

## SUMO COMPETITION CHECKLIST

- 1. Talk to your class about expectations around appropriate contact and force to be used.
- 2. For opening procession, all sumo walk onto the ring (follow the leader) and stand in a circle facing inwards.
- 3. Sumo leave the ring in follow the leader procession.
- 4. Select a gyōji (referee), 2 sumo and 2 coaches (for pre-match formalities).
- 5. First two competitors enter the ring and perform the following:

  □ Chiri-chozu
  - □ Shubatsu
  - □ Shiko
  - □ Pre-match formalities (receive the *chikara-mizu* and wipe lips with *chikara-gami*).
  - □ Tachi-ai (opening charge) to begin the sumo bout.
  - ☐ The winner is the first to force their opponent out of the ring using movement skills developed by practicing suri-ashi, koshi-wari etc.
  - Tegatana
- 6. Select a new referee, wrestlers and support crew for the next bout, or winner competes again until all students have competed.
- 7. At the end of the competition students provide feedback on what movements and techniques were the most successful and why.
- 8. Discuss how sumo is influence by cultural factors, and how these cultural elements can add to the experience of a sumo match.

## **Equipment list:**

The following props are not required but may add to your students' experience.

- Tug of war rope
- Tape to mark starting positions
- Salt or sand
- Ladle
- Paper towels or tissues
- Japanese paper fan
- Fake money or a piece of paper

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