

SEMINAR 2

KUNG FU KAPHAI KYONG

(MARTIAL ARTS INSTITUTION)

By

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I always wanted to finish off my thesis with where I'm passionate the most and which was Martial Arts. I could not accomplish the wish without the will of Allah and the support of some great hearted people. I thank these people heartily:

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1. CHAPTER 1: Background of the project

1.1 Introduction:

“Kaphai Kyong” means School/institution in the language of Marma people a group of ethnic people living in Bandarban remote areas. Thus” Kung Fu Kaphai Kyong” stands for “Martial Arts Institution”. In the selected site for the project the majority of the people are “Marma” and the reason of choosing Marma language in it was to show the importance of the community already been living taking care of the area there since a long period of time.

Martial arts are codified systems and traditions of combat practices, which are practiced for a variety of reasons: self-defense, competition, physical health and fitness, entertainment, as well as mental, physical, and spiritual development.

The core of martial arts started long time back when there used to have regular wars mainly in China and Japan. They started mastering their fighting skills in every possible way with simplest local material oriented weapons or without weapons to protect themselves and their people. Thus the art began to spread.

There is a huge number of martial arts institutions all over the world. Shaolin Kung fu the very first type of martial arts was institutionalized in Shaolin Temple which is situated in Dengfeng, Zhengzhou, Henan Province in China. After that, martial arts institutions has started growing around the world. In many of the Institutions they have also included cultural and civic studies. That is what this thesis project is going to be is a martial arts institution including culture teaching. There are many martial arts institutions in Bangladesh, but not very organized and are with less facilities. So this project could be a revolution of Martial arts in Bangladesh and the art could be participated effectively in global arrangements too.

1.2 Project Brief:

This thesis is about a successful martial arts institution in an appropriate environment.

1.3 Aims and objective of the project:

In this generation of guns and bombs, many may say why would martial arts be important in this time? But martial art is not just way of self defense but a lifestyle. It changes a person’s life for betterment and puts it in a discipline. One gains Confidence by practicing martial arts thus can

solve their problems and become successful in other sectors too. Besides they stay healthy physically and mentally thus stays out of stress. The aim is to build and run a successful martial arts institution in an appropriate environment. In Bandarban remote area where the thesis is going to take place a little away from Nafakhum, there are many little paras (living groups of people. They can have the scope to get trained as there is no institution like this in those areas. The institution will be residential. Any one of any age can get the admission but after the age of 10. One can even register a specific time like 1 year, 2 years or so to learn specific objectives of an individual martial arts. I am willing to start the institution with the several popular types of Martial arts:

Shaolin Kung Fu, Wing Chun, Tai-Chi, Aikido, Kyokushin, Taekwondo, Muay Thai and Brazilian Jiu Jitsu.

There are various kind of martial arts festivals and tournaments can take place where people from other “para”s may visit and enjoy. If a project like this could be done our martial artists would be more successful as a martial artist and also could get more recognized in participating in global tournaments.

1.4. Given programs:

For 250 students and 20 teachers including other staffs.

- Open Gallery
- Lobby
- Museum
- Souvenir shop
- Café
- Spa facility
- Administrative
- Open area for tournament and other festivals
- Indoor practice area
- Indoor games room

- Open Practice Area
- Dining for students and teachers
- Assembly and Warm up area
- Library
- Acupuncture Lab and Chirographic lab
- Classrooms
- Dorms

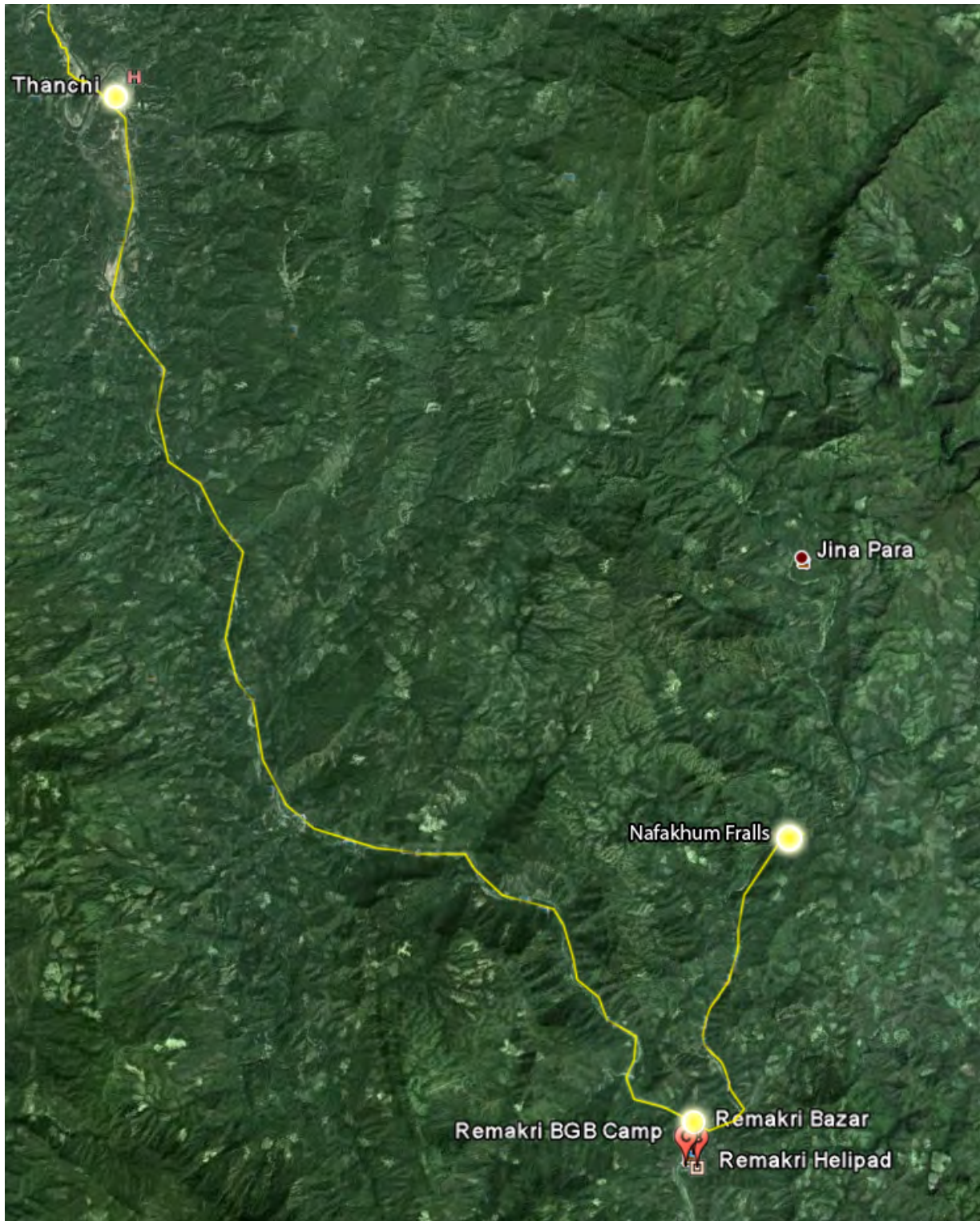
2. CHAPTER 2: Site appraisal:

2.1 Location of the site:

Bandarban is hometown of the Bhomang chief who is the head of the Mogh tribe. The simple and hospitable Moghs are of Myanmar origin and Buddhists by religion, jovial and carefree by nature. Bandarban is also the home of the Murangs who are famous for their music and dances. Several other tribes of great interest live in the remote areas of the district.

