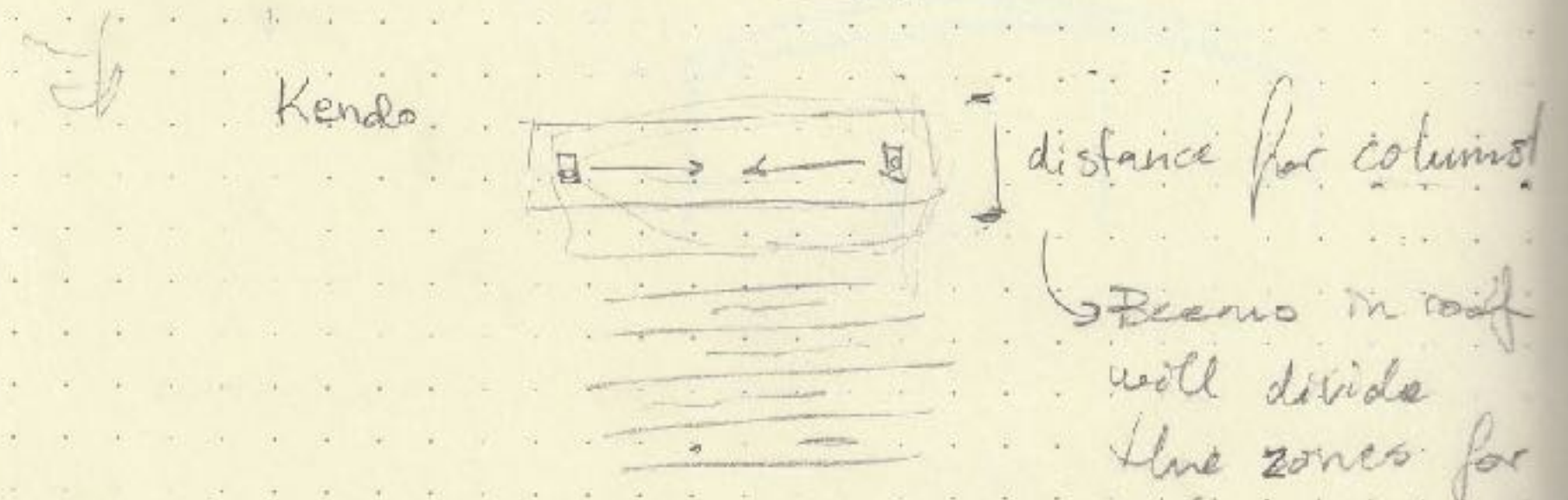
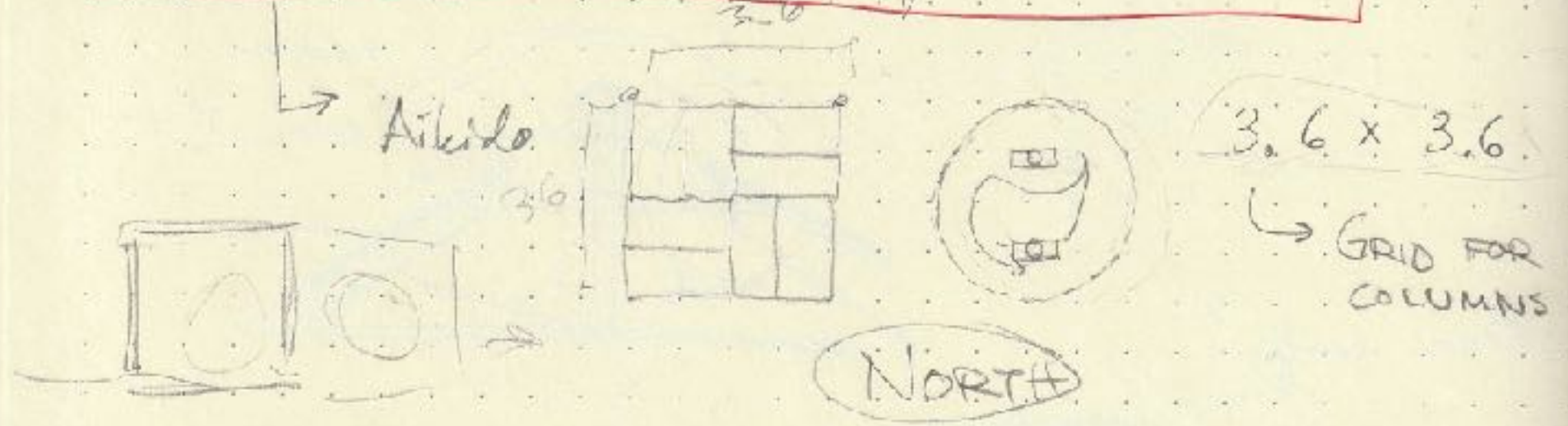
Ceremony



One roof?



**Roof → guide-lines for movement**



**Digging**  
 free placement  
 ↳ but can be practiced in lines  
 ↳ Most important is the connection up & down  
 ↳ Beams guide up and to the window

**Karate**

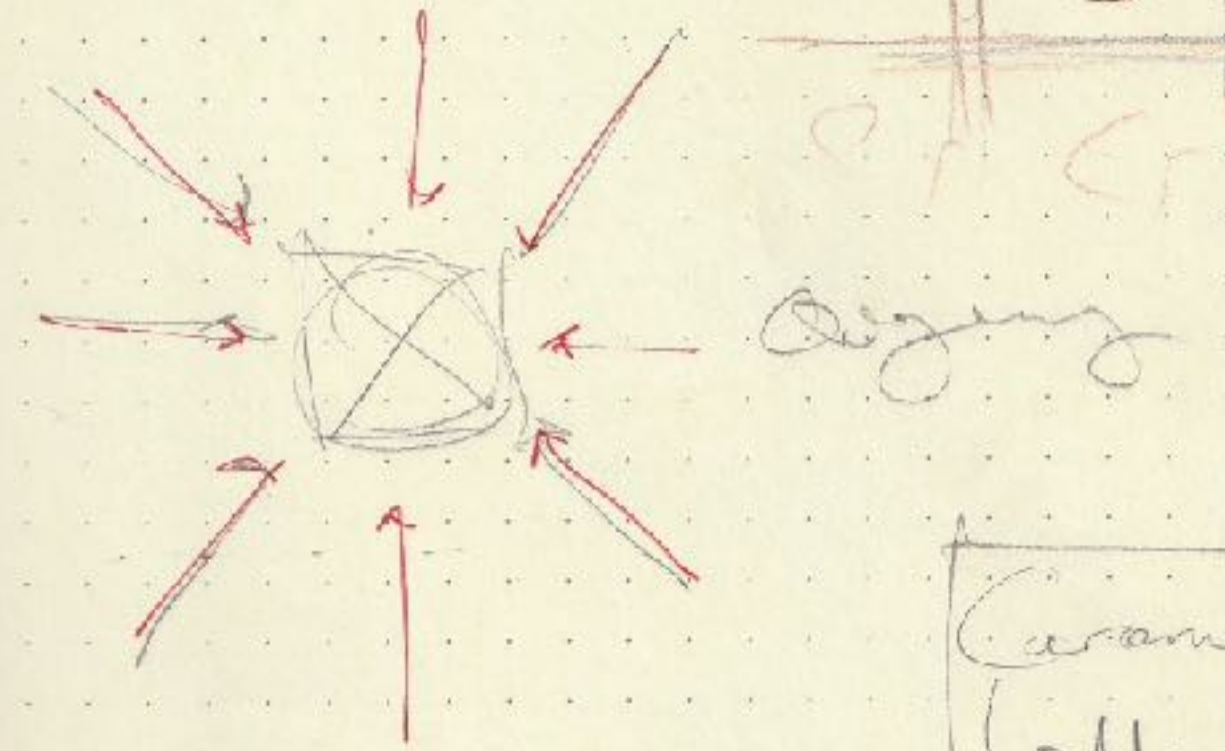
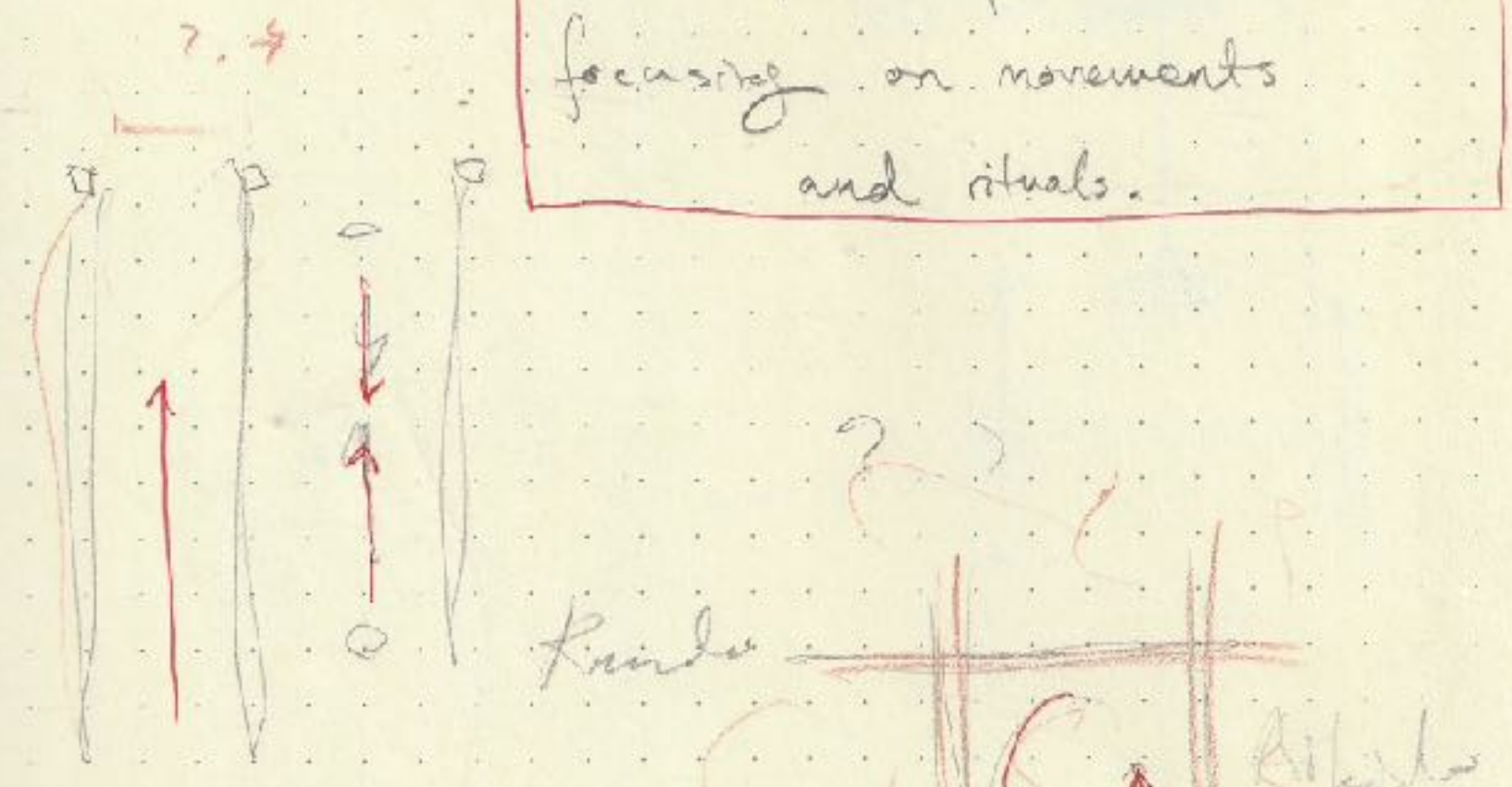
- No crossing NORTH
- Only free circulation SOUTH

