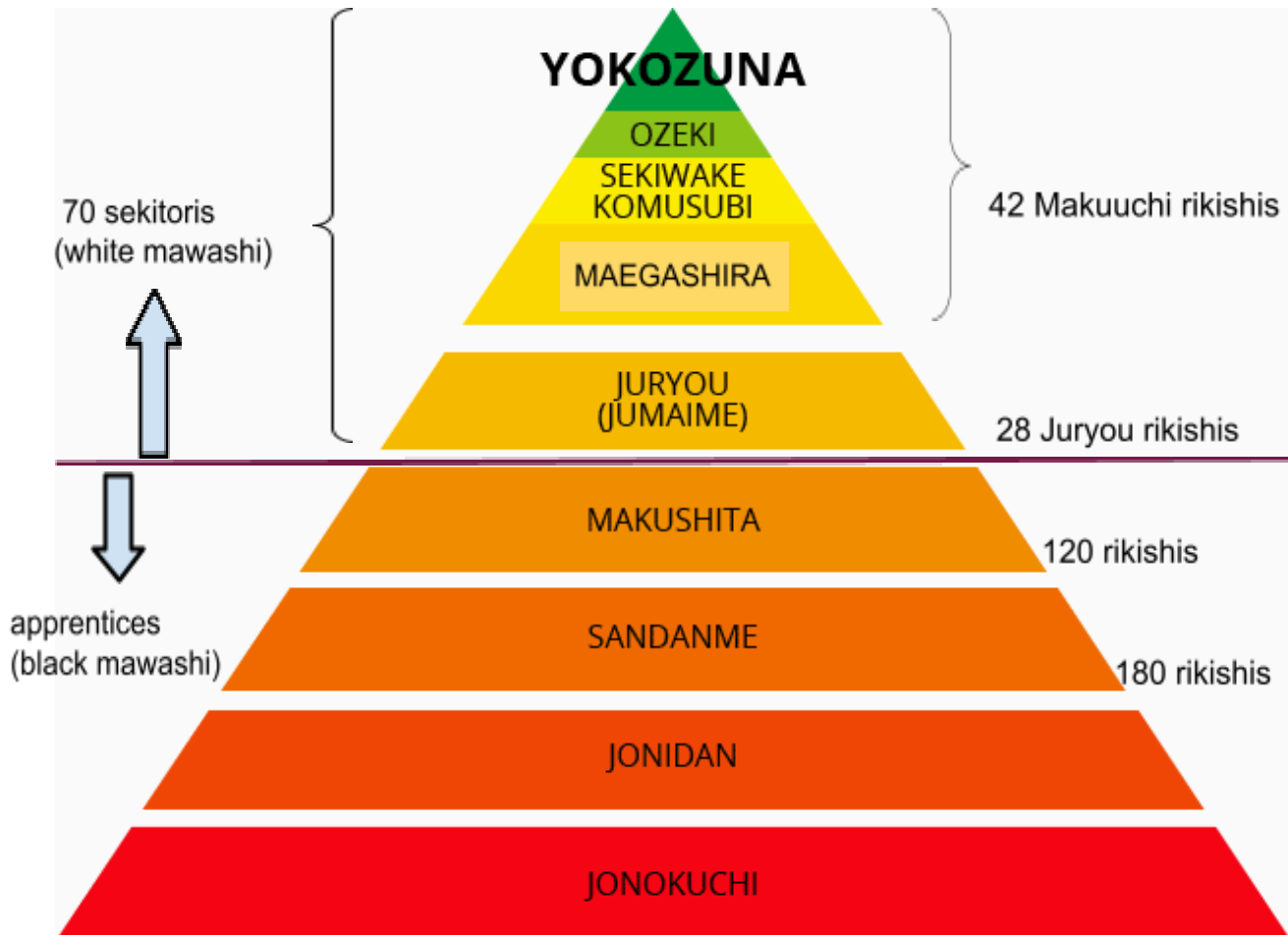


Grand Sumo Tournament

Sumo Ranking



Approximately 600 professional sumo wrestlers, known as "rikishi," belong to the Japan Sumo Association.

The Japan Sumo Association holds six grand sumo tournaments annually in different cities such as Tokyo, Osaka, Nagoya and Fukuoka.

Each tournament lasts 15 consecutive days.

To maintain their current ranking, a Sekitori must have a bout every day for 15 days and win at least eight times.