The site is located a little away in deep inside the forest of Nafakhum falls situated in the paradise of green, Bandarban. Nafakhum is about 23 km away from Thanchi Bazar from where most of the indigenous people shop their daily needs. First from Chittagong town one has to take "Chander gari" (like Jeep cars that is specially modified for travelling through hilly rough roads) or a bus that leaves at 6 a.m from the town for Thanchi Bazar. From Thanchi bazaar one has to hire a boat to reach in Remakri another para. Boat travels through Shangu river. After reaching Remakri, the way to Nafakhum is all on foot. It takes 2-2:30 minutes to reach Nafakhum from Remakri by foot.

Site Location map:





2.2 Site and surrounding:

The site is surrounded with heavenly green all over, hills, several beautiful falls and with several “paras” or villages of various ethnic groups. Moving from one place to another is difficult as the whole portion of the site is hilly and don't have any proper way walkway. The main Bazar which is in Thanchi is far from the site.



2.3 Reason of choosing the site:

Every martial artist more or less wants to practice martial arts in a peaceful quite environment surrounded with natural resources, away from the urban chaos.

There are so many things those can't be trained being in urban environment. The institutions which situated in urban areas mostly, arrange camps twice or thrice a year for one or two weeks in mostly hilly areas and which are more into nature and away from urban chaos, so that the students can train the things which can't be done properly in urban areas. For example, martial

artists include Zen (meditation) training under waterfall adapting the heavy force or the fall, climbing mountains without any equipments but gripping the roots of shrubs grown there or gripping the gaps in between the rocks, getting used to it and so on. These trainings can't be mastered within this short period of time. One has to spend enough time to master these trainings. Thus training being in that kind of environment would help enough.



2.4 Climatic situation:

Topographically the elevation of site varies from 330-350 ft from the sea level and it is surrounded by higher hills. There is valley between the site and the hill. Normally, floods do not take place here, but natural disasters like cyclone, tornado sometimes take place.

the chosen site has a tropical climate. In most months of the year, there is significant rainfall in this area. There is only a short dry season and it is not very effective. According to Köppen and Geiger climate is classified as Am. The average annual temperature in site is 25.5 °C. The average annual rainfall is 2560 mm.

Climate graph:

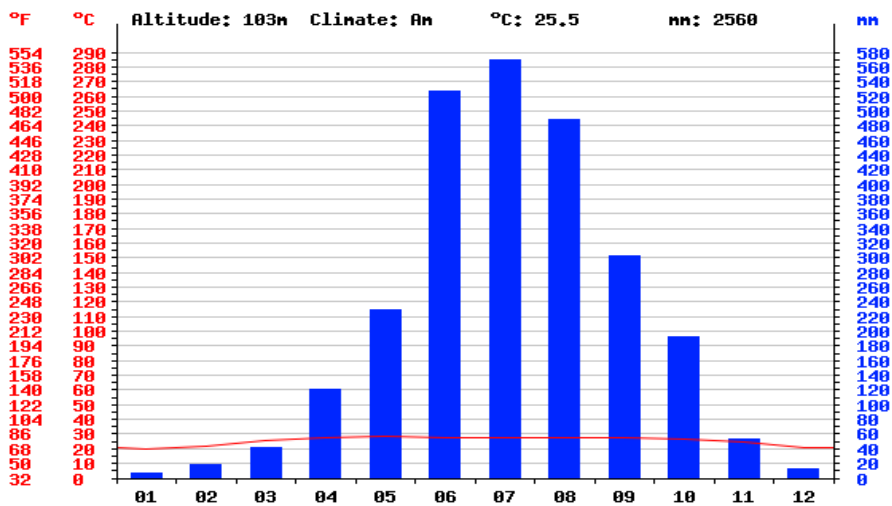


fig 03:Climate graph

source: <http://en.climate-data.org>

Driest month is January with 6 mm. Most precipitation falls in July, with an average of 569 mm.

Temperature graph:

The warmest month of the year is May with an average temperature of 28.3 °C. In January, the average temperature is 20 °C. It is the lowest average temperature of the whole year.

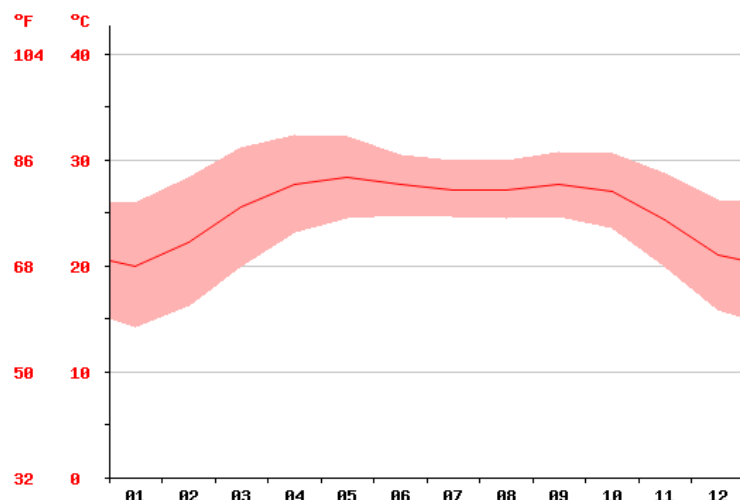


fig 04: temperature graph source: <http://en.climate-data.org>

Climate table:

month	1	2	3	4	5	6	7	8	9	10	11	12
mm	6	18	42	121	229	527	569	488	302	192	53	13
°C	28	22.2	25.5	27.7	28.3	27.6	27.2	27.2	27.7	27	24.3	21
°C (min)	14.2	16.2	19.9	23.2	24.5	24.7	24.6	24.5	24.6	23.5	19.9	15.8
°C (max)	25.9	28.3	31.2	32.3	32.2	30.5	29.9	30	30.8	30.6	28.7	26.2
°F	68	72	77.9	81.9	82.9	81.7	81	81	81.9	80.6	75.7	69.8
°F (min)	57.6	61.2	67.8	73.8	76.1	76.5	76.3	76.1	76.3	74.3	67.8	60.4
°F (max)	78.6	82.9	88.2	90.1	90	86.9	85.8	86	87.4	87.1	83.7	79.2

fig 05: Climate table

source: <http://en.climate-data.org>

The difference in precipitation between the driest month and the wettest month is 563 mm. The average temperatures vary during the year by 8.3 °C. (<http://en.climate-data.org>)

2.5 Social and historical background:

The site and the surrounding places have evolved after liberation war, though it mainly evolved in a time span of 1990-uptill now. The indigenous people have been living there from a long time even before that time. But years after years after liberation war they have been deprived of basic rights as they are less in number comparing to the people of the whole country. There have occurred killings many times by local Bangalis. They have built their own army to protect tribal groups. They have lost belief from the Bangali people just because some of the greedy ones. If both of the groups could interact among themselves, could exchange own thoughts

freely these disasters would have never took place. An institution for same purpose, consisting of both of the groups could reduce the gap between them and could start growing a mutual understanding.