**EAST**

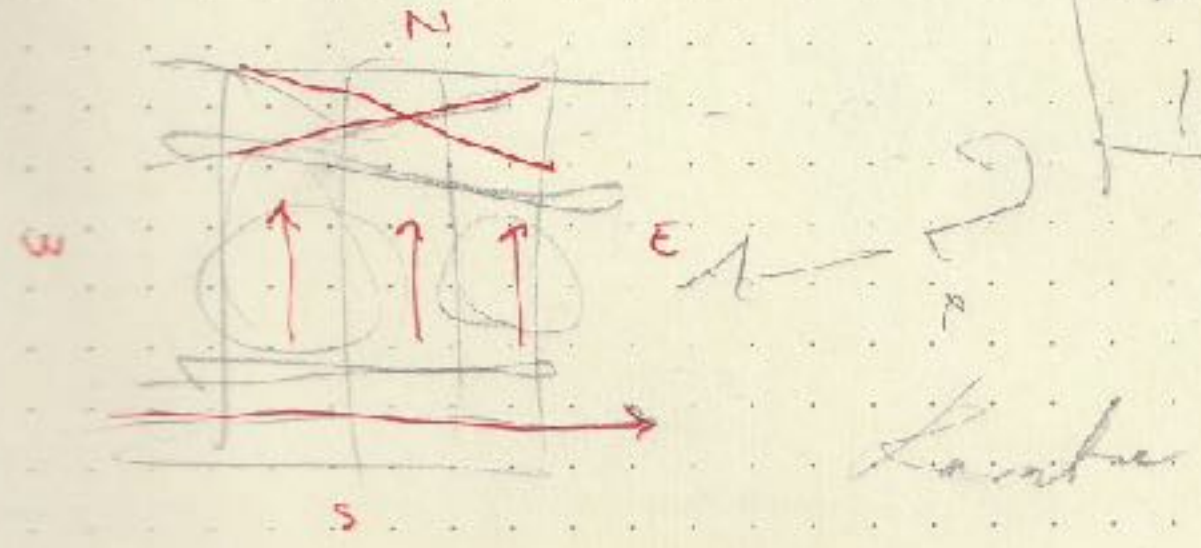
(zigg-zagg function)

1.8 x 0.9

My aim is to implement architectural elements to create better spaces for martial arts, focusing on movements and rituals.

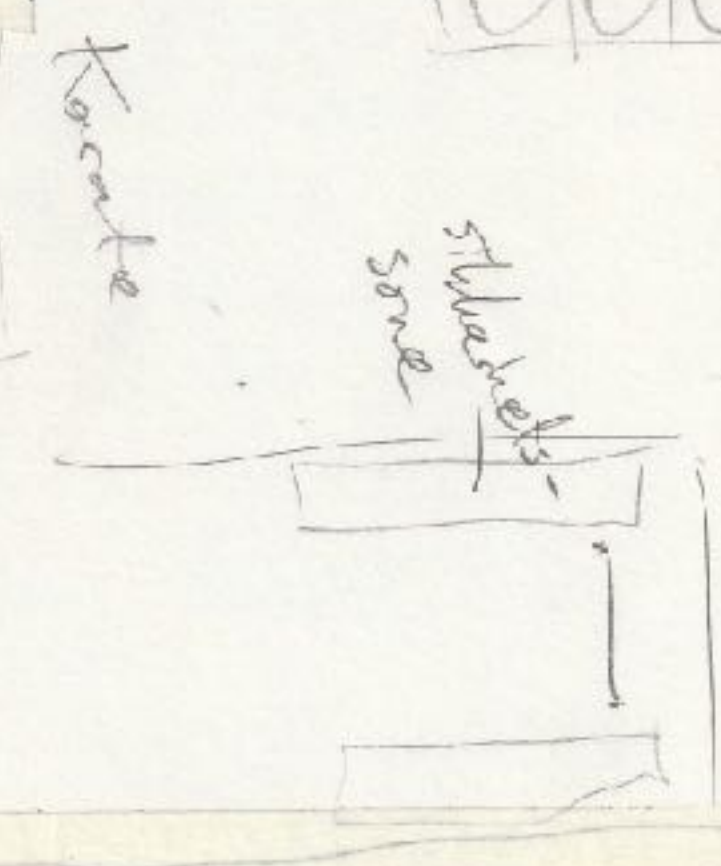
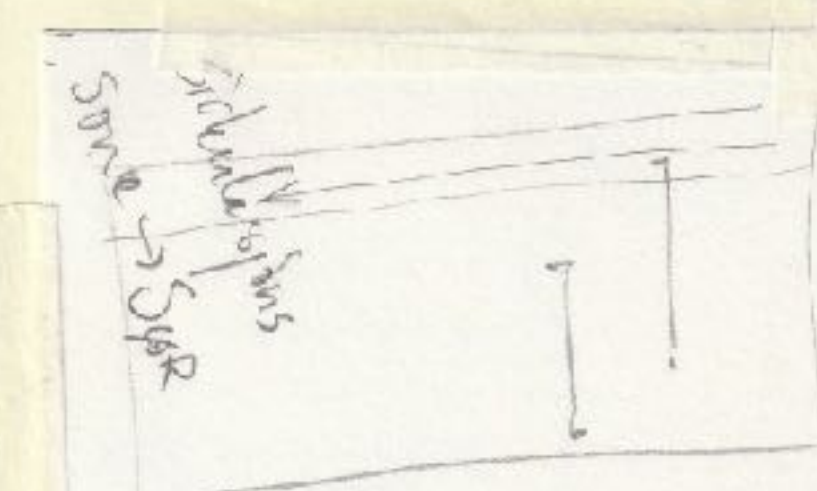
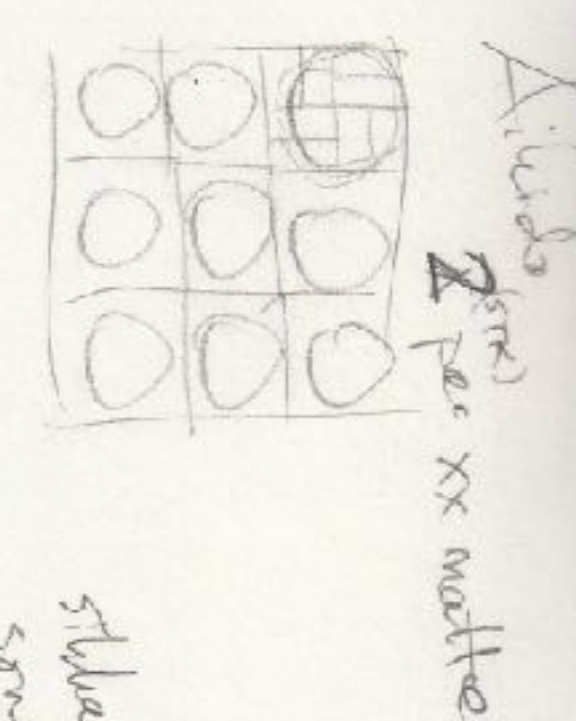
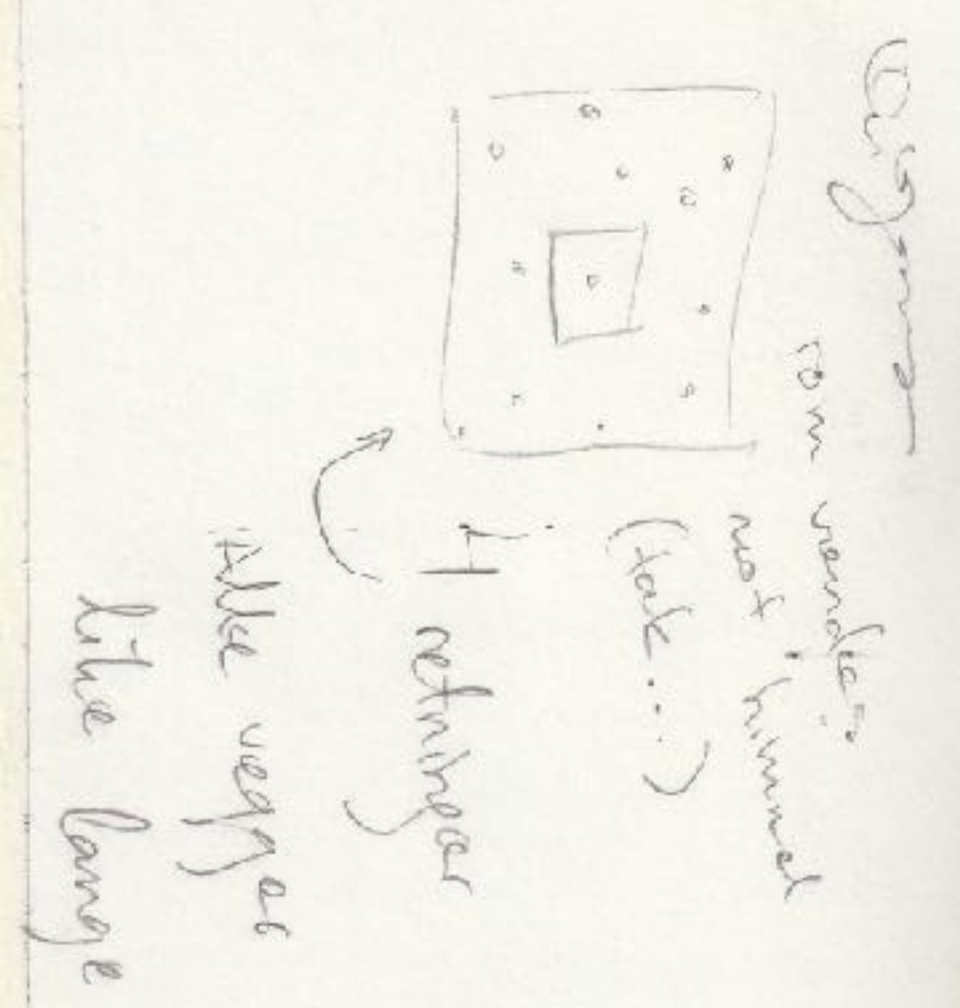
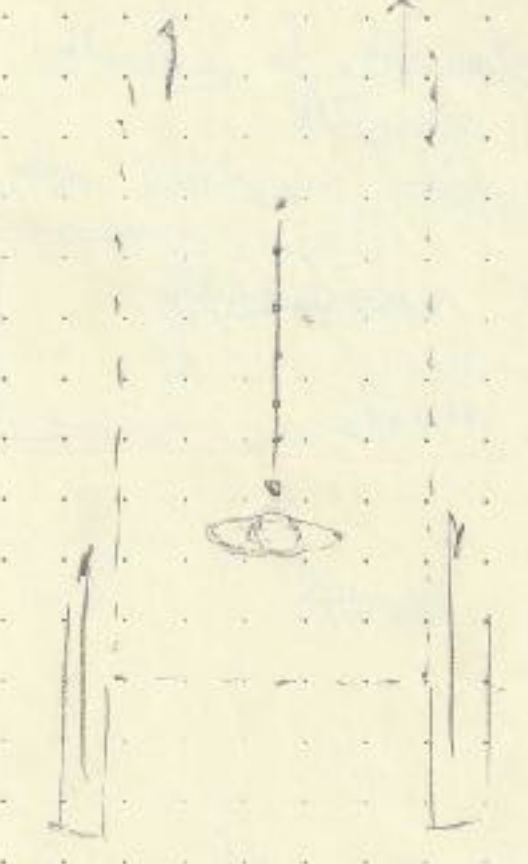


