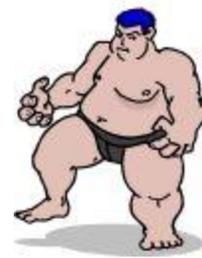




# AMERICAN SUMO



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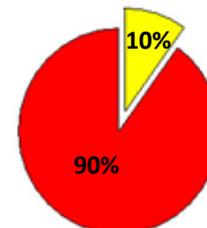
E-mail: [president@americansumo.org](mailto:president@americansumo.org)

Website: [www.americansumo.org](http://www.americansumo.org)

## Motivational Thought:

*Life is 10% what happens to me  
and 90% of how I react to it.*

-CHARLES SWINDOLL



## INSIDE THIS NEWSLETTER

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Hikiotoshi

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*Legacy Athlete:* Emanuel Yarbrough

*Athlete Focus:* Trent Sabo

### Special Feature Articles:

Demo vs Tournament

Welcome Mat Sumo Camp

World Combat Games

### USSF Sanctioned Events

<u>DATE</u>	<u>LOCATION</u>	<u>EVENT</u>	<u>POC</u>	<u>TYPE</u>
16 Apr 15	San Antonio, TX	Losoya History Fair	Tom Zabel	Demonstration
17 Apr 15	San Francisco, CA	Asian Art Museum	Andrew Freund	Demonstration
17 Apr 15	San Antonio, TX	Rampage Hockey	Tom Zabel	Demonstration
25 Apr 15	San Antonio, TX	Texas Fiesta Tournament	Tom Zabel	Tournament
09 May 15	Garden Grove, CA	Shunbun 2015	Jim Lowerre	Tournament
<b>13 Jun 15</b>	<b>Parkville, MO</b>	U.S. Nationals/North Americans	<b>Matt Ritchie</b>	Nationals/North Americans
08 Aug 15	Long Beach, CA	US Sumo Open	Andrew Freund	Tournament
19 Sep 15	Atlanta, GA	Japan Fest	Packy Bannevans	Tournament
24 Oct 15	San Antonio, TX	Texas Classic	Tom Zabel	Tournament

### International Events

<u>DATE</u>	<u>LOCATION</u>	<u>EVENT</u>	<u>QUALIFYING EVENT</u>
29 - 30 Aug 2015	Osaka, Japan	World Championships	2015 U.S. Nationals
TBD, 2017	Lima, Peru	World Combat Games	2016 North Americans
3 - 13 Aug 2017	Wroclaw, Poland	World Games	2016 U.S. Nationals

**In this section we will discuss basic fundamental movements, positions, and postures. These are key to your sumo training and ability to perform well during your matches.**

## SURIASHI

Suriashi is a basic but foundational movement of sumo. It is peculiar to sumo. To advance or move forward during a match one should always use suriashi. Suriashi is sliding or shuffling one's foot across the dohyo without separating the big toes from the dohyo, throwing your weight on the inside of your feet, and keeping a low center of gravity. A rikishi depends on this technique to gain a superior position from shikiri (fighting stance) to tachiai (initial charge). It is used throughout the match and allows the rikishi to always keep his balance.

### HOW TO PERFORM SURIASHI



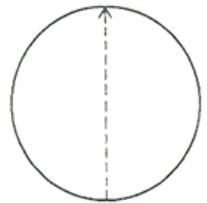
**STEP 1** Begin in the position of shikiri.

**STEP 2** As you start the tachiai (initial charge), pin elbows to your side straight out, palms facing slightly inward. Do not straighten/stand up – your first movement should take you straight ahead – keeping your center of gravity low.

**STEP 3** Slide or shuffle foot forward. Keep big toe anchored on dohyo. Shift weight onto inside of feet.

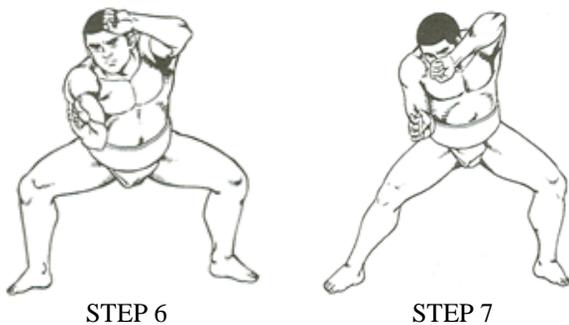
**STEP 4** Slide or shuffle other foot forward. Keep your center of gravity low. Keep elbows pinned to side, forearms out, palms turned inward. Do not waddle side to side, movement should be straight forward.