2.6: SWOT analysis:

Strength:

- Beautiful, mesmerizing natural surroundings with calmness, which is exactly is need to have a good concentration during practicing martial arts.
- Hilly area, which is an extra achievement for practicing those things which couldn't b done in urban flat areas. This also helps to make one learn to survive with that kind of environment naturally, with daily practice.
- Zen (meditation) under forceful waterfall is another important practice, which can be done here as the Nafakhum or Amiakhum fall won't be very far away from the institution.
- The people are rich in culture.



Weakness:

- Long hiking distance and rough and tiring way.
- Main Bazar where all the daily necessary things are found is far away.



Opportunity:

- For the institution, it could grab government's attention to construct road there.

3. CHAPTER 3: Literature Review

3.1 What is Martial Art:

Although the root history of martial art's starting lacks enough evidence, the most commonly known fact is:

Long back there were Buddhist monks who used to roam around jungles selected spaces there so that they could meditate in pin drop silence. Later on many of the monks gathered and made a community of them which later on came out as monastery. That time they became the easy target for the thieves and the monks couldn't be violent. Regularly the thieves were snatching away the monks' belongings. The kings of neighboring areas also tried to attack the monks to grasp their monastery. As these went on a regular basis, the monks realized that they need self to build up very strong self defense technique in a wise way, for themselves and to protect their monastery too. That's how the concept of Martial arts got created. This occurrence was in China Henan province and the monastery is now known as "Shaolin temple". Now there are various kinds of martial arts in different countries.

Martial arts are codified systems and traditions of combat practices, which are practiced for a variety of reasons: self-defense, competition, physical health and fitness, entertainment, as well as mental, physical, and spiritual development.

Although the term martial art has become associated with the fighting arts of eastern Asia, it originally referred to the combat systems of Europe as early as the 1550s. The term is derived from Latin, and means "arts of Mars", the Roman god of war. Some authors have argued that fighting arts or fighting systems would be more appropriate on the basis that many martial arts were never "martial" in the sense of being used or created by professional warriors.

Variation and scope:

Martial arts may be categorized along a variety of criteria, including:

- Traditional or historical arts vs. contemporary styles of folk wrestling and modern hybrid martial arts.
- Techniques taught: Armed vs. unarmed, and within these groups by type of weapon (swordsmanship, stick fighting etc.) and by type of combat (grappling vs. striking; stand-up fighting vs. ground fighting)
- By application or intent: self-defense, combat sport, choreography or demonstration of forms, physical fitness, meditation, etc.
- Within Chinese tradition: "external" vs. "internal" styles

Following these variations and scopes there are a vast number of martial arts styles from various countries. But China is the core of it.

Included Martial Arts in this project:

In this project I have included the most famous 8 styles of martial arts to be taught are:

- Shaolin Kung Fu (Origin: China)
- Wing Chun (Origin: China)
- Tai Chi (Origin: China)
- Aikido (Origin: Japan)
- Kyokushin (Origin: Japan)
- Taekwondo (Origin: Japan)
- Muay Thai (Origin: Thailand)
- Brazilian Ji Jitsu (Origin: Brazil)



Students can choose the style up to their desire.

These martial arts have achieved popularity considering the effectiveness in various situations.

Shaolin Kung Fu:

Shaolin Kung Fu (Chinese: 少林功夫; pinyin: Shàolín gōngfu), also called

Shaolin Wushu (少林武术; Shàolín wǔshù), is among the oldest institutionalized styles of

Chinese martial arts. Known in Chinese as Shaolinquan (Chinese: 少林拳; pinyin: Shàolínquán) or Shaolin wugong (Chinese: 少林武功; pinyin: Shàolín wǔgōng), it originated and was developed in the Buddhist Shaolin temple in Henan province, China. During the 1500 years of its development, Shaolin kung fu, with its rich content, became one of the largest schools of kung fu. The name Shaolin is also used as a brand for the so-called external styles of kung fu. Many styles in southern and northern China use the name Shaolin.

Wing Chun:

Wing Chun (Chinese: 詠春; pinyin: yǒng chūn; Jyutping: wing⁶ ceon¹; literally: "spring chant"), also romanised as Ving Tsun orWing Tsun, (and sometimes substituted with the characters 永春 "eternal springtime"); is a concept-based Chinese martial art and form of self-defense utilising both striking and grappling while specializing in close-range combat.

The alternative characters 永春 "eternal spring" are also associated with some other southern Chinese martial arts, including Weng Chun Kung Fu and Yong Chun .

Tai Chi:

"Taiji" and "Tai Chi" redirect here. For the philosophical concept, see Taiji (philosophy). For people with the name 'Taichi', see Taichi (name). For all other uses, see Taiji (disambiguation).

Often shortened to t'ai chi, taiji or tai chi in English usage, T'ai chi ch'uan or tàijíquán is an internal Chinese martial art practiced for both its defense training and its health benefits. It is also typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, and longevity. As a result, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some training forms of t'ai chi ch'uan are especially known for being practiced with relatively slow movement.

Aikido:

Aikido (Japanese: 合気道 Hepburn: Aikidō[?]) [a.i.ki.do:] is a Japanese martial art developed by Morihei Ueshiba as a synthesis of his martial studies, philosophy, and religious beliefs. Aikido is often translated as "the way of unifying (with) life energy" or as "the way of harmonious spirit." Ueshiba's goal was to create an art that practitioners could use to defend themselves while also protecting their attacker from injury.

Aikido techniques consist of entering and turning movements that redirect the momentum of an opponent's attack, and a throw or joint lock that terminates the technique.

Kyokushin:

Kyokushin (極真?) is a style of stand-up, full contact karate, founded in 1964 by Korean Masutatsu Oyama (大山倍達 Ōyama Masutatsu) who was born under the name Choi Young-Eui. 최영의. Kyokushin is Japanese for "the ultimate truth." Kyokushin is rooted in a philosophy of self-improvement, discipline and hard training. Its full contact style has had international appeal (practitioners have over the last 40+ years numbered more than 12 million).

Taekwondo:

Taekwondo (English pronunciation /ˌtɛɪˌkwɒnˈdoʊ/ or /ˌteɪˌkwɒnˈdoʊ/ or (thai-KWAN-doh): Korean 태권도 (hangeul) / 跆拳道 (hanja)[tʰɛ̞kwʌndo]), also transcribed as Taekwon-Do or Tae Kwon Do) is a Korean martial art with a heavy emphasis on kicks. Taekwondo was developed during the 1940s and 1950s by various Korean martial artists, as a blend of the indigenous Korean fighting styles of taekkyeon, gwonbeop, and subak, with influence from foreign martial arts, such as Karate and Chinese martial arts.

Muay Thai:

Muay Thai (Thai: มวยไทย, RTGS: Muai Thai, [mūaj.tʰāj] is a combat sport of Thailand that uses stand-up striking along with various clinching techniques. This physical and mental discipline which includes combat on shins is known as "the art of eight limbs" because it is characterized by the combined use of fists, elbows, knees, shins, being associated with a good physical preparation that makes a full-contact fighter very efficient. Muay Thai became widespread internationally in the twentieth century, when practitioners defeated notable practitioners of other martial arts. A professional league is governed by the World Muay Thai Council.