**Caranomy**  
 ↳ Main grid 1.8 x 0.9  
 ↳ wall 1.8 x 1.8





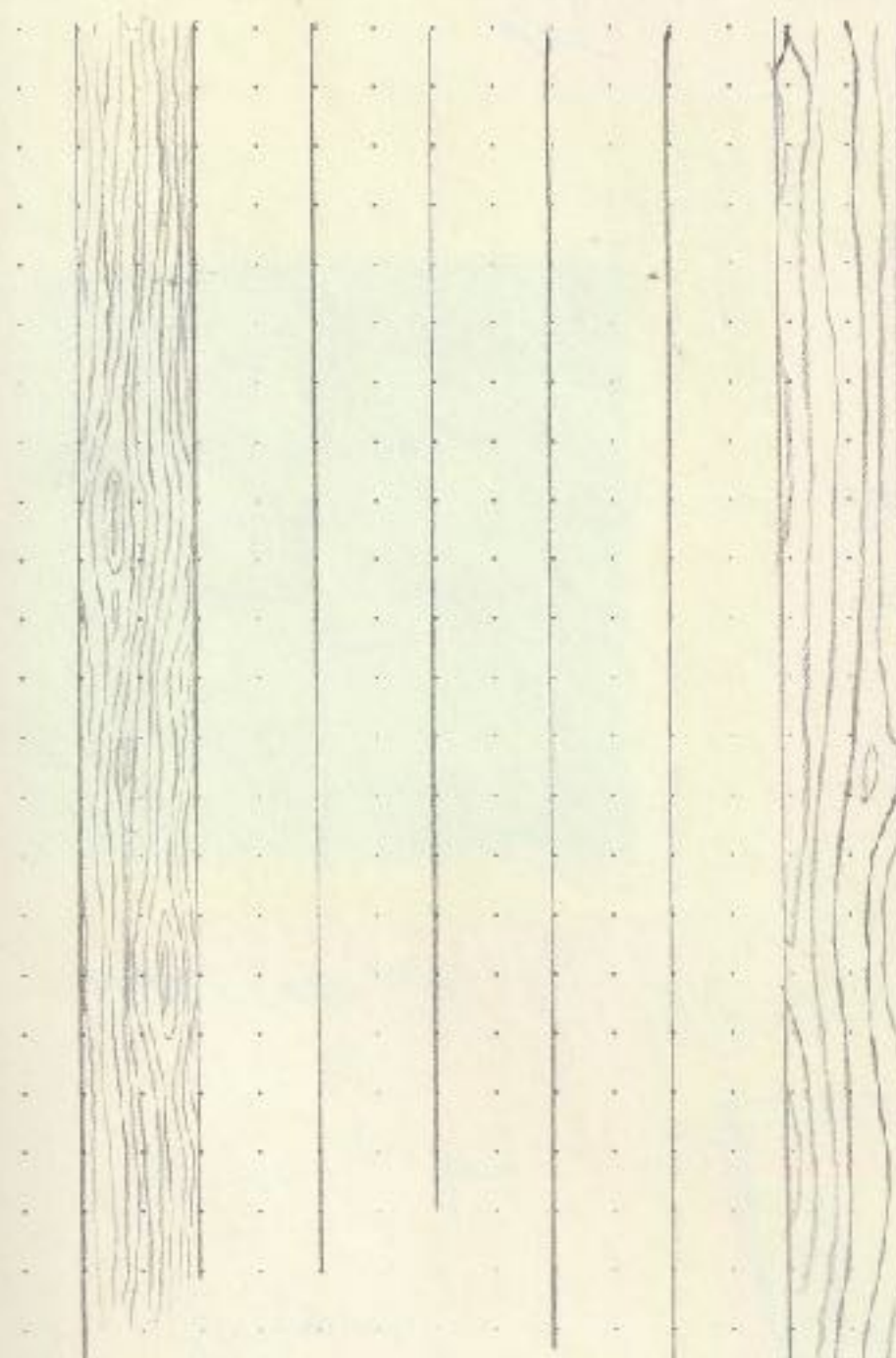
Diagram



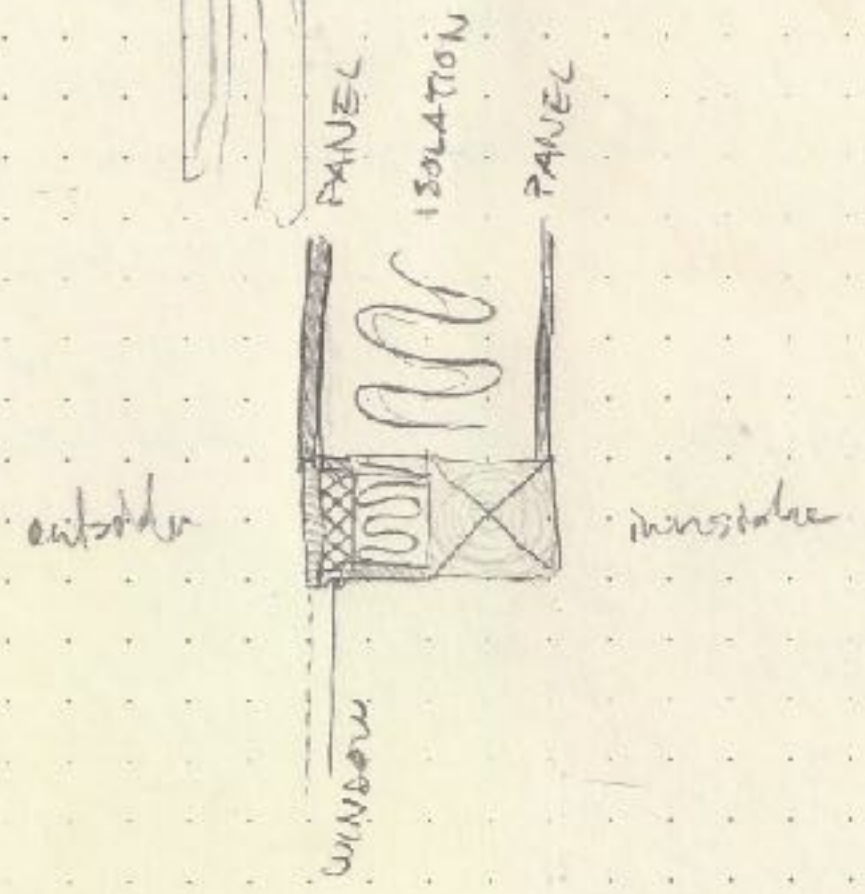
Sible-zaki  
fennosfer  
length x 1/2

Wood lattice in panels in background of section and in elevation?!

