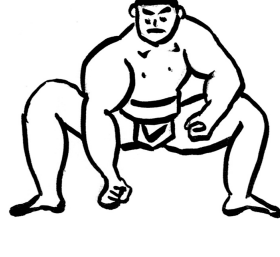


Sumo Kenko Taiso



Yaaa

Genki-kun



日本相撲協会
NIHON SUMO KYOKAI

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相撲健康体操【Sumo-Kenko-taiso】Sumo health exercises

In recent years, as our traditional lifestyle patterns have changed, our opportunities for walking have grown fewer and fewer. This has helped cause our legs and lower backs to grow weaker and presented us with various health problems.

In a severe natural environment, human beings trod the land, persevered and survived, and over time came to walk up right on two feet, behavior which is not seen among other animals. At the same time, humans took on the burden of balancing themselves in an unstable upright posture. Stability of the backbone, which is also the major pathway of our nervous system, is required not only for nerves to function effectively, but is also important for the management of the entire body. Strengthening the muscles around the legs and lower back, which provide support for the backbone, is beneficial for our health.

Sumo training, which has evolved through Japanese traditions, includes various fundamental movements such as stamping, arm thrusting and shuffling. These exercises represent unique and advanced methods of allowing the wrestler to make maximum use of their strength by drawing the centre of gravity down to the lower abdomen (below the belly button) and strengthening and stabilizing the spine which is the body's central axis. Based on these fundamental sumo movements, we have developed a range of health exercises which can be easily enjoyed by everyone, young and old, male and female, the sumo health exercises.

Continual practice of these health exercises relaxes the muscles, improves circulation and stimulates the nervous system, resulting in the promotion of digestion, absorption and metabolism. The exercises also promote stimulation of the brain, recovery from tiredness, reduction of stress and strengthening of the legs and lower back, which slows down of the ageing process, restores bodily functions, increases basic physical strength for sport, improves concentration and develops a fine sense of balance.

We will be happy if these exercises can help middle-aged and elderly people enjoy a vibrant healthy lifestyle, and help children develop to be strong, kind, lively and able to stand firm.

Notices

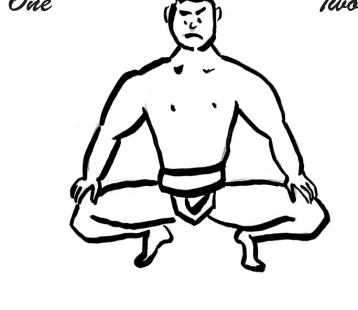
- * Ideally, these exercises should be performed barefoot.
- * Please perform exercises as appropriate to your age, physical fitness and training aims.
Even if you perform only light exercise for a short period of time, try to exercise every day.
- * Put some spirit into the exercises, and call out in a loud voice as you train.
- * Make sure you always start and finish the exercises with a bow.
- * To achieve results, ensure you have balance to diet and sufficient sleep.

One: 気鎮めの型【Kishizume-no-kata】Concentration exercises

Adopt the starting position.
Crouch down as shown in the diagram.
Allow your back to extend naturally.
Open your knees as wide apart as possible without undue strain.
Quietly focus your mind.
Use your stomach muscles to breathing slowly through your nose and breathe out through your mouth.(Abdominal breathing)

Sonkyo no shisei/ Crouching position

- * This position expresses respect for your opponent
- * Relax and focus.
- * In sumo, this position allows both wrestlers to relax and control their building excitement before the bout.

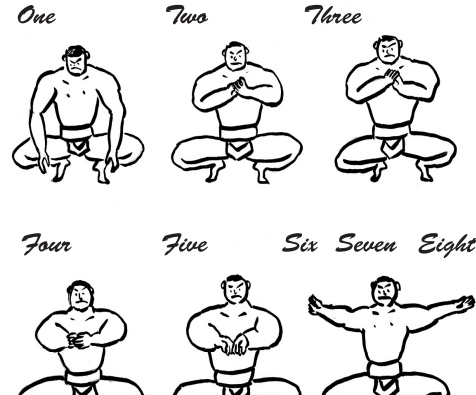


One: Breath in slowly and deeply through the nose
Two: Breathe out slowly and deeply through the mouth

Two: 塵浄水の型【Chirichouzu-no-kata】Clapping and rubbing the palms

This exercise has the same effect as the previous concentration exercise.
Rubbing your hands together stimulates the nerves.
Spread your arms and open your chest to extend your chest muscles.
This exercise also extends the shoulder joints.