The rikishis whose ranks are in the Makushita and lower are called trainees or apprentices. They live together with their stable master's family in the same sumo stable. They are provided with free living expenses, such as food, clothing and bedding, but are not paid monthly salary. If they are promoted to Juryo ranking, they can earn a monthly salary of more than 1 million yen.

Morning Sumo Training schedule

*The training menu and length are subject to change due to the physical condition of the wrestlers, the number of wrestlers participating on the day, and schedule of the sumo stable.

7:00 a.m. -

Preparation of Dohyo and warming-up exercise

8:00 a.m. -

1. “申し合い **Moshiai**”

In a knockout system, the winning wrestler appoints the next opponent and trains while changing opponents.

2. “三番稽古 **Sanbangeiko**”

Two sumo wrestlers who are evenly matched in strength, and no matter who wins or loses, they practice over and over without changing their opponents.

3. ”ぶつかりげいこ **Butsukarigeiko**” (Collision practice)

The wrestler is divided into the receiving side and the attacking side, and the attacking wrestler hits the opponent's chest with all his might. This drill is usually done at the end of a training series and helps develop explosiveness, striking power and defensive skills to prevent injury.

~ 10:00 (*9:00)

Cooling down exercise

Sumo training song

Chanting the Five Daily Lessons

11:00~ Chanko (*special meal for sumo wrestlers)

Basic exercises for training



453 x 340

Shiko:

An exercise in which both legs are alternately lifted high and then lowered. This is a basic exercise for stabilizing the center of gravity and strengthening the legs.

Teppo:

An exercise in which both hands and feet are alternately moved toward the teppo pillar. This is a basic exercise for training the upper body, especially the upper arms. It will also help you learn how to carry your feet.



Matawari:

An exercise in which the legs are spread wide and the upper body is on the ground. It helps prevent injury.

Suriashi:

An exercise to keep the soles of the feet in contact with the ground. This is the basic movement of carrying legs.





Morning Sumo Practice Viewing Tour

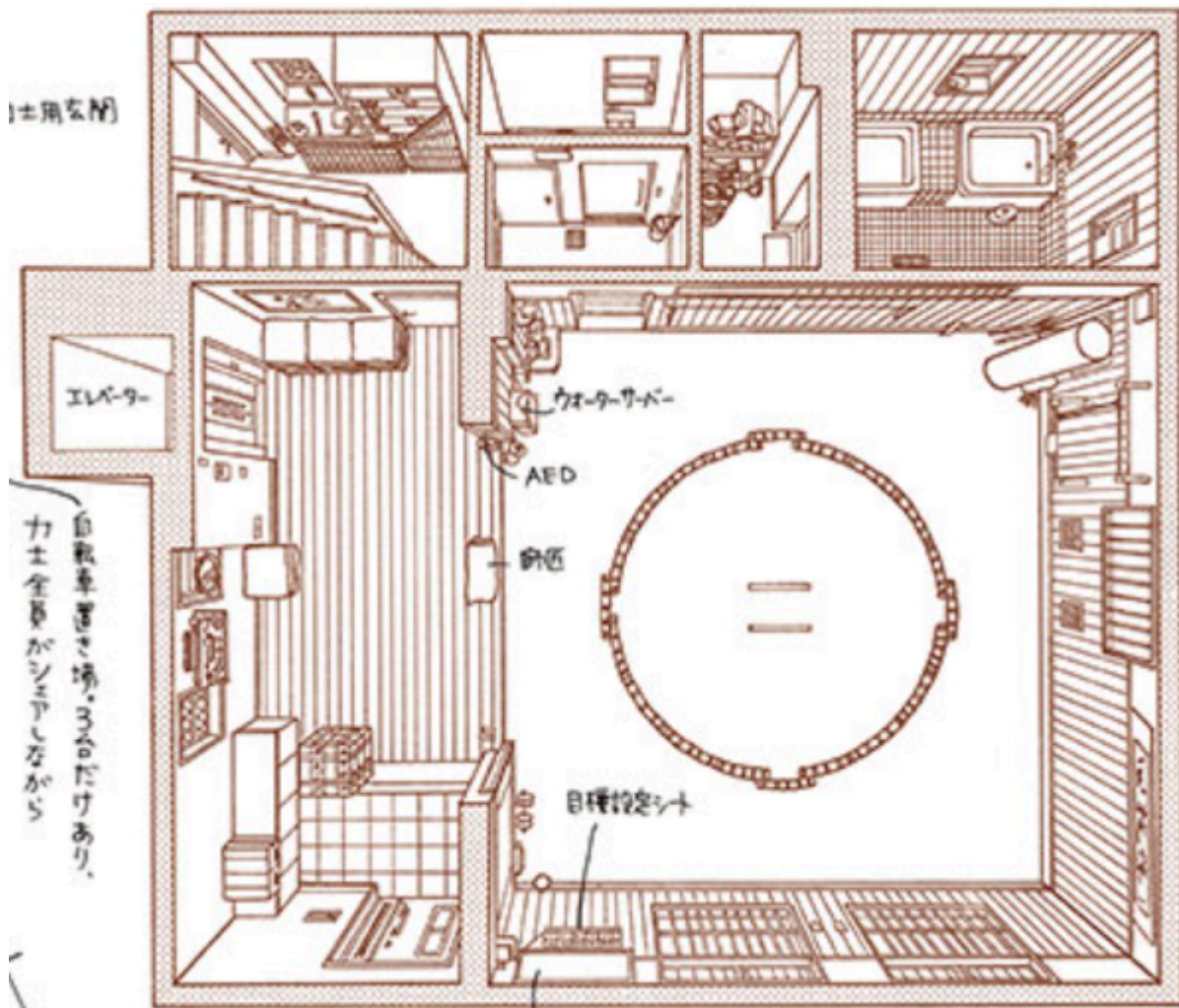
Normally, outsiders who are not members of the sumo stable supporters' association are not allowed to observe the morning practice inside the sumo stable. However, some sumo stable masters have agreed to give a small number of foreign tourists an opportunity to view morning sumo practice in their sumo stables. So, the participation fee includes donations to those stables.

