

## SUMO BASIC MOVEMENT TASK CARDS



Activity: Students have the opportunity to practically participate in sumo movements using task cards as a guide.

### Instructions

Print out the sumo movement task cards and spread out around the venue.

For intermediate students, you could demonstrate each movement to the class, then allow time for students to rotate (around 5-7 mins) and try out the different movements.

## SUMO MOVEMENTS

### Task card A: Shiko (foot stomps)

The shiko movement is part of a Shinto ritual used to scare away evil spirits. Sumo wrestlers do slow repetitions of hundreds of shiko in a row as a warm-up. The shiko is an important component of sumo, so it is important to try and perfect this movement.

#### Technique:

1. Feet shoulder width apart on a 45 degree angle with hands resting on thighs.
2. Balance on one leg slowly lift your other leg up as high as you can.
3. Slap your thigh (on lifted leg).
4. Stomp it down as hard as you can. (toes first then heel).
5. Squat until your hips are below your knees.
6. Repeat process with opposite leg.

Task:

Complete 10 shiko with each leg.



QR code for Shiko video



## SUMO MOVEMENTS

### Task card B: Mata-wari

Full leg splits, with face and chest on the floor. Sumo wrestlers are extremely flexible and must be able to do the splits.

#### Technique:

1. Keep knees straight.
2. Spread legs as wide as you can.
3. Lean forward as far as you can. Try and touch your chest on the floor.

#### Task:

Spread your legs as wide as possible and lean forward as far as is comfortable. Hold for 10 seconds. Have a break for 30 seconds and repeat 3 times trying to get a little further each time.



QR code for Mata-wari video



## SUMO MOVEMENTS

### Task card C: Suri-ashi

Sliding the feet, in sync with the arms, establishes the basic posture and movement style for sumo. It's critical to stay low and keep connected with the ground.

#### Technique:

1. Start in squat with hips level with knees, feet at 45 degrees and hands down between the legs.
2. Stay in squat position step forward sliding foot. Lift arm up with elbow in close to the body at the same time as the leg moves.
3. After 10 steps do 2 bunny hops forward.
4. Hands together push up and extend knees.

#### Task:

Start in squat position take 10 steps forward slowly. 2 bunny hops and push. Repeat 4 times.



QR code for Suri-ashi video



## SUMO MOVEMENTS

### Task card D: Tachi-ai

The opening charge in sumo is explosive. Matches are often won by beating the opponent off the line.

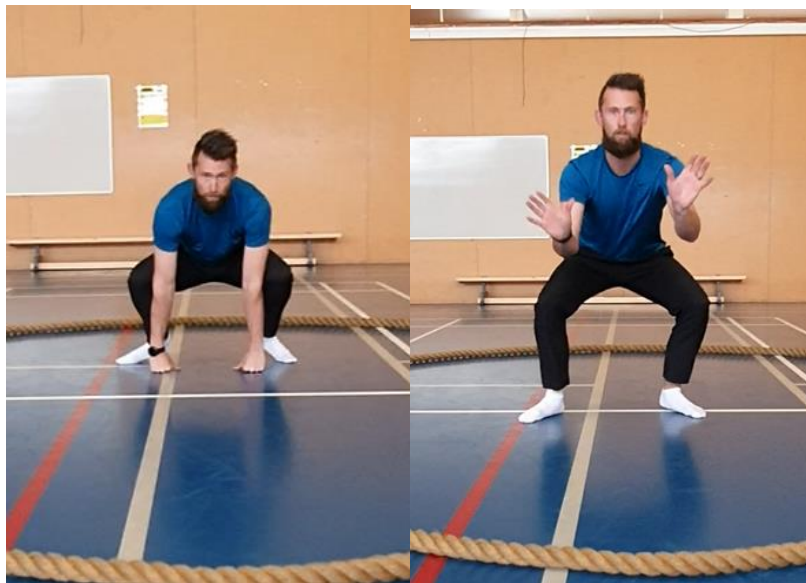
#### Technique:

1. Start in squat with hips level with knees, feet at 45 degrees and fists on the ground.
2. Staying in squat position explode forward 2-4 steps sliding foot. Lift arm up with elbow in at the same time as the leg moves.

#### Task:

Start in squat position take 4 steps forward as FAST as possible.

Repeat 6 times.



QR code for Tachi-ai video



## SUMO MOVEMENTS

### Task card E: Koshi-wari

Compress the upper body, and lower your back, bending the knees. This develops flexibility and strength, training the wrestler to maintain a low stance.

#### Technique:

1. Start in squat with hips level with knees, feet at 45 degrees and elbows flexed with hands in line with your chin.
2. Remain in squat position and bounce up and down a little.

#### Task:

In squat position bounce up and down a little (raising your heels about 5cm).

Hold this position for 20 seconds have a 20 second break and repeat 3 times.



QR code for Koshi-wari video