Brazilian Jiu Jitsu:

Brazilian jiu-jitsu (/dʒuːˈdʒɪtsuː/; Portuguese: [ˈʒiw ˈʒitsu], [ˈʒu ˈʒitsu], [dʒiˈu dʒiˈtsu]) (BJJ; Portuguese: jiu-jitsu brasileiro) is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. Brazilian jiu-jitsu was formed from Kodokan Judo ground fighting (newaza) fundamentals that were taught by a number of individuals including Takeo Yano, Mitsuyo Maeda and Soshihiro Satake. Brazilian jiu-jitsu eventually came to be its own art through the experiments, practices, and adaptation

of judo through Carlos and Hélio Gracie, who passed their knowledge on to their extended family.

3.2 Why is Martial Art Important:

In this generation, people may not give martial arts enough importance. They may think why it would be important when now criminals are using guns and knives which can cause instant death and no chance to defend. But the thing is, Martial art is just not for fighting, it is a life style. Who practice martial arts are tend to be more confident and calm minded. In dangerous situations, if it is not a good thing to defend physically, they can think of handling the situation in a mutual way and can get out of danger.

Martial arts changes a person's life for betterment and put in a discipline. Martial artists stay fit and stay out of stress which also works as a healthy lifespan, not to mention they gains a great fight skill and focus skill. They have to work hard to gain the strength, so will and passion both are very important to continue martial arts. If people only works out at gym they can gain fitness, but their muscle will become stiff and they won't be much fluent in movement like punches and kicks. Thus to give body a full treatment, martial arts is very important.

3.3 Importance of the Institution in the site:

The site I am taking is in very remote area. In urban areas the people who loves martial arts, are not getting a good and serene environment to practice. Even though they visit such places as a camping for few days, this few days training is not enough to get skilled at those training. So considering the above matters, in the site if a martial arts residential school could be established with culture teaching, this could be a success for both the ethnic and the urban people. Ethnic groups could become confident at their work and utilize better with education and physical training and the urban people would get the desired place to get skilled at their passion.

4. CHAPTER 4: Contextual Analysis:

4.1 Existing situation:

Site surrounding condition:

Bandarban, the district headquarters of the Bandarban Hill District, is situated ninety-two km. from Chittagong. Bandarban is hometown of the Bhomang chief who is the head of the Mogh tribe. The simple and hospitable Moghs are of Myanmar origin and Buddhists by religion, jovial and carefree by nature. Bandarban is also the home of the Murangs who are famous for their music and dances. Several other tribes of great interest live in the remote areas of the district. The highest peak of Bangladesh-Tahjin dong (4632 ft)-is located in the Bandarban district.

Cultural condition:

The tribal groups of Bandarban have very rich cultures. There are different ethnic groups living around there whose cultures differ from each other. Their beliefs are different, languages are different, rituals are different. In Bandarban the largest tribal group in Bangladesh and after them there comes Marma, after that there are many other tribal groups as Santal, Manipuri, Tanchangya, Murong, Khashia, garo etc.

Educational condition:

Though in Bandarban main city there are few schools, but around the chosen which is in very remote area, there are very few schools which are just up to standard 2 or 3. Though Chakma tribe has their books now, Marma has done documentation on their language but no specific book yet published but other tribes don't have much documentation of their language and letters.

In Bandarban Chakma tribe mostly live near main city area and adapting the Bengali culture more. Other groups mostly live in remote areas who are mostly uneducated because of the lack of schools.

Economical condition:

The tribal people of Bandarban are very hardworking. Women are more hardworking than men there. They work outside of the house and also maintain household chores. They produce most of the daily necessary things by their own, like clothes, house and other materials. They also do cultivation on nearby lands and produce vegetables. They use all the local materials to make

their necessary things. Though some of them has started adapting urban culture and started making their houses with brick, cement, rather than their local materials like bamboo, hay, timber etc.

5. Chapter 5: Case Study:

Shaolin temple: Located in Dengfeng, Zhengzhou, Henan province, China. It is said to be the first temple that institutionalized kung fu. It is surrounded by pure nature. Here mainly students are most dedicated, starts at very early age and become monks.

Shaolin temple has two main legacies: Chan (禪), which refers to Chan Buddhism, the religion of Shaolin, and Quan (拳), which refers to the martial arts of Shaolin. In Shaolin, these are not separate disciplines and monks have always pursued the philosophy of the unification of Chan and Quan (禪拳合一; chan quan he yi). In a deeper point of view, Quan is considered part of Chan. As late Shaolin monk Suxi said in the last moments of his life, "Shaolin is Chan, not Quan." On the Quan (martial) side, the contents are abundant. A usual classification of contents are:

- **Basic skills** (基本功; jīběn gōng): These include stamina, flexibility, and balance, which improve the body abilities in doing martial maneuvers. In Shaolin kung fu, flexibility and balance skills are known as "childish skills" (童子功; tóngzǐ gōng), which have been classified into 18 postures.
- **Power skills** (气功; qìgōng): These include:
 - Qigong meditation: Qigong meditation itself has two types, internal (内; nèi), which is stationery meditation, and external (外; wài), which is dynamic meditation methods like Shaolin four-part exercise (si duan gong), eight-section brocade (八段锦; bā duàn jǐn), Shaolin muscle-changing scripture (易筋经; yì jīn jīng), and others.
 - The 72 arts: These include 36 soft and 36 hard exercises, which are known as soft and hard qigong.
 - **Combat skills** (拳法; quánfǎ) **skills:** These include various barehanded, weapon, and barehanded vs. weapon routines (styles) and their combat (散打; sàndǎ) methods.

Training

There are many of different schools of Shaolin kung fu with different approaches. Even at Shaolin temple as the birthplace, training schedule has varied from era to era, and it also varies from lineage to lineage among the monks. Besides, different persons have different priorities and so different exercises and different timings. There is no single defined schedule. However, the main streamline of daily activities in Shaolin temple is well defined. Since the ancient times to the date, daily life of the monks at Shaolin temple have included to study and practice Chan

Buddhism, to study and practice kung fu, and doing the temple affairs, like cleaning the temple, working at the farms, guarding the area, etc. The typical daily training schedule is:

5:00 am: Rising from bed,

5:15-5:30: Sitting qigong,

5:35-6:30: Morning kung fu practice: warm-up and basic skills.

6:40-7:40: Morning Buddhist lessons,

7:45-8:30: Morning meal,

9:00-11:30: Doing temple affairs, like working at farms, chopping wood, commercial affairs; elder and child monks attend Buddhist classes.

11:30-12:30: Lunch,

12:40-14:00: Noon rest time,

14:00-17:00: Afternoon kung fu practice: martial exercises and combat skills.

17:10-18:40: Evening Buddhist lessons,

18:50-19:30: Dinner,

21:00-23:00: 1 hour of night kung fu practice: reviewing and every kind of exercise.

23:10: Going to bed.

