



## 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 expereince 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