**STEP 5** Advance to the edge of the dohyo – squat deeply. Stretch arms forward as you come out of squat position.



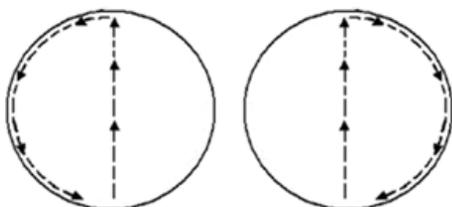
Pattern on the Dohyo

There are a variety of suriashi exercises that illustrate movement a rikishi might have to perform in order to move his opponent out of the dohyo. Below is another movement illustrating movement around the edge of the dohyo:

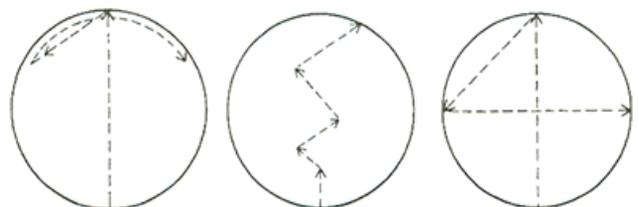


**STEP 6** After the squat and push out of the first half of suriashi, return right arm with elbow pinned to side, forearm extended forward, and palms facing inward. Raise left arm above shoulder, elbow slightly bent toward forehead.

**STEP 7** Slide left foot, then right foot, along edge of dohyo, continue around dohyo to starting point. At end of exercise extend both arms outward as if pushing opponent out of dohyo



Pattern on the Dohyo



Additional Patterns

決 ま り 手	KIMARITE
	KORNER By Tom Zabel

Because of the size differential of wrestlers competing as amateurs (light-, middle-, heavy-weight) versus professional (no weight divisions) there are some techniques used more often in the amateur arena than on the professional side. In this section we will highlight various techniques.

Hatakikomi and Hikiotoshi are commonly used techniques in both the professional and amateur dohyo. The Japanese don't look upon hatakikomi very highly because it is mainly used at the tachiai as a side-step maneuver and thus the user is considered "weak" or "afraid" by not meeting his opponent head on.

### HATAKIKOMI

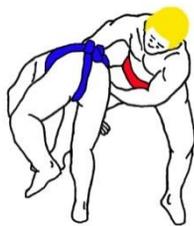
#### Slap Down

"**Hataki**" is to "**strike**", "**spank**", or "**slap**" so **Hatakikomi** is to "**slap down one's opponent**".

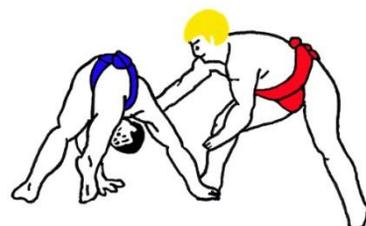
As stated earlier, **Hatakikomi** is often seen at the tachiai. The attacker **shifts away** from the opponent's charges and **slaps** the opponent's shoulder, back, or arm with one or both hands, directing him down, and forcing him to touch the ground with one or both hands. This can also be used during a heated thrust exchange.



STEP 1



STEP 2



STEP 3

STEP 1 This is best used when you have raised your opponent up with a thrusting technique. When your opponent charges back in with his head low, slap down his shoulder or back.

STEP 2 As you slap down your opponent, side step his charge, and use his momentum to push him down and force him to continue on past you. If you do not step to the side, he may come directly into you and possibly catch himself and force you out of the dohyo before he falls to the ground.

STEP 3 Follow through by continuing to slap down your opponent's shoulders or back to be sure that his hand(s) have touched the dohyo, he has fallen down, or he continues out of the dohyo.

### HIKIOTOSHI

#### Pull Down

"**Hiki**" roughly translates to "**tug**" or in our case "**pull**". "**Otoshi**" is to "**kneel**" or in sumo terms "**fall forward**".

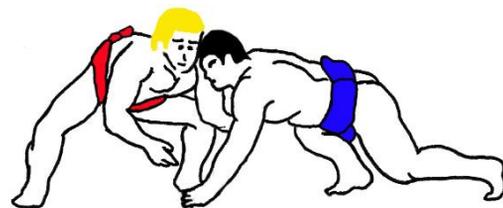
Similar to **Hatakikomi**, the attacker **pulls the opponent down while backing away** and pulling on his arm, shoulder, or front of his mawashi.



STEP 1



STEP 2



STEP 3

STEP 1 When your opponent is pushing against you, slap down his arm or grab an arm and pull him down and toward you, causing him to lean forward. This technique can also be used as soon as you and your opponent charge at each other, (not necessarily during the tachiai).

