

Six:仕切りの型【Shikiri-no-kata】Preparing to wrestle

Grasp the ground with your toes and focus your mind.

Make a fist with both hands, and push arms out in front of you while breathing outwards

This exercise strengthens the toes, knees and lower back.

Ready, one, two, three. Adopt the starting position with your elbows on top of your knees. Place your elbows on top of your knees, stare straight ahead and get ready.

One: Put your right fist on the ground.

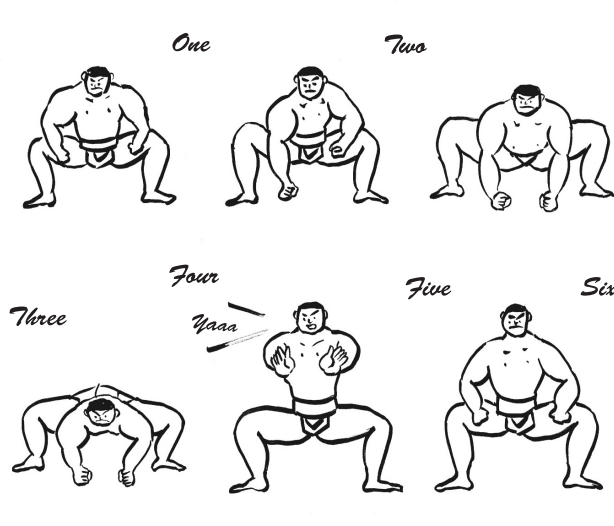
Two: Put your left fist on the ground beside your right fist.

Three: Tense your whole body and tilt your upper body forwards.

Four: Lift your upper body and thrust both palms forward, accompanied by a shout.

Five, six: Return to the starting position.

When performing this exercise, make sure you shout out loud.



Seven:攻めの型【Seme-no-kata】Attacking exercises

This exercise strengthens the ankles and knees through transferring your body weight.

Use your diaphragm to shout out.

These attacking moves also improve your low body balance as you shift your centre of gravity.

Also strengthens the legs and lower back.

Make a fist with both hands, draw your arms into your chest, then shout as you push arms forward.

Stretch arms and shoulders.

Be sure to put some spirit into this exercise.

This exercise stimulates both arms.

Ready, one, two, three

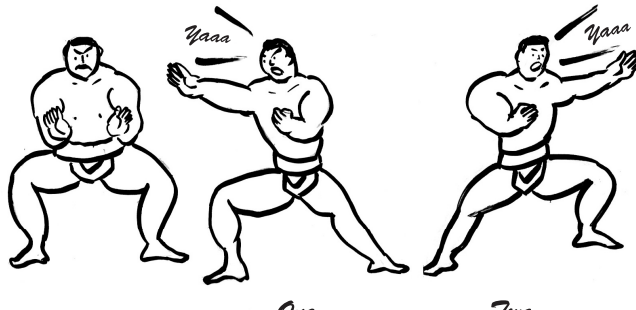
Bring your arms into your sides.

Begin with the right-hand side.

One: Shift your weight onto your right foot as you stretch your right arm forwards.

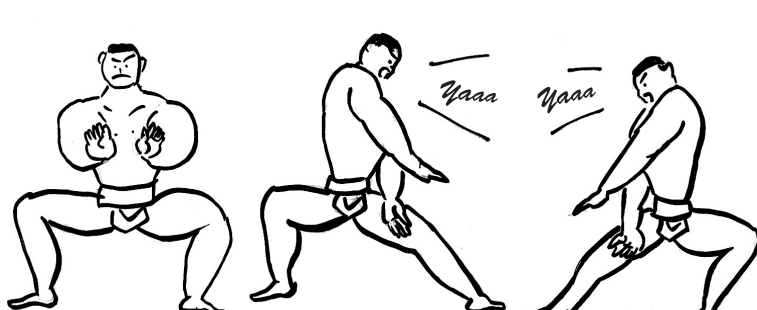
Focus your eyes on your outstretched hand, and keep your other hand tight into your side.

Two: Repeat for the left-hand side.



Eight:防ぎの型【Fusegi-no-kata】Defensive exercises

These exercises strengthen ankles and knees by transferring your body weight.



Ready, one, two, three

The starting position is the same as for the attacking exercises.

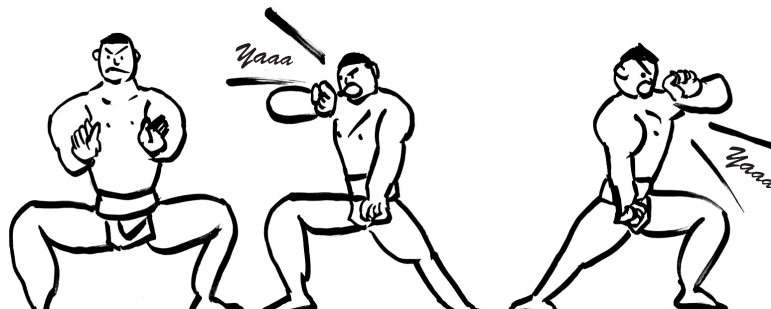
Begin with the right-hand side.

One: Transfer your weight as you raise your right elbow and then bring it straight down. Keep your eyes on both hands.

Two: Repeat for the left-hand side.

Nine:四ッ身の型【Yotsu-mi-no-kata】Belt-grabbing exercises

This exercise works out the ankles, knees and both wrists.



Ready, one, two, three

The starting position is the same as for the attacking exercises.

Begin with the right-hand side.

One: Shift your weight onto your right leg, raise your right arm, turn your elbow out and bring your palm towards your forehead.

Turn your other outstretched hand inwards, and bring it down towards your crotch.

Two: Repeat for the left-hand side.

Ten:反りの型【Sori-no-kata】Bending backwards

This is principally in upper body workout.