* * * * *

The sumo ring or “dohyo” in Japanese is a sacred place, and there is always a Shinto altar in the site of practice called dojo. Sumo wrestlers or “rikishi” in Japanese are working hard every day in the morning practice in order to win as many bouts as possible at the Grand Sumo Tournament. Please refrain from any actions that may distract those sumo wrestlers in the dojo.

Manners in Dojo

- 1) Please wear a mask if requested. *Each sumo stable has its own rules.
- 2) Chatting or using mobile phones is prohibited.
- 3) **Do not sit with your legs extended toward the ring (sitting with crossed legs or sideways is OK).**
- 4) Do not stand or walk unnecessarily during the practice.
*If you really need a break, you can go outside for a while, but please move quietly inside the dojo.
- 5) Do not eat or drink while observing. (PET bottles for hydration are OK.)
*Please eat and drink outside, such as lunch boxes, sandwiches, and snacks.
- 6) **Taking pictures and videos is permitted as long as there is no flash.** The shutter sound should be minimum. However, please understand that this is for personal use only. *In some stables taking videos is not permitted. Please ask your guide before entering the stable.



Naruto stable (Naruto beya, 鳴戸部屋):

<https://naruto-beya.com/>



In February 2015, the first European born champion (大関 Ozeki) in the Grand Sumo Tournament history, Kotooshu (琴欧洲 Kotoosyu) succeeded to the name of 15th "Naruto" and became the first sumo stable master from Europe in April 2017. Currently, there are 19 sumo wrestlers, a referee, a caller and a hairdresser living together in the stable.



欧勝馬
Oshoma
190cm
158kg
1997, 4.9
Maegashira



欧勝海
Oshoumi
183cm
140kg
2001, 5.12
Juryo



金沢 Kanazawa 182cm 163kg 2003 6.20 Makushita	峰洲山 Hoshuzan 172cm 165kg 1997. 8.9 Makushita	丸勝 Marusho 174cm 150kg 2000 9.9 Makushita
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欧山田 Oyamada 179cm 96kg 1999 5.19 Sandanme	川村 Kawamura 175cm 105kg 2001, 9.3 Sandanme	欧翔山 Oshozan 170cm 125kg 2000 5.11 Sandanme	欧勝竜 Oshoryu 176cm 173kg 1996, 4.22 Sandanme	村山 Murayama 168cm 125kg 2002 6.6 Sandanme	向田 Mukaida 183cm 136kg 1998 11.2 Sandanme	三島 Mishima 190cm 133kg 2000.9.18 Sandanme
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山根 Yamane 169cm 110kg 2003 11.14 Jonidan	狩野 Karino 183cm 130kg 2005 3.13 Jonidan	本間 Honma 171cm 113kg 2001 5.1 Jonidan
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行司 式守昂明
Gyoji (referee)
呼出 前田健太
Yobidashi (caller)
床山 床 欧
Tokoyama (hairdresser)
マゾー 江元
Managers
マゾー 奥山