What scale?



1:50?





JEG TRENGER  
HJELP

SILVE →  
Foto av  
KAMPSPORT -  
MENNESKER  
→ KUTTE UT  
SÅ DET IKKE  
ER BAKGRUNN

→ JEG  
kan  
printe  
1:50  
kalkert-  
papir!

SE OVER  
LANDSKAP

PAPPA

SØNDAG!

→ streke ...

DIMENSJONER  
PÅ TREFINNER  
→ MODELL  
(dragere, lister) <sup>viske</sup>  
→ forskyvning til dofo!

HVIS PAPPA  
SKAL TIL OSLO  
IGJEN →  
TA MED NOEN  
AV SKISSENE JEG  
LA IGJEN HJEMME

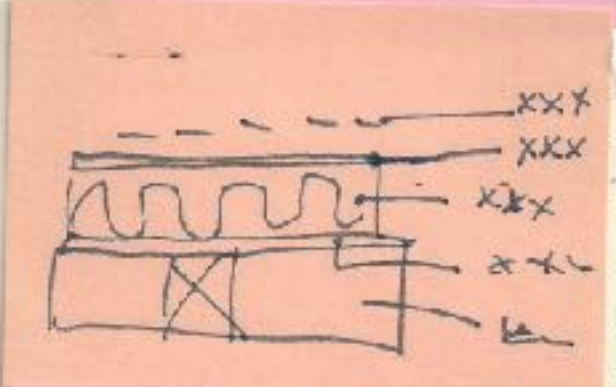
RINTE & KUTTE  
PREDIPLOM  
+  
BINDER 1  
(BESTA)  
(MAMMA + VARG)


VIKTIG! IKKE  
GLEM!!!

Hvorfor Sandvika?  
→ antall utgjøre  
legger ...  
Tant → rituelle/  
kulturelt ...

EPOXY -  
KALKER [1:50]  
MENNESKER

FORKLAR!!!  
Grid →  
basert på  
Tatami  
mats

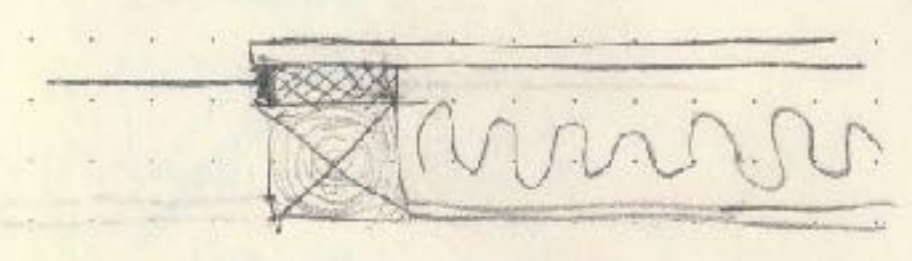


HUSK   
DIMENSJONER,  
TALL + TEKST  
OG LINDER M.  
FORKLARING

Se på layout  
(Lars  
miller publisher)  
→ layout info  
Tips (fine layouts!)



fram för under  
lygg  
Lagg duk + singel

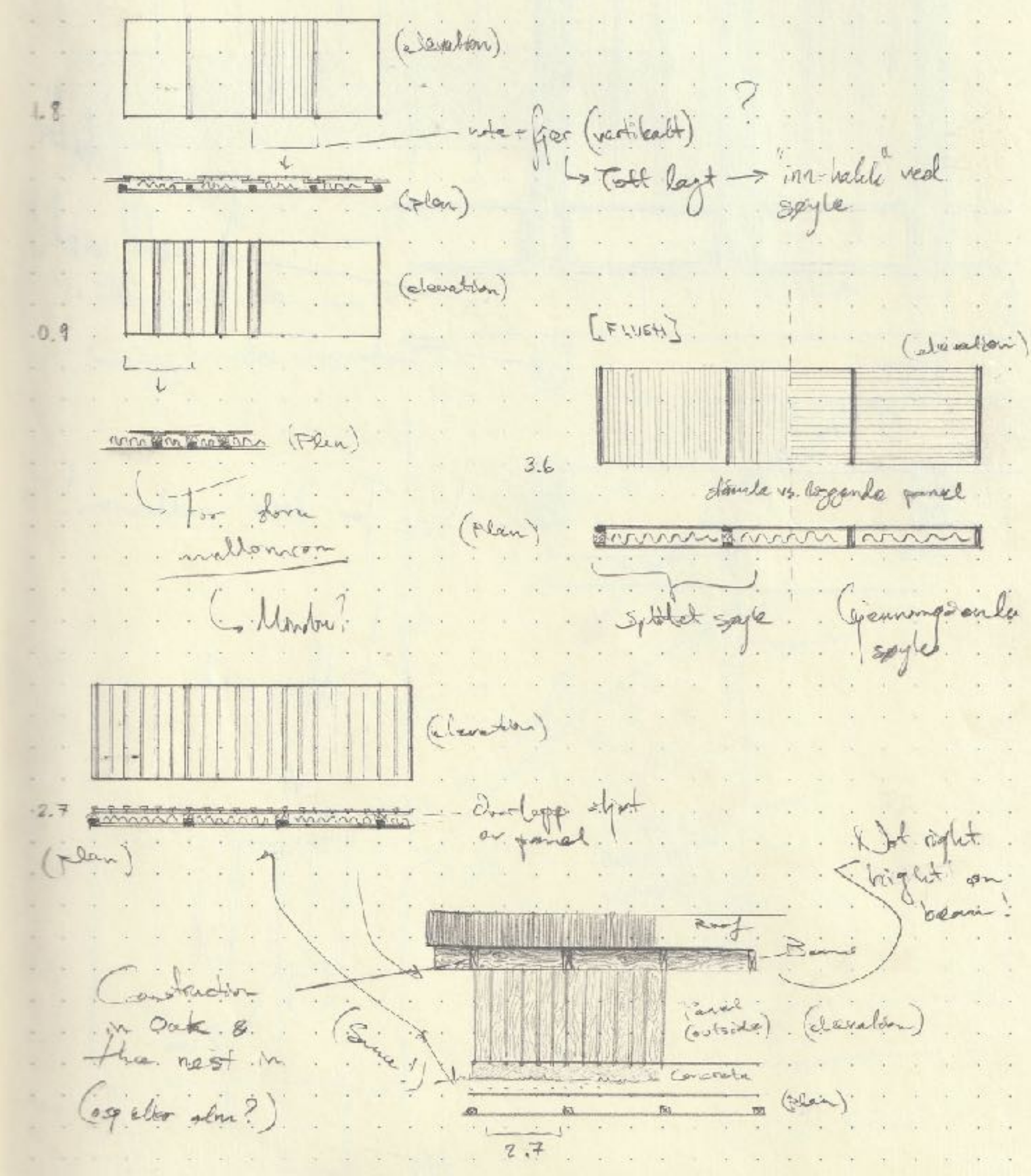


NO! no "extra" stuff!  
No unnecessary additions/movements

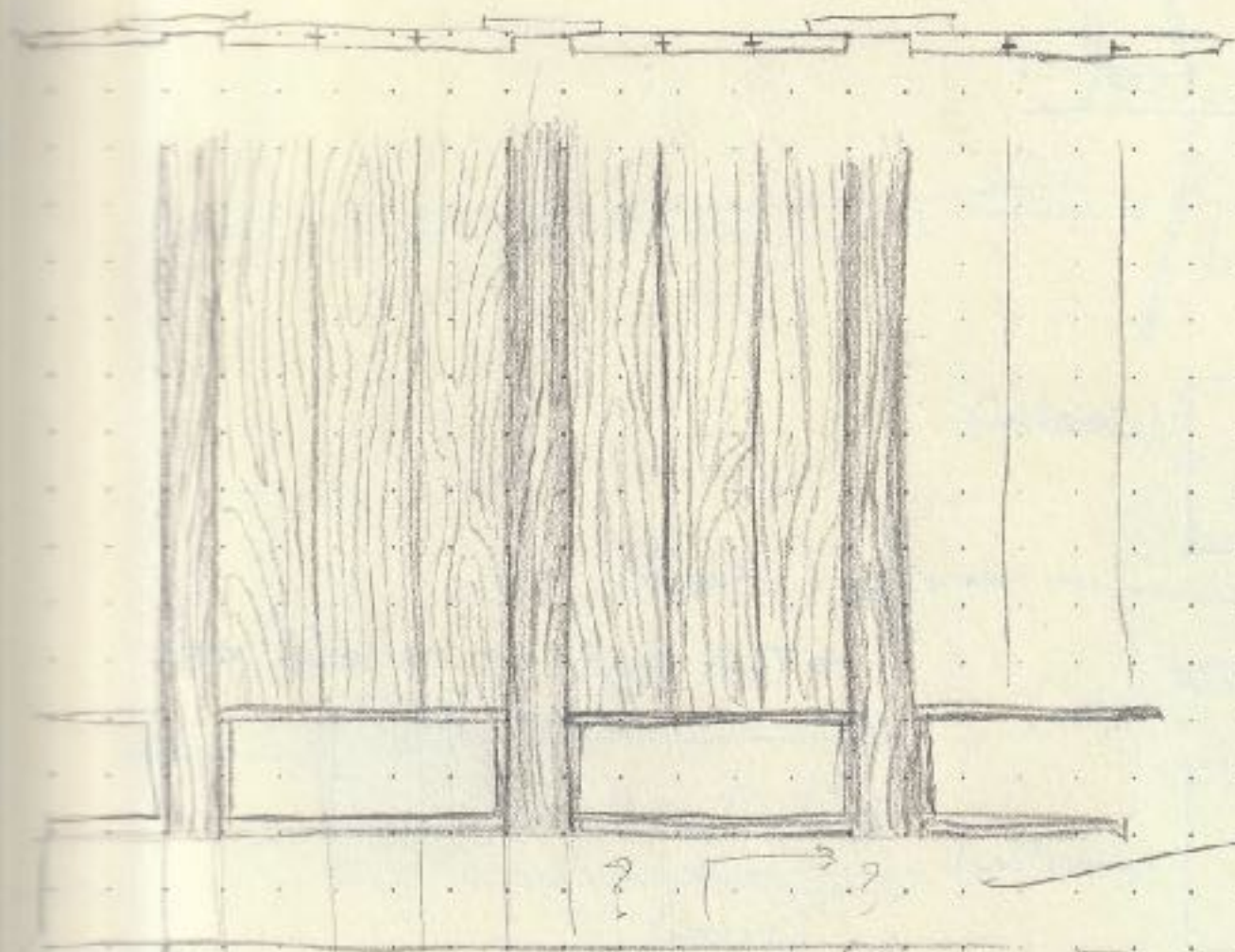
↑ Yes!