At the morning training session, basic skills are practiced. Morning training begins with empty stomach, by warming up, which includes loosening up the body via rotating the joints and then by stamina training via endurance exercises such as various kinds of running, jumping, push-ups, etc., for 15–30 minutes. Then the "child skills" such as flexibility and balance are practiced for about a half hour. Flexibility training is done via stretching exercises, and balance training is done via keeping the body balanced in different childish skills postures for a while. Usually, morning training takes 1 hour, but monks may train themselves by doing more basic exercises and other exercises such as practicing combat drills and routines, etc.

Afternoon training session usually begins at about 14:00-14:30, and may even begin at 15:00 at hot summer days. At this session, mostly the combat skills are practiced. These are usually practiced for 1–2 hours. In between, they may have a few 15-20-minute rest times, and may do other kinds of exercises at this session, which make the session to last for 2–3 hours.



9

Kunyu Mountain Shaolin Kung Fu School:

This is a Shaolin kung fu school in China that teaches traditional Chinese martial arts and embraces Chinese culture. Since 2003, they've trained hundreds of students of all levels with positive reviews on the art of kung fu training here. Surrounded by the majestic and deeply spiritual Kunyu mountain range, birthplace of Taoism (Quan Zhen Religion), their kung fu school offers every opportunity to learn kung fu and expand one's horizons.

In addition to teaching traditional Shaolin kung fu, they also teach other ancient arts of Chinese martial arts like Wing Chun (Professional Masters in Wingsun lineage), Chi Kung (Qigong), Tai Chi, Wudang, Xingyi, Bagua, Baji, Mantis boxing and Sanda (Chinese kick boxing). The Shaolin masters here are top warrior monks from Shaolin temples in Shaolin lineage and other martial arts style masters who have many years of martial arts training experience. All school masters and staff are dedicated to improve academy and develop traditional Chinese kung fu. With the wisdom of Shaolin monks and the combat skills of the masters.



Shaolin Epo Wushu College:

This is one of the biggest and successful Wushu schools in Henan Dengfeng, China, which pays attention to both culture learning and Wushu Training. The area is surrounded with pure nature. It has 8000 students and more than 400 teachers, coaches and workers.

- The culture teaching consists of Kindergarten, primary, junior, senior, technical secondary and computer education divisions. The Wushu teaching consists of Wushu Taolu, Sanda, Wrestling, Taekwondo, Television shows and so on.



6. CHAPTER 6: Program Developments

6.1 Program with area required

For 250 students and 20 teachers including other staffs :

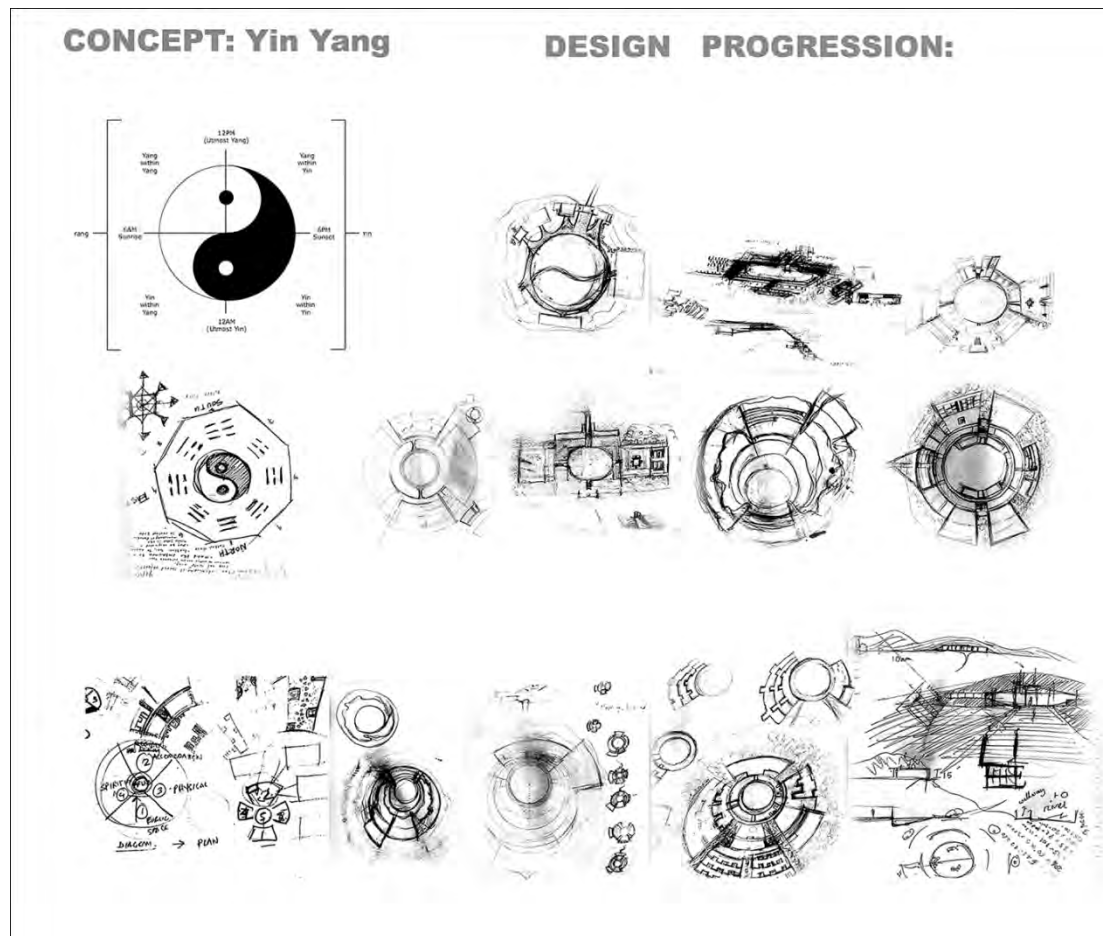
- Open Gallery ----- 5800 sft
- Lobby ----- 1890 sft
- Museum -----11396 sft
- Souvenir shop ----- 1824 sft
- Café ----- 9520 sft
- Spa facility -----2975 sft
- Administrative ----- 3244 sft
- Open area for tournament and other festivals ----- 25600 sft
- Indoor practice area ----- 18525 sft
- Indoor games room ----- 4131 sft
- Open Practice Area ----- 91345 sft
- Dinning for students and teachers ----- 7178 sft
- Assembly and Warm up area ----- 10075 sft
- Library ----- 4242 sft
- Acupuncture Lab and Chirographic lab ----- 12000 sft
- Classrooms ----- 8865 sft
- Dorms ----- 60760 sft
- Total area ----- 112896 sft (2.59 Acre)

6.2 Rational of the Program:

The above programs are needed to establish a successful Martial arts school. The areas are calculated considering the number of students, teachers and other staff and their activities.