STEP 2 As your opponent comes toward you, take a step backward and to the side while you pull down on the front of his mawashi and/or slap down his shoulder or back.

STEP 3 Pull down your opponent rather than slap him down by twisting away from him while pulling him down. If you do not have a grip on his mawashi, do not twist, just pull his hips down and he will fall.

# JAPAN'S PRO NEWS

## HAKUHO DRIVES INTO NEW GROUND WITH YUSHO NUMBER 34

by Jim "Yukikaze" Lowerre

It probably wouldn't have stirred up too many waves in the Osaka Taiikukan if Yokozuna #1-East Hakuho had a bit of a letdown at the 2015 Haru Bashi. After all: he was coming off winning his 33rd Makuuchi yusho to break *Taiho's* record of 32 Tenno-Hai, while notching his 800th top-division victory.



Day 13 Hakuho loses to Terunofuji by Yorikiri

But "Sleeping Thunder" came out fighting as if he were making his first dohyo appearance, cutting his way through the first twelve men he faced to take a solid lead in the standings. Newly-minted Sekiwake-East Terunofuji put the brakes on his countryman's run at another zensho-yusho by forcing him out on day 13. Hakuho then pushed past Ozeki #1-East Kisenosato and Yokozuna-West Harumafuji on the final two days, to finish 14-1 and leave his fingerprints on the Emperor's Cup for the 34th time.

Harumafuji had one of his less-successful outings, handing out kinboshi to Maegashira #1-West Ichinojo, #4-West Tochinoshin, and #5-East Toyonoshima. He won his next four matches to stand 10-3; but losses to Ozeki #1-West Kotoshogiku and Hakuho left him with a barely-passing mark of 10-5. Yokozuna #2-East Kakuryu withdrew after losing on day one and was not seen again during the basho.

Kisenosato seemed to be going nowhere after a day 5 loss to Ichinojo left him at 2-3. But then he rolled out six consecutive wins to right his ship. Three losses (two to Yokozuna) left him wobbling, but a senshuraku win over Kotoshogiku gave him a 9-6 posting. Meanwhile, Shogiku and fellow Ozeki #2-West Goeido were models of inconsistency: after winning their first four torikumi, both men bounced back and forth between victories and defeats. It wasn't until the day before senshuraku that they both made kachi-koshi and avoided kadoban.

Terunofuji's kinboshi-earning performance was the best in the lower sanyaku: losses to Kisenosato and Maegashira #5-West Kaisei were the only things keeping him from grabbing the Cup. His 13-2 performance won both the Shukun-Sho (Outstanding Performance Prize) and Kanto-Sho (Fighting Spirit Prize), and gave him a solid foundation for a run at Ozeki promotion. On the other hand: Sekiwake-West Okinoumi lost his first three torikumi and withdrew on day 4. Komusubi-West Myogiryu has a good chance to move up into Oki's Sekiwake slot: he made his eight with three wins in the basho's final four days. On the East side, Tamawashi was crushed down to a 4-11 posting which will likely put him back in the hiramaku for the May festivities.

In the Maegashira ranks:

#11-East Osunaarashi, #12-East Chiyootori and #15-West Gagamaru tied for the top mark at 11-4.

The Gino-Sho (Technique Prize) was not awarded.

#3-East FUJIAZUMA won the Juryo division yusho with a 12-3 effort.



Yokozuna Hakuho

DIVISION	NAME	BIRTHPLACE	HEYA	RECORD
Makushita	DEWAHAYATE	Aichi	Dewanoumi	7 wins
Sandanme	CHIYONOKUNI	Mie	Kokonoe	7 wins
Jonidan	KANSEI	Nagasaki	Sakaigawa	7 wins
Jonokuchi	HISHOFUJI	Hyogo	Azumazeki	7 wins

## Saleva'a Atisano'e - KONISHIKI

By Tom Zabel

Saleva'a was born on the last day of 1963 – December 31<sup>st</sup>. As a promising student at the University High School in Honolulu, he initially wanted to be a lawyer and was also offered a music scholarship to Syracuse University. Konishiki says he got started in sumo by accident – *“About a month before graduating I was at Waikiki Beach cutting out of school catching waves, when a man named Curtis ‘da Bull’ Iankea called me over to his beach stand & sat me down and told me about sumo. That was the initial introduction, I had no idea what the hell sumo was and I really never bothered to look it up, but Curtis arranged a meeting for me to meet Takamiyama. Curtis was a world known professional wrestler and he visited Japan many times during the Yokozuna Taiho era. From that I just decided to go to Japan because the trip was free and I need not worry about the cost of living in Japan.”* He entered sumo in July 1982, at the age of 18. Due to his potential he was given the name Konishiki (Little Brocade), after the 17th Yokozuna, Konishiki Yasokichi I, who came from the same training stable at the end of the 19th Century.