- mindre musgr
- mindre direkt sol
- luft (spaceous)

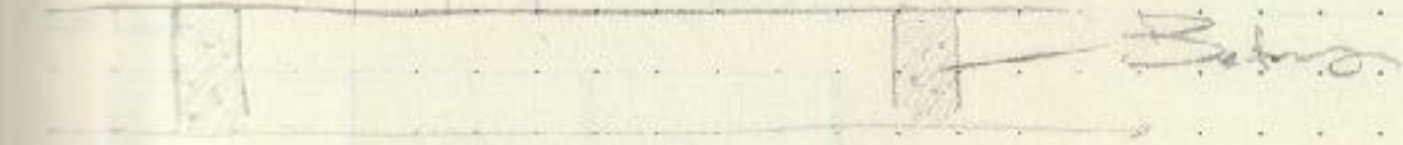
# Äventyr fasade test 5





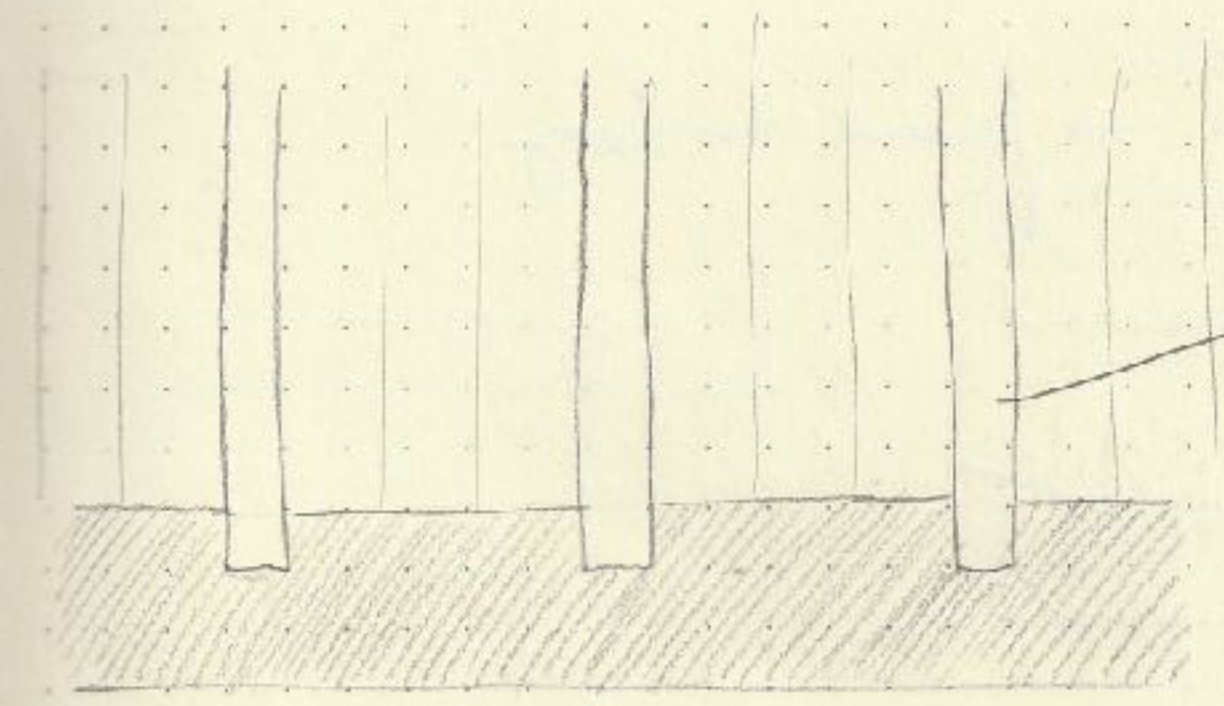
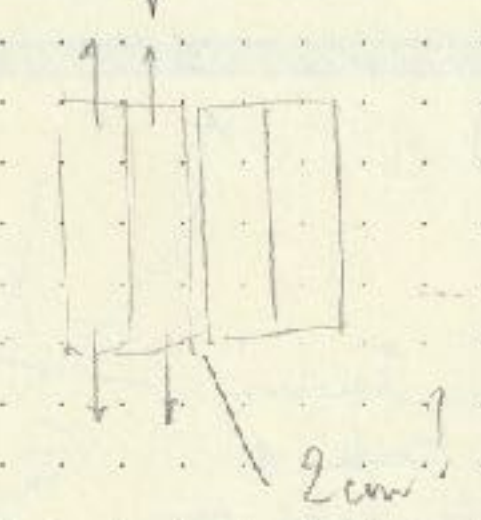


panel fastade  
inlett med!



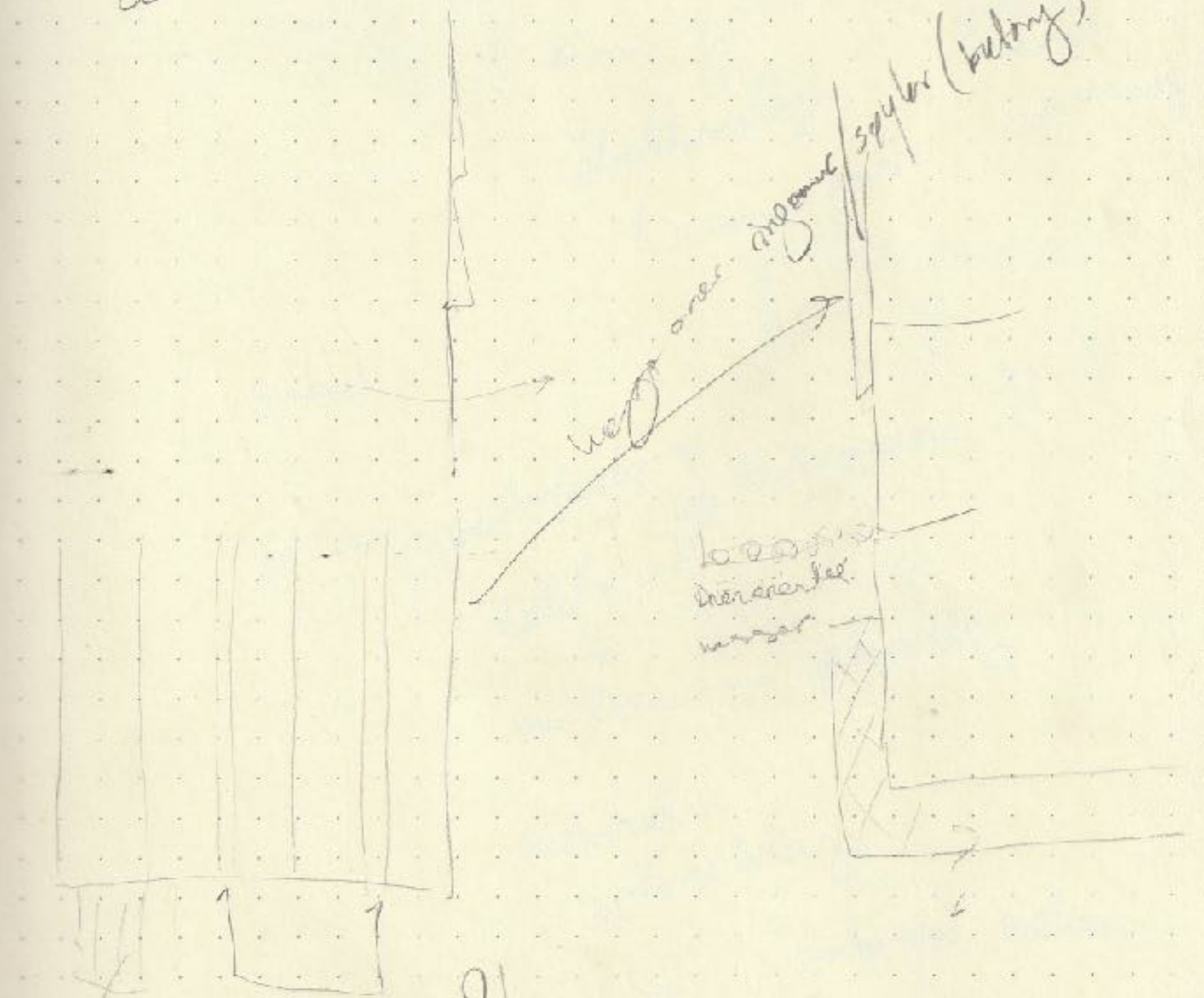
for lösa mellanrum!

