Mapping the politics of demolition and displacement exposes the physical effects of the Olympics on the urban landscape of Tokyo and the displacement of vulnerable and precarious persons. Understanding the Olympics as a cyclical ‘practice of subtraction,’ where the city is not only rebuilt but unbuilt, we will uncover the intertwined layers of the urban development history of the 3 Tokyo Olympics and the imperial (1940), high-growth (1964) and post-growth (2020) periods they represent. How is land reclaimed and what do we learn from following the debris?