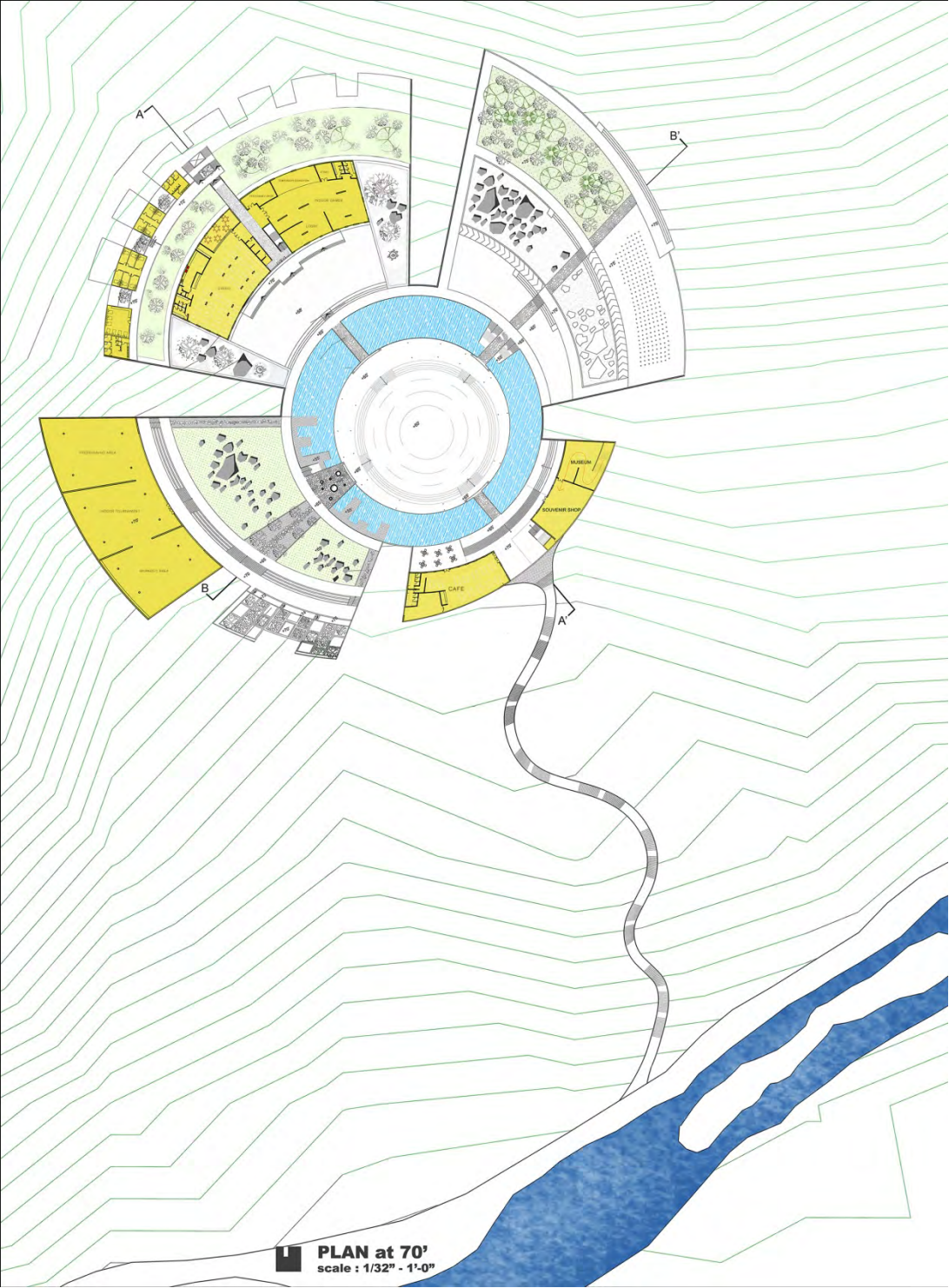
7. CHAPTER 7: Conceptual Stage and Design Development

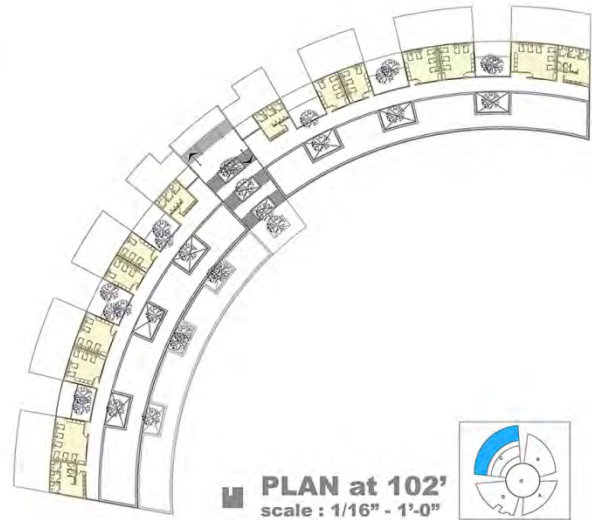
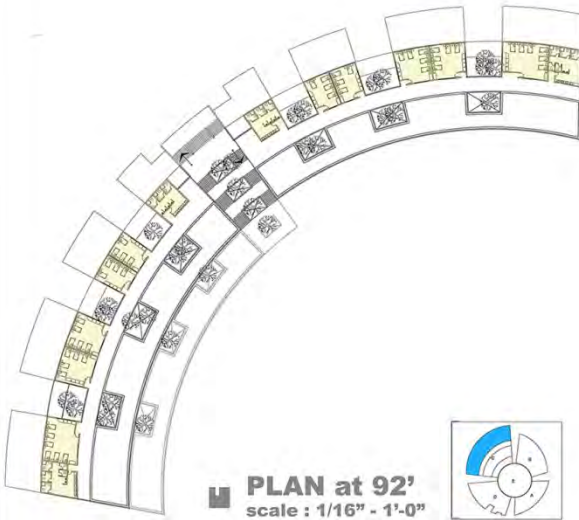
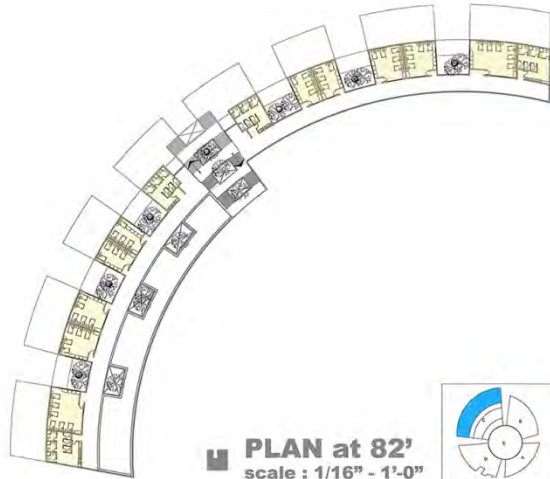
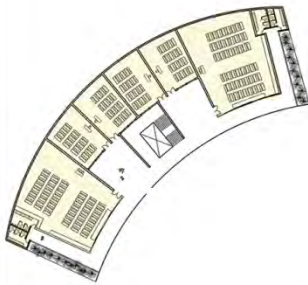
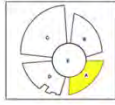
- Martial Art is combination of both physical and spiritual conditioning with a perfect balance.
- Yin Yang represents the balance of both Physical and Spiritual conditioning.
- Yin : The black portion; represents cloud, shed, moon, shelter etc which can be related with spiritual side.
- Yang : The white portion; represents sunrise, ray, openness etc which can be related with more active side like hard training.
- Ying and Yang are opposite to each other in their characteristics.