hva med



3mm HG WC  
↳ Kärda T

ytavstånd: 300 mm  
inavstånd: 150



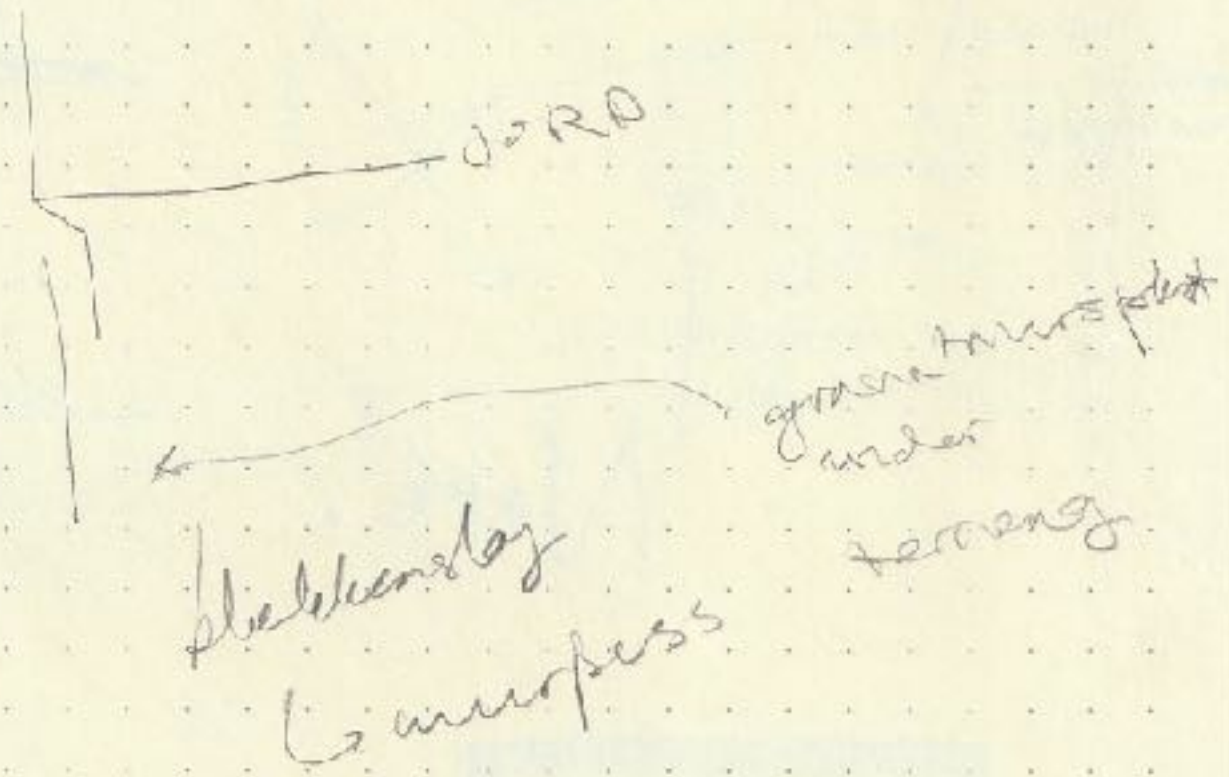
1000 över inkomme spylor (kylong)

1000  
inorientat  
massor

2cm glippe?



Dasung 30-40 cm → frena torulag

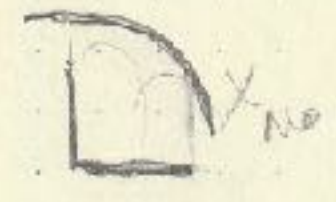
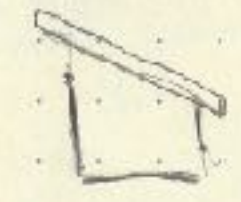


Panel

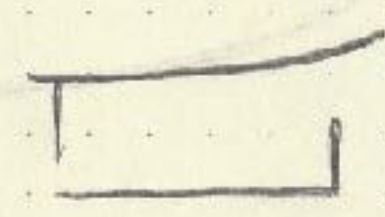
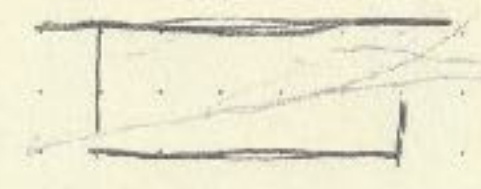
30 min vertikal  
leletas → mikroplast  
↓  
melon → optik lag  
vertikal  
optik lag  
↳ Botolan melon



2nd look at Old ideas!



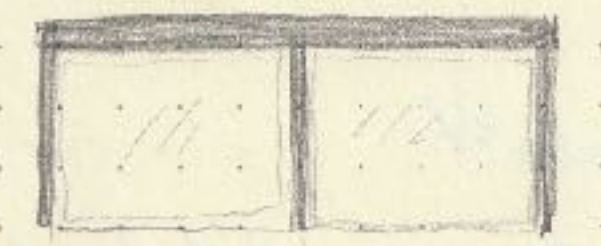
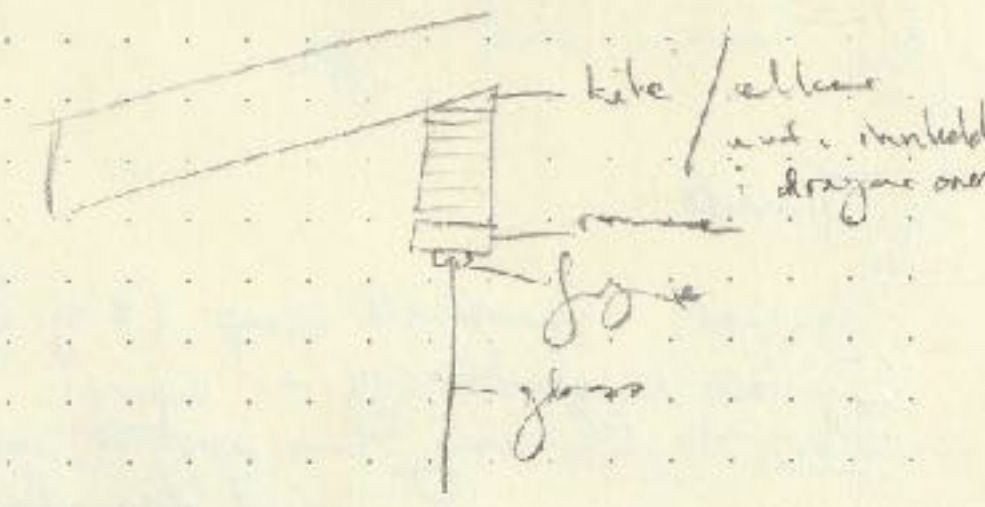
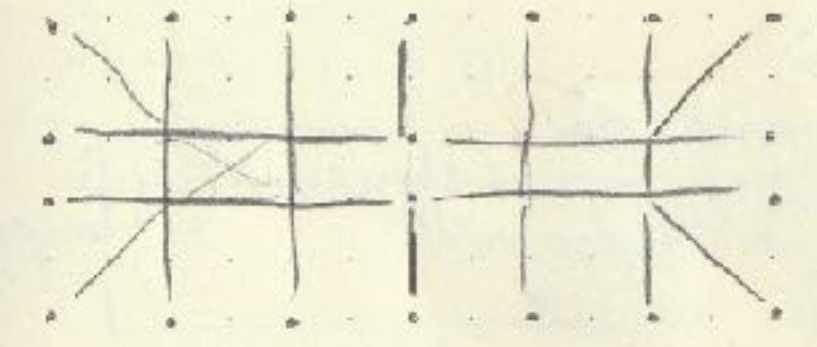
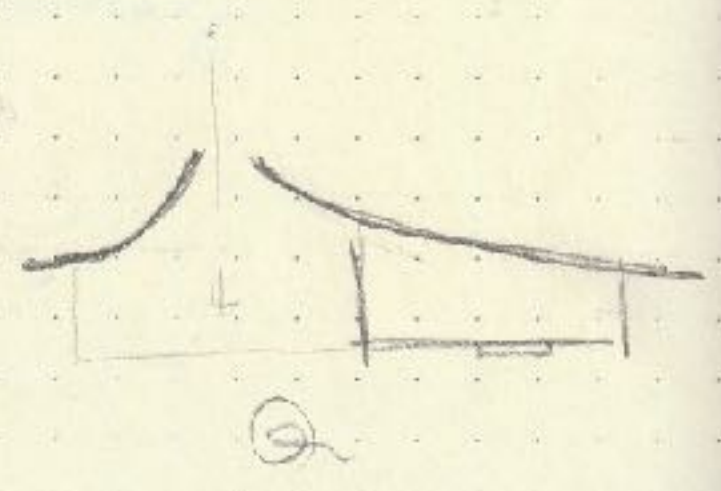
ka



ka



NOPE!