- * This exercise expresses the wrestler's promise to fight fairly and cleanly.
- * Chirizu means weeds and tree leaves.
Chouzu means washing tree hands.
- * Long ago, when sumo bouts were fought out of doors, wrestlers rub their hands together before the bout to cleanse themselves by wiping off any blades of grass or leaves.
- * The wrestler spreads his arms wide to shake off any blades of grass or leaves which may be stuck to his hands. This action is described by the phrase "Chiri o kiru".



One: Allow both arms to hang down inside the knees. (Drop your head as you stretch arms down.)
Two: Put your hands together
Three, four: Rub your hands together and clap
Five: Turn your palms forward.
Six: Spread your arms wide.
Seven: Turn your palms downwards
Eight: Return your arms to the centre

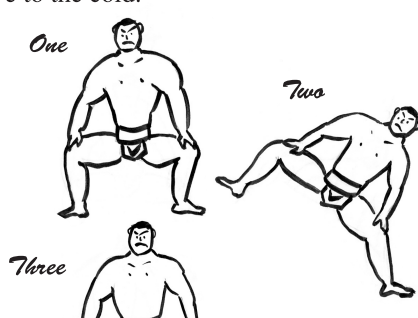
Three: 四股の型【Shiko-no-kata】Stamping

Adopt the shiko position as shown in the picture.
Your knees and toes should be facing forward at a 45 degree angle and your posture should be relaxed.
Raise your leg, and bring it down with vigor to stamp the ground. Stamping stimulates the souls of the feet and strengthens the muscles around the legs and lower back. Standing on one leg improves the body's sense of balance.

This exercise strengthens the hip joints, legs and lower back.

This is a fundamental exercise for the legs and lower back which stabilizes the whole body's centre of gravity. It is also beneficial for people whose hands and feet are sensitive to the cold.

- *This exercise strengthens the hip joints, the legs and lower back.
Standing on one leg also helps improve balance.
- *Long ago, shiko was written with the Chinese character for "ugly",
- *Shiko pacifies evil spirits and cleanses the ground.
- *Shiko has its origins in a religious rite for stamping out negative vibes from the ground.



Shift your weight onto your left foot.
Ready, one, two, three
Right leg, left leg, squat down
Right leg first
One: Shift your centre of gravity onto your right leg without rising from the squatting position.
Two: Raise your right leg as you straighten your left leg. Pause briefly once your left leg is straight.
Three: Vigorously bring your right leg back to the original position.

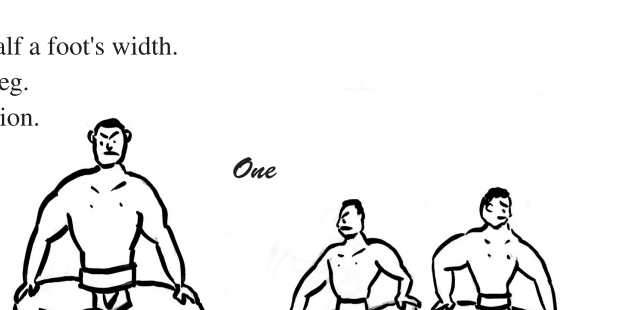
Repeat for the left leg

Four: 伸脚の型【Shinkyaku-no-kata】Leg Stretching

This exercise stretches the muscles of the leg and increases flexibility.
It increases blood flow around the knee joints and is also effective in maintaining joint stability.
This is an exercise for the hip joints which builds lower body strength and flexibility.

- * Do not lift the left heel.
- * Point the toes of your right foot upwards and push the right heel outwards to stretch the leg.
Return to position one.

Ready, one, two, three
The starting position is the same as for the shiko exercise.
Begin with the right leg.
Move your right leg outwards slightly, about half a foot's width.
One: Put your body weight over the stretched leg.
Two: Return your upper body to a central position.
Repeat for the left leg.



Five: 股割り【Matawari】Extreme leg stretching

This exercise is to open and stretch the legs.
It helps build flexibility, focusing on the muscles of the inner leg and the hip joints.
As this is a difficult exercise, you should start off with light, slow exercise.
Only stretch as far as you are comfortable, stopping if you feel pain.
This exercise increases the activity of internal organs and is also effective in preventing back pain.
If you are currently experiencing pain in some part of your body, approach this exercise with caution.
If you have unstable symptoms, you should avoid this exercise.

- * Extend the abdominal flanks.
Sit down and extend your legs wide apart.
Raise your right arm and place your left leg arm on your left leg as shown in the picture.
One, two, three: Bring your upper body down over your left leg three times.
Repeat for the left side.
Put both hands out in front of you and swing them from left to right, twisting the upper body.
One: Swing from left to left
Two: Swing from right to right.
Bend your upper body forwards towards the floor while breathing outwards.
- * Make a fist with both hands, and swing your body forwards and stand up.