By bending backwards, you can increase your spinal flexibility.

Twisting and bending backwards also strengthens the abdominal flanks and stomach muscles, and is beneficial to the lower back and the shoulders.

This exercise can also help you loose weight around the waist.

Stretch your shoulders and your arms.

Do the exercise with determination.

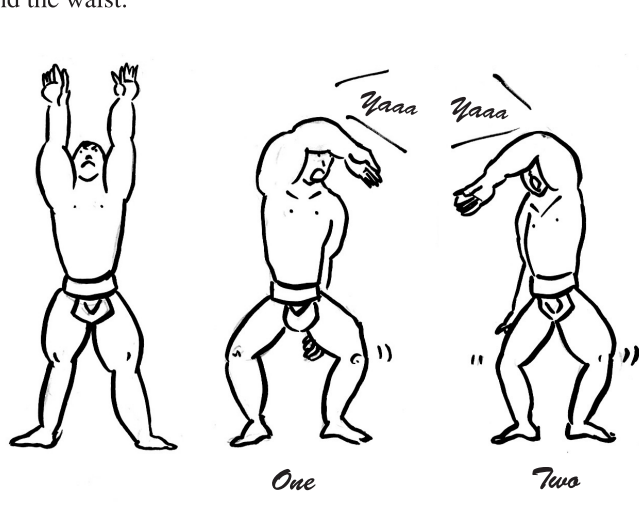
Ready, one, two, three

Lift both arms and look at your fingertips.

Begin with the right-side.

One: Bring your arm downwards while continuing to twist your body and bend slightly backwards. Flex your knees and return to the starting position.

Two: Repeat for the left-hand side.



Eleven:均整の型【Kinsei-no-kata】Balance exercises

Focus your mind in the lower abdomen.

These balance exercises are the culmination of the sumo health exercises.

Put your determination into the base of your gut.

These exercises help energy flow around your body and make you feel good.

Turn your heels inward and shuffle forwards.

You should leave marks behind you on the ground.

Return your feet to the starting position.

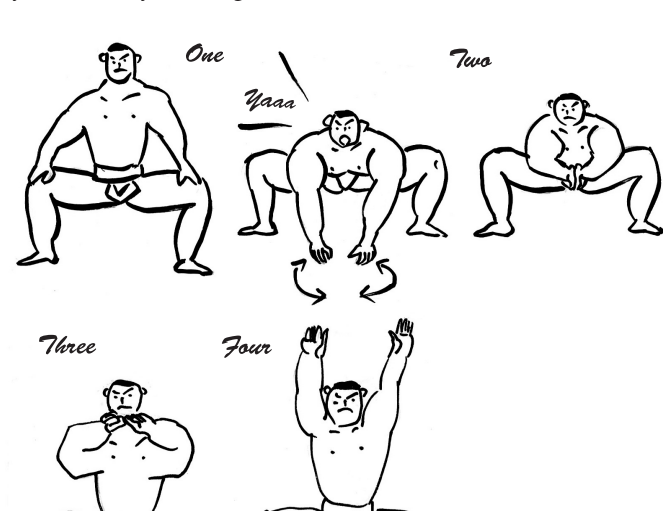
One: Draw a circle two or three times with both hands in front of you.

Two: Press both hands together and slowly raise your upper body while shuffling slightly forwards.

Three: While keeping your hands still together, turn your elbows out.

Four: Without raising your hips any further, raise both hands into the air.

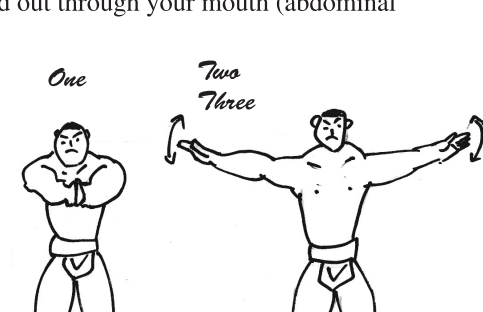
Returns the original position.



Twelve:土俵入りの型【Dohyo-iri-no-kata】Entering the ring

Relax your body and mind.

Use your diaphragm to breathing slowly through your nose and out through your mouth (abdominal breathing).



One: Breathing deeply

Clap your hands together

Two: Spread your arms wide.

Three,Four: Turn your palms over and bring your arms down slowly while breathing out.

What is Sumo?

Sumo wrestling enjoys a long history as Japan's national sport and is known and loved throughout the country. But sumo is more than just a sport - it is also an important part of traditional Japanese culture. All of the wrestler's movements, including the ceremonial stamping before the bout and the ritual chopping motion of the hand a wrestler makes before receiving his prize money, are imbued with a specific meaning. Sumo is also a religious rite too. Sacred strips of paper in four colors are hung from the Shinto-style roof, and ceremonies to welcome and bid farewell to the gods mark the start and end of each 15-day tournament.

The ring itself, or dohyo, is just 4.55 m in diameter. The two opponents crash together in the centre of the ring, the loser being the first to exit the ring or touch the earthen floor with any part of his body other than the soles of his feet. Sumo wrestling requires no equipment other than each wrestler's loincloth, but its apparent simplicity hides a great complexity that encompasses strategy, technique and psychology. Each bout may be over in an instant, but it is not always the biggest wrestler that wins. In the world of sumo, there are many other important roles besides the wrestlers themselves. The 'gyoji' or referee, 'yobidashi' or announcer and 'tokoyama' or hairdresser all play their part in the great spectacle. From the smell of the oil that sets the wrestlers' hair and the sound of leather-soled sandals to the sight of a giant wrestler wrapped in his kimono, sumo wrestling is a treat for all the senses. We hope that at least once in your life, you have the opportunity to watch this ancient art from the ringside.