## Angang:

- Vertikal bevegelse (sirkulært) ↑
- Spirivelt → Qi → Yin/Yang → Himmel/jord
- Radialt, front view → skag → åpnet, men styresomt ("skjult kampepot")
- Ingen struktur i plassering i rom → "bryter grid"
- Individuelt/synkront (delvis)

## Kendo:

- Lineært → parallell kamp (2 og 2) → møte mellom to menneskers sirkulasjon (elv + sti)
- Spesiell handlinger og uttrykk
- Par → utlikning → høyest rangert skal formidle kunnskap til den lavere rangert. ↑ ↓

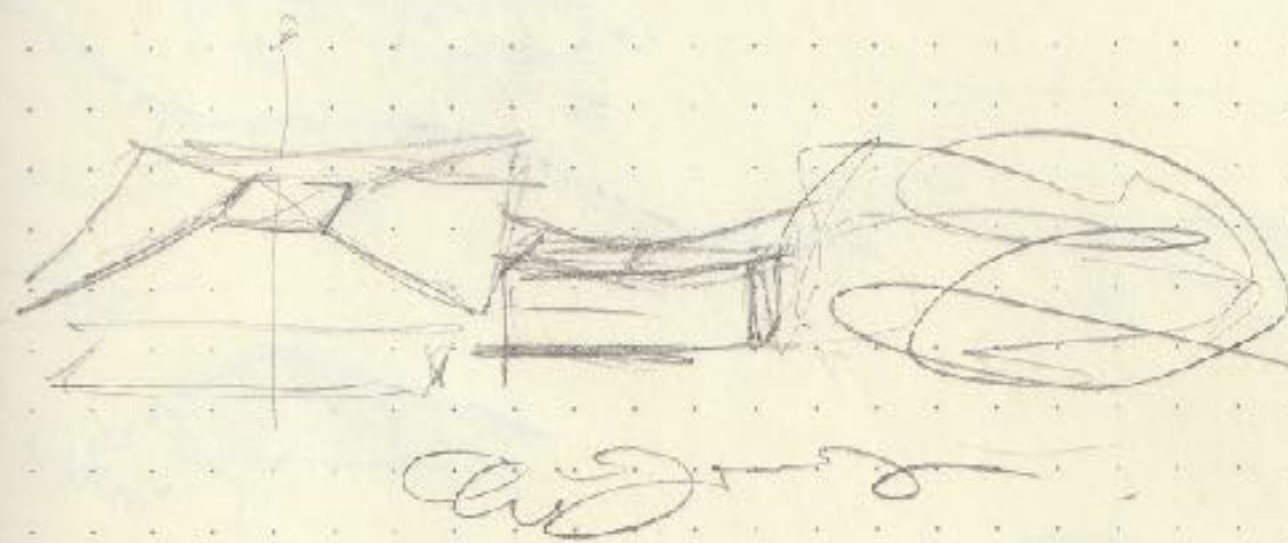
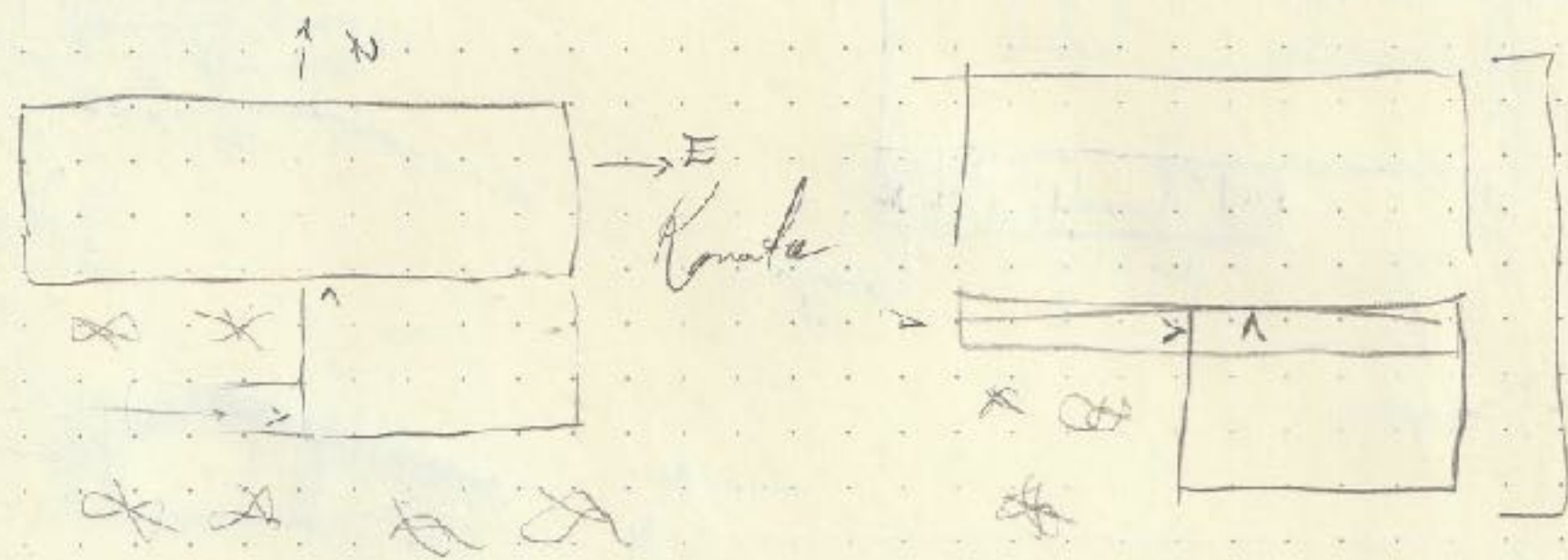
## Karate:

- Nordre vegg skal bli lagret av sensor (fri bevegelse)
- Sørre vegg er der for sirkulasjon og tillatt
- Est = opplysthet → høyest rangert som plassert nærmest den østre veggen
- Lineære bevegelse
- Individuelt / par / synkront
  - ↳ kata
  - ↳ kumite

## Aikido

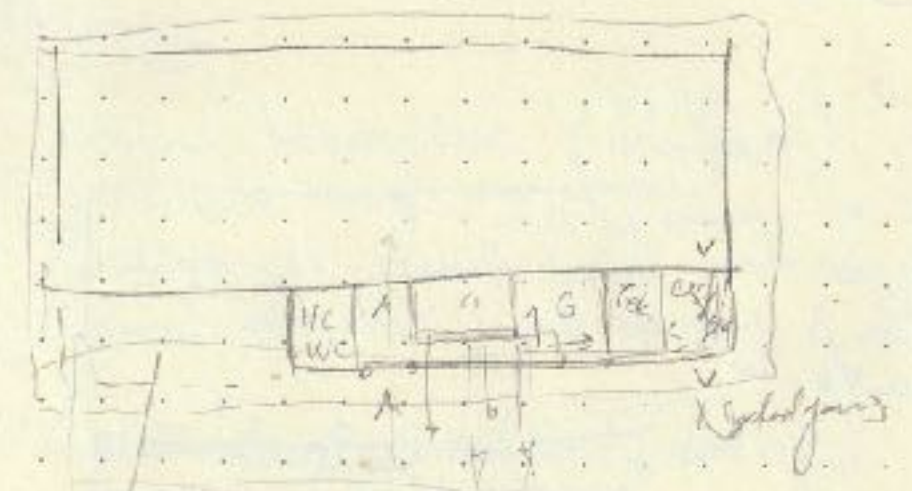
- Par → sirkulære bevegelse
- Tori → Shomen → Nordre vegg
- Tsubumi
- 2 riv → Shomen (kunst) & bakken

