

SUMO RITUALS TASK CARDS



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

Equipment list

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

- Tug of war rope, or smaller ropes
- Salt or sand
- Ladle and water
- Paper towels or tissues
- Japanese paper fan
- Fake money or a piece of paper
- Devices with access to dropbox for scanning QR codes

Instructions

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

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

Divide students into groups of 4-5 and rotate around the 5 different sumo rituals.

Disclaimer: This resource was produced on behalf of the Asia New Zealand Foundation, for teachers, to grow New Zealand students' knowledge of Asia. The content of this resource does not necessarily reflect the views of the Foundation. Some resources reflect individuals' views and those prevalent during significant historical periods.

Task card A: Chiri-chozu

Performed when entering the ring to show your opponent that you have no weapons and as a sign of respect for your opponent.

Technique:

1. Stand, hands by your side. Bow to your opponent.
2. Step forward into the ring and bow again.
3. Get into squat position. Clap twice.
4. Spread arms out like you are flying. Clap. Open hands like you are going to drink. Finish with arms spread out, palms facing out.

Task:

1. Practice bowing to a partner. Both people should bow at the same time. Bow from the hips to 45 degrees. Perform 10 bows.
2. Move into a squat and perform the rest of the technique with a partner 4 times.
3. Facing your partner, perform the whole technique 3 times.



QR code for Chiri-chozu video



Task card B: Shubatsu (salt throwing)

Throwing salt before entering the ring is a Shinto ritual performed to purify the ring before a fight. Many wrestlers display different techniques as a point of difference.

Technique

Get a handful of salt (or sand) and throw it into the ring.

Task

Try and come up with 3 different techniques each, which will entertain a crowd. Vote on the best salt-throwing technique.



QR code for Shubatsu video



Task card C: Shiko (foot stomps)

The shiko movement is part of a Shinto ritual used to scare away evil spirits. It is performed after entering the ring for the first time.

Technique:

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

Task:

Face your partner and bow, then complete as many shiko as possible without stopping or losing your balance.



QR code for Shiko video



Task card D: Pre-match formalities

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After the shiko, sumo wrestlers can go back to their corners and squat down. There, they receive the *chikara-mizu*, a ladle full of 'strength water' with which they rinse their mouth. Then using a *chikara-gami*, a piece of paper they use to wipe their lips afterwards.

Technique

1. Start in a squat position like you are about to start the bout.
2. Stand up and in a half-squat move quickly out of the ring slapping your thighs and bottom as you go.
3. Squat down in the corner, with hands held together to receive a drink of water.
4. Rinse your lips and wipe your mouth with a tissue or paper towel.

Task

With a partner squat down as if you were going to wrestle, then simultaneously perform the above technique. Perform this technique 3 times.



QR code for pre match ritual video



Task card E: Togatana

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Once the sumo match is over, each wrestler returns to their side of the ring and bows. The loser leaves the ring. The winner remains and squats down while making a sweeping gesture with his right hand. If prize money is awarded, this is handed over on a *gunbai* (war fan) by the *gyōji* (referee). The winner performs a three-stroke hand motion in the air called *tegatana* before picking up the prize.

Technique

1. (If using) Japanese fan, hold it in your left hand. Chop the air with your right hand, keeping your palm facing down horizontally.
2. When money is put on the fan (or your left-hand). Chop vertically with your right hand, chopping down to the left first, then the right, and lastly to the middle.

Task

With a partner, stand in your side of the ring and bow. Then take turns being the *gyōji* (referee) and the winner by practising the technique above.



QR code for Togatana video