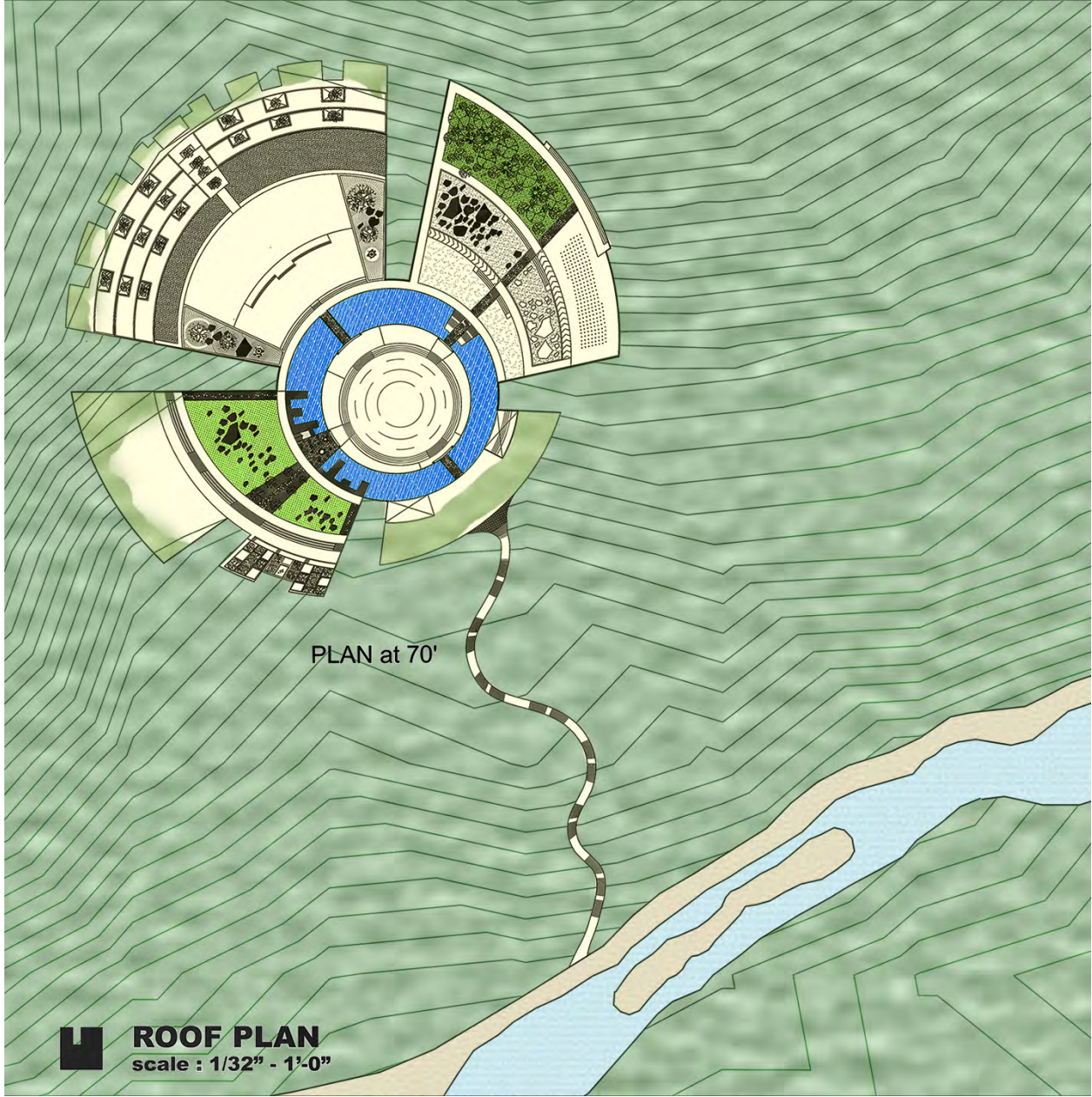


8. CHAPTER 8: Final Design

8.1 Plans





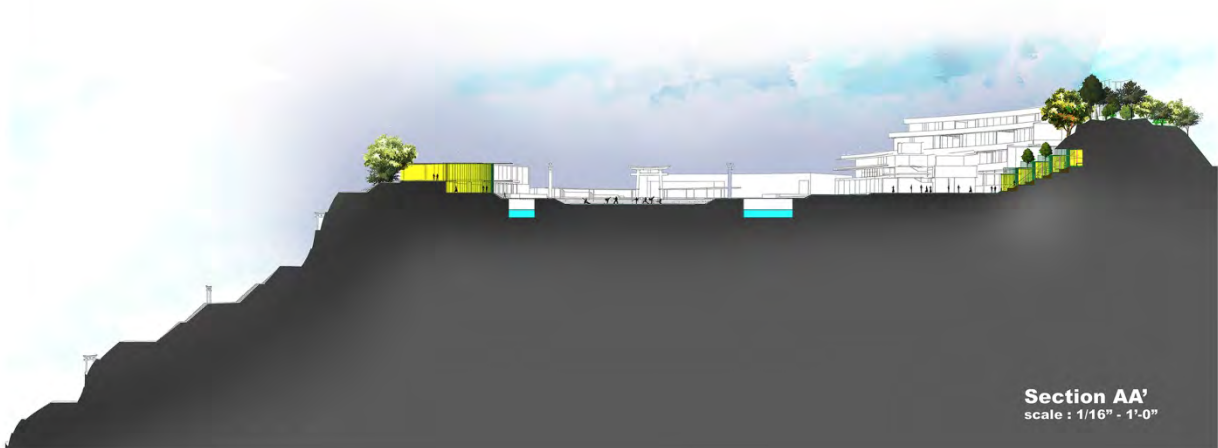
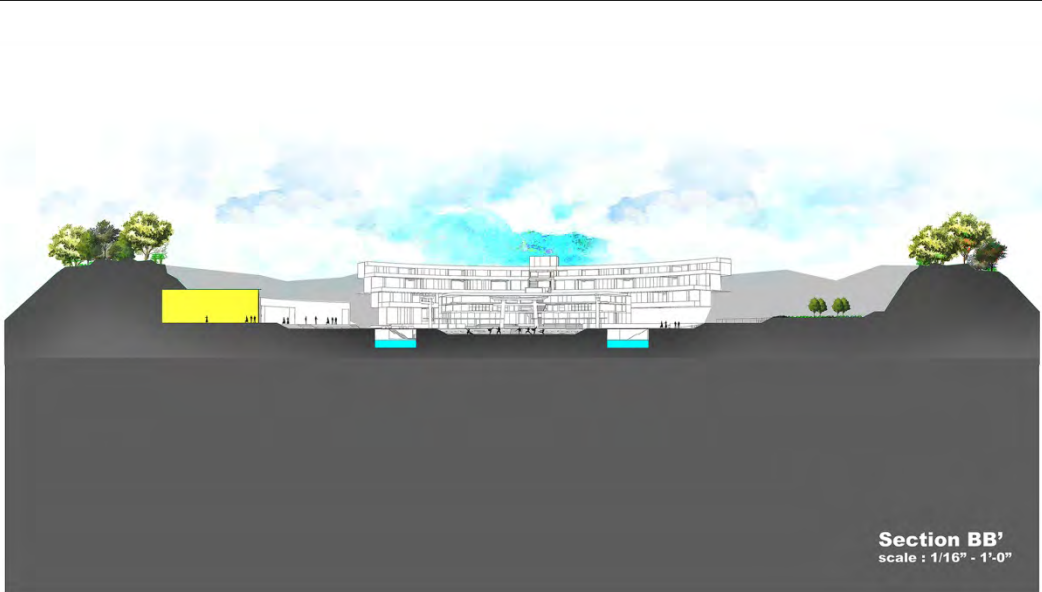