## Re-design - Last minute!!!

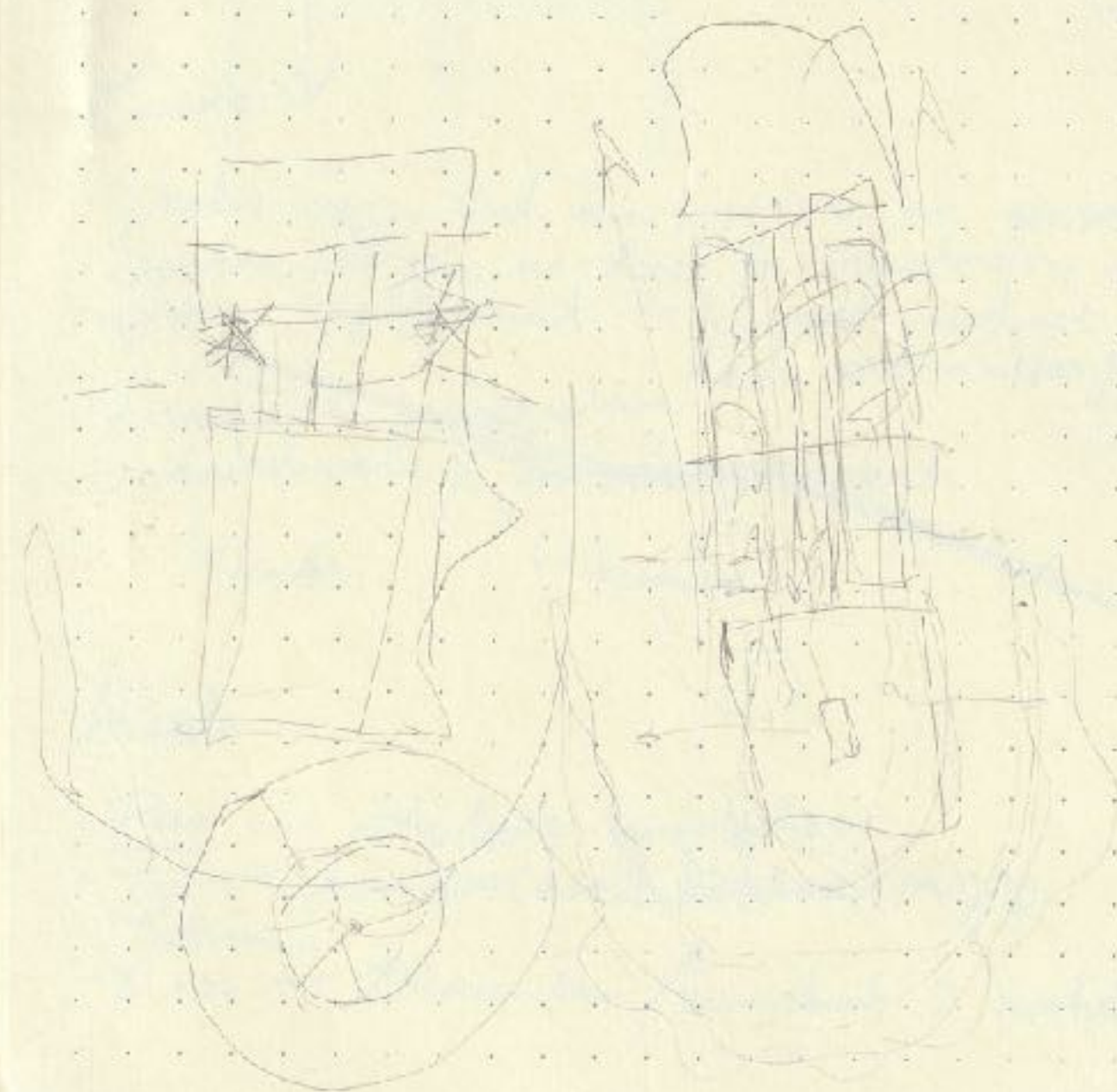
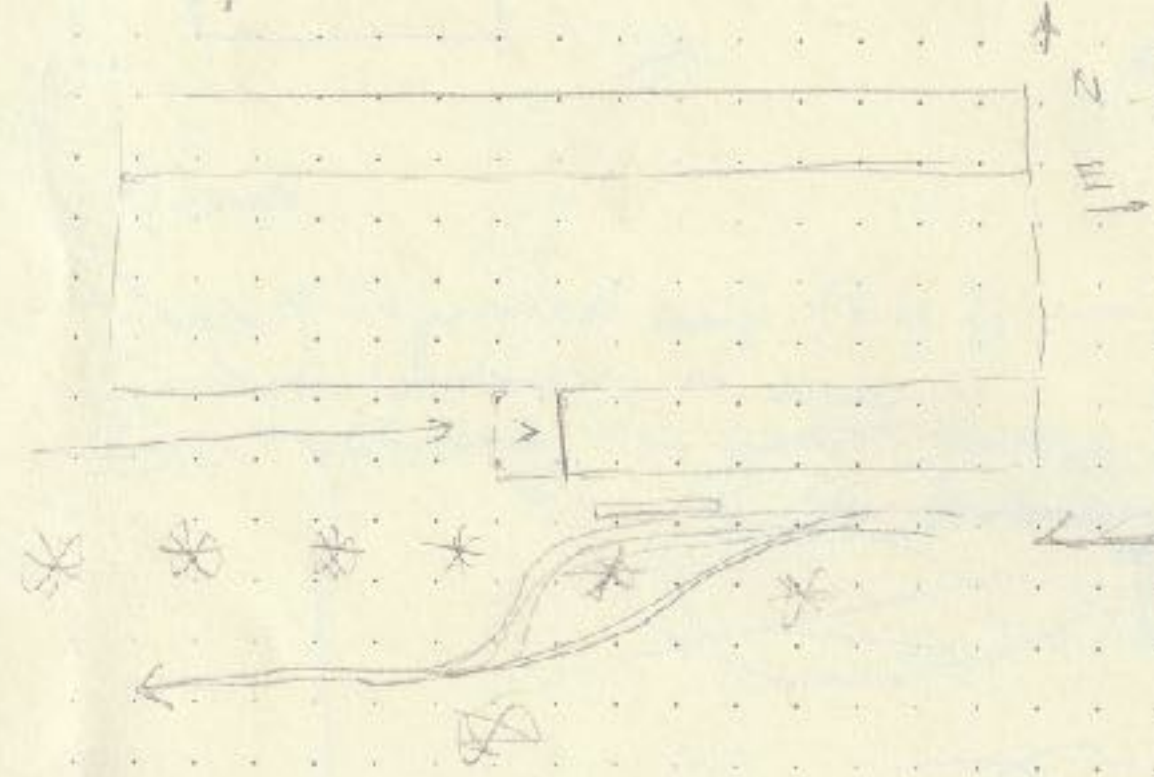




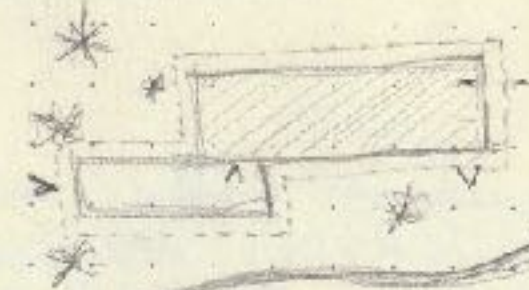
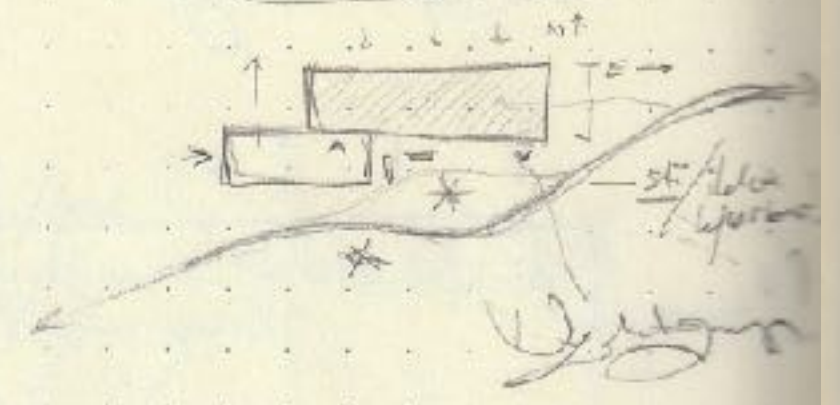
Karst



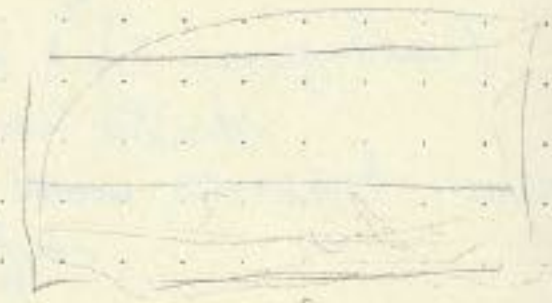
Wegplan



Karst

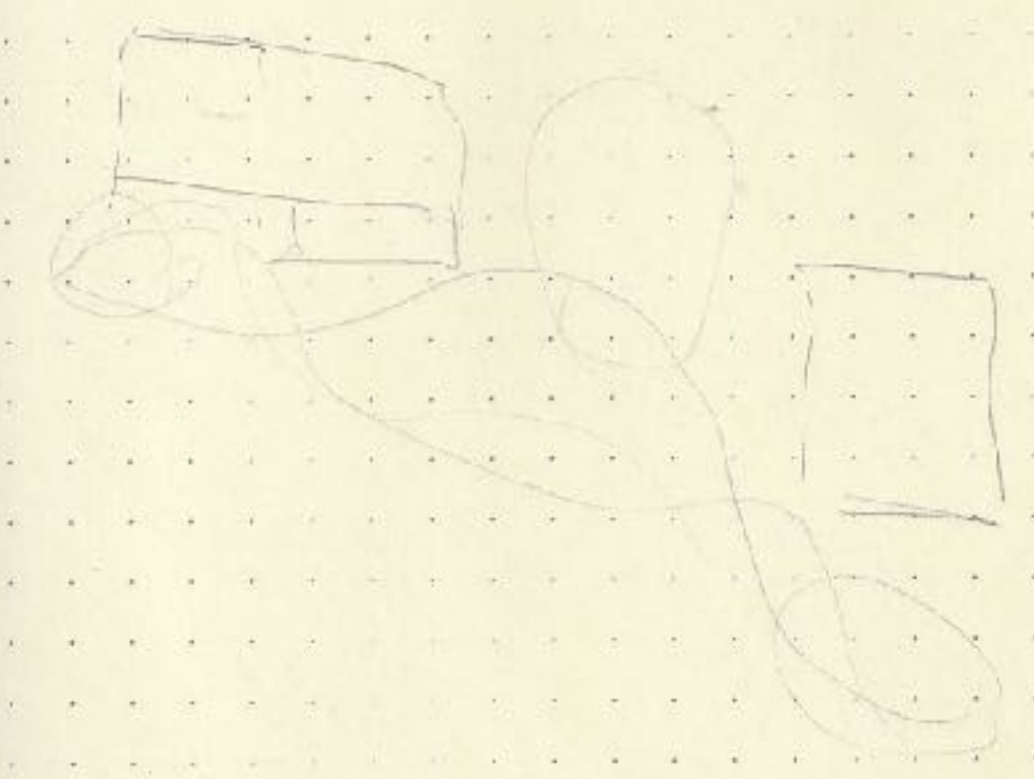
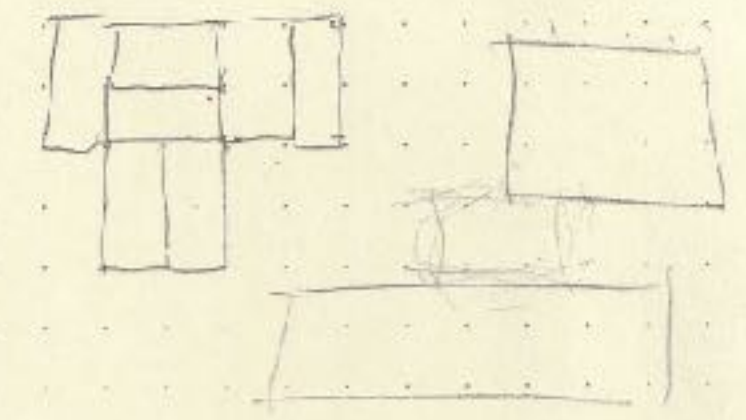


oppreis  
Trennungsom  
schnitt



Athole: M -> Shower  
Taster

TH



TH  
W