

<Sumo morning training watching tour>



-What's Sumo?

Sumo is a traditional Japanese sport based on Shinto belief. It's like a "Japanese wrestling" where one tries to force the opponent out of the ring or force any part of his body touching the ground. Unlike wrestling, there is no weight class. Origin of sumo dated back at least 1,500 years ago. What is unique about sumo is that it preserves rituals and traditional aspects. Now, tournaments take place 6 times a year, 3 times in Tokyo, once in Osaka, Nagoya and Fukuoka respectively. Each tournament lasts for 15 days.

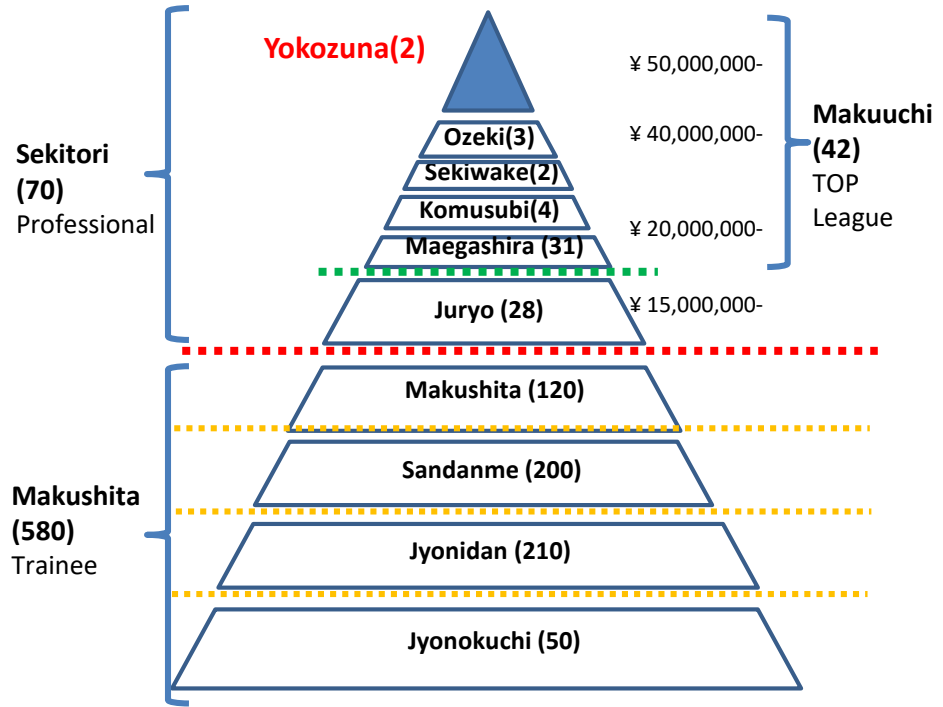
-What's Yokozuna?



Hakuho



Kakuryu



[Morning practice schedule]



1) Clean-up the ring

Throw salt to purify the ring

2) Individual warming up

3) Moushiai(Knockout match)

- Winner remains the ring but loser goes out of the ring.
- Winner appoints who will have a next bout.

4) Samban Geiko

• Two wrestlers do the bout again and again

5) Butsuari Geiko

• Head to Head training sparring bout.

6) Cool down exercise

7) Take photos outside



*Individual training

[Shiko] Stamping

To strengthen the lower half of the body

[Teppo] Pushing the pillar made of cedar

To strengthen the upper half of the body

[Suriashi] Walk by sliding their feet

To strengthen the lower half of the body

[Matawari] Split hip joint

To enhance the flexibility and prevent injury



[Do's and Don'ts]

-Sit on the floor and see the practice silently.

(You can cross your legs)

-You are supposed to stay till the end of the morning practice.

Practice ends around 10 am-11am.

-No eating nor drinking allowed inside the stable.

-Please do not stand up or moving around inside the stable.

-Please make sure your mobile phone is on silent.

-When you take pictures, please do not use flash and turn off the shutter sound.

-Please do not talk.(This is very serious season, so few pictures inside would be accepted and sometimes we are refused to take pictures.)

-Please do not spread your feet or show sole of your feet towards the ring.

-Please take off sunglasses or hats.



*In the case of emergency, there is a restroom inside the stable, please let us know.

[What's wrestler's meal]



Wrestlers eat special hot pot called "Chanko". (Meat, fish and vegetable . Depends on the day.)

Each stable has their own taste)
Beginner wrestler make Chanko for superiors.

Wrestlers eat meal twice a day.

To become stronger, it's important to

-Train a lot!

-Eat a lot !!

-Rest a lot !!!