PLAN at 70'

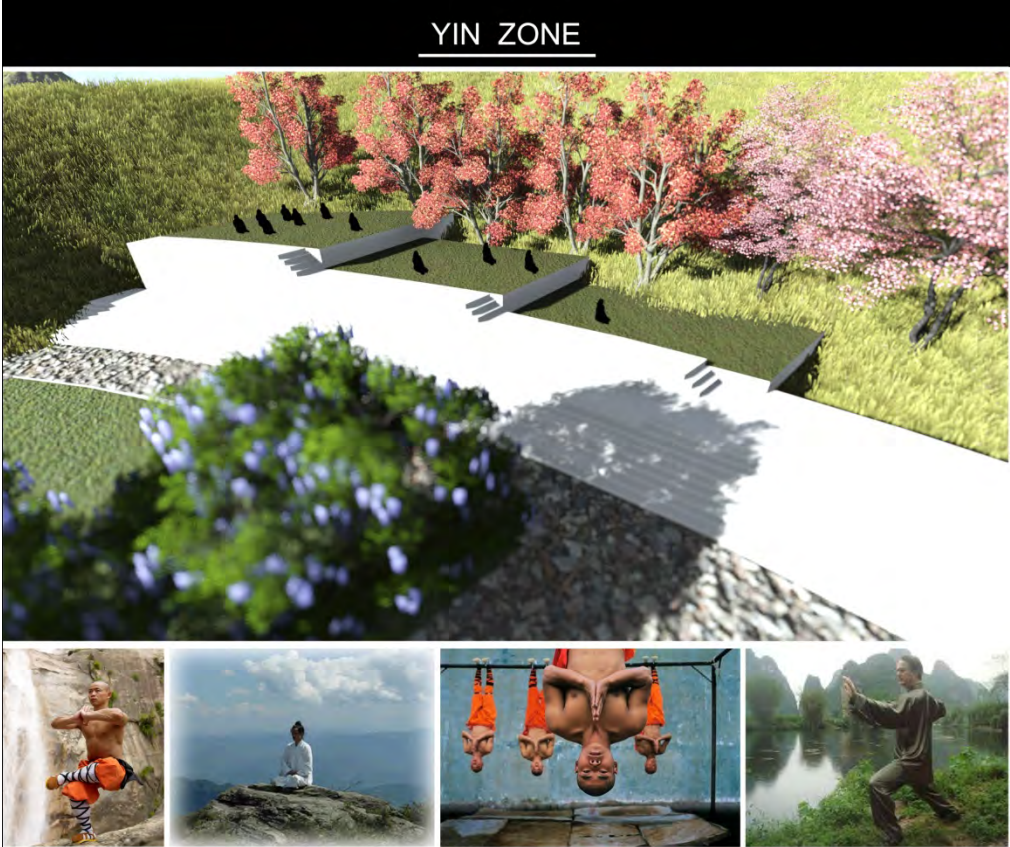
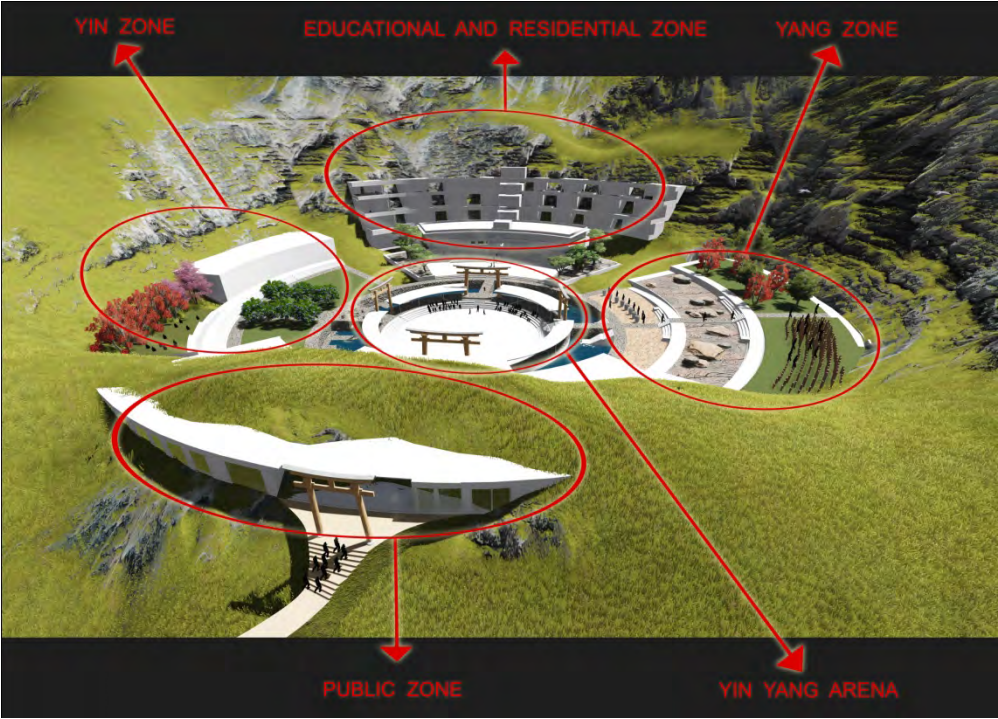


ROOF PLAN
scale : 1/32" - 1'-0"

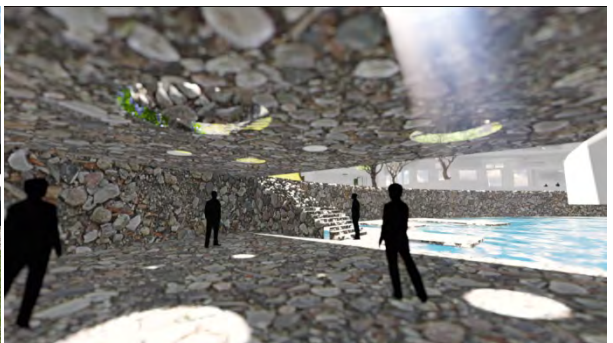
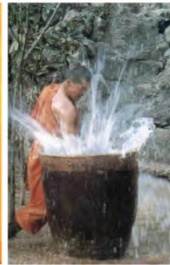
8.2 Sections



8.3 Rendered images



YANG ZONE



YIN YANG ARENA



EDUCATIONAL AND RESIDENTIAL ZONE



CONCLUSION:

The aim of this project was to establish a Martial Arts Institution where students will stay for a period of time and can get the scope to practice in a true natural surrounded area and can learn to survive any situation with the training in that kind of hilly area. This could be a great evolution to martial arts in our country. This could get attention from other martial arts institutions and from countries too and they could visit the institution for camping purpose which could be an earning source for the institution too. The journey to the institution and training in it could be a great experience to any dedicated martial artist.

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