



AIKIDO IN FREDERICKSBURG

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FOR IMMEDIATE RELEASE

Innovation and tradition are blended to create an award winning land use design in Spotsylvania.

An EPA program has recognized Aikido in Fredericksburg, a local non-profit martial arts school, for the design of the site for their future new headquarters. Aikido chose to use Low-Impact Development techniques as part of its site design. Their innovative approach resulted in their leadership award in the non-profit category from the Low Impact Development Recognition Program, sponsored by EPA Region III.

The program at Aikido in Fredericksburg is modeled after the Iwama Dojo in Japan (where Aikido was developed), which emphasizes environmental stewardship, appreciation of the outdoors, and connection with the natural world, in addition to martial arts training. Therefore, the dojo facility was designed using Low-Impact Development (LID), which minimizes negative impacts on the environment and provides opportunities to observe and interact with our natural surroundings.

According to design engineer Doug Beisch of [Williamsburg Environmental Group](#), "The integration of low impact development techniques into site design and planning (using functional landscapes, vegetated biofiltration practices and natural resource enhancement) holds great promise for reducing water quality impacts and stream channel degradation normally associated with land development. We were very excited to be able to work with Aikido in Fredericksburg

to develop alternatives to conventional stormwater management that are more consistent with their environmental stewardship ethic.”

Spotsylvania County Department of Code Compliance Environmental Engineer Richard Street says: “Low Impact Development was best defined by Thomas Jefferson as the ability to infiltrate or re-infiltrate the water as nature had been doing before any form of land disturbing activity had occurred. This was found in his papers for farming practices and is the definition that Spotsylvania feels best describes what true LID is.”

Street continues, “The Aikido Dojo has incorporated many of the principles and practices set out as guidelines for LID. The Aikido Dojo is the first plan in Spotsylvania County to use multiple BMPs and conservation areas to promote water quality and quantity at the same time. This is a very good pilot project and we are proud to assist with education and outreach to explain the true principles of Low Impact Development.”

Aikido Instructor Aviv Goldsmith acknowledges Street and (now Director of Planning) Wanda Parrish for their understanding during the permitting and design phase of the project. Says Goldsmith, “They were both helpful in letting us know what was possible (and what would be difficult) in terms of the County Codes and Design Manuals.”

Goldsmith continues, “We were pleased to be recognized by the Low Impact Development Center for the innovative site design. Other agencies have taken notice as well. Earlier this year, we received a mini-grant from the Virginia Department of Conservation and Recreation / Chesapeake Bay Program to produce educational and interpretive materials on the environmental-friendly aspects of the site design. To make this info even more widely available, we have posted it on our website at <http://www.aikidoinn.com/LIDBrochure.pdf>.”

Frank Lloyd Wright believed “nothing more powerfully creates heritage than the imaginative use and stewardship of land.” Aikido in Fredericksburg is looking forward to participating in the local heritage. Site preparation by local firm [Site Prep, LLC](#) is almost complete. Aikido is currently negotiating with a general contractor for the erection of its new

headquarters building on the site using a “green design” developed by LEED-certified [Owens Architects](#) of Lawrenceburg, Kentucky.

When completed, the Aikido complex will include state-of-the-art practice space, an outdoor training area, a forest path with meditation areas, and a community garden. Aikido in Fredericksburg is hopeful that additional monies will be contributed to their Building Fund drive to help finalize the facilities. More information on the project and how to support Aikido in Fredericksburg’s efforts is available by calling 540-582-9600 and on their website at <http://www.aikidoinn.com/index.php?page=shindojo> .

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