Konishiki rose to the privileged Sekitori ranks in just eight tournaments, a remarkably rapid rise. He made his debut in the top Makuuchi division in July 1984. In the following tournament in September he defeated two Yokozuna, Chiyonofuji and Takanosato, and was runner-up with a 12–3 record. He was promoted to Komusubi in May 1985 and Sekiwake in July 1985. However, over the next year he had injuries that forced him to sit out a few tournaments. In 1987 Konishiki came back with three consecutive double figure tournaments which earned him promotion to Ozeki, sumo's second highest rank. He was the first foreigner to attain that rank.



Early Konishiki, circa 1982



Getting Ready for the Tachiai

His increasing weight caused a strain on his knees, which adversely affected his abilities in the dohyo. At his peak weight of 633 lbs, he was the heaviest rikishi ever in pro sumo. In November 1989, he made a spectacular comeback, taking his first championship with a 14–1 record. Konishiki was the first foreigner to win a top division title since Takamiyama in 1972. In March 1990 he took part in a three-way playoff for the title but couldn't come away with the win. In May 1991 Konishiki won 14 consecutive bouts but was again beaten in a playoff on the final day.

By late 1991 Konishiki was a strong Yokozuna candidate. He had overcome his injuries and showed much more consistency. Konishiki won two more championships in November 1991 and March 1992. With a record in the last three tournaments of 38 wins and 7 losses, he still was not promoted to Yokozuna. The following media furor

over his non-promotion to Yokozuna hampered his preparations for the upcoming tournament which resulted in a mediocre 9–6 record. Konishiki never came close to promotion again. Over the course of his career, Konishiki retained his Ozeki rank for 39 tournaments over more than six years. In November 1997 he announced his retirement after 15 years in sumo. He spent 81 consecutive tournaments in the top division and won 649 bouts.

Konishiki had become “hugely” popular with the Japanese fans due to his continuous fighting spirit, distinctive size, and lovable personality.

When asked for his most memorable moments in sumo Sale stated, *“My first match because I was naked and nervous and being 18 years old going against a guy who was 15 and half my size – it was a lot of pressure – if I lost to this small guy, it would be so embarrassing. Another moment would be my first Makunouchi Championship title. I still remember not getting any sleep and knowing that my parents got in a car accident in Hawaii. I was crying after winning because I was so pissed at myself for not winning earlier in my career. I had a lot of chances to win but no luck.”*



Myself w/Konishiki – 1997 – Odate-shi Jungyo

Sale also reveals that he *“loves to perform on stage with his wife, loves working with kids, and educating the world about sumo”*.

# DEMO vs TOURNAMENT

## What's the Difference? Why Sanction an Event?

By Tom Zabel

The **USSF Policy Letter #2 USSF Event Sanctions** states:

*"The USSF, as a member of the International Sumo Federation (ISF), is obligated to ensure the amateur sport of sumo is portrayed accurately, respectfully, and in accordance with the guidelines set by the ISF. To accomplish this, the ISF and the USSF require that public sumo events held within the United States are sanctioned by our organization."*

Contrary to popular belief, the USSF is not out to micromanage your event or to "catch" someone doing something wrong. We have the understanding that our members respect the sport and will act accordingly. We also know that these events put on by our members will be fun, entertain, and educate the general public about sumo, it's history, and traditions. These events are also great recruiting tools. Most of the American population have never had a chance to see sumo live, in person.

The USSF uses this data to report statistics to the ISF, who in turn forwards the info onto the IOC. The IOC uses this information to determine what sports are included in the Olympics. The IOC also oversees the World Games, which includes sports that are not in the Olympics but have a large following around the globe. These numbers are important to us so that our sport continues to be included in the World Games and hopefully in the near future (2020 in Japan) we may be upgraded to compete in the Olympics. Because we can show interest in sumo around the world, sumo has been included in the World Combat Games. There is also talk about getting sumo added to the Pan-American Games. These numbers are important in a lot of ways to increase our exposure and ability to be included in these world-class events.

Let's look at the numbers we have from the past few years:

2014	tournaments: 11	demonstrations: 08	total: 19
2013	tournaments: 08	demonstrations: 21	total: 29
2012	tournaments: 08	demonstrations: 14	total: 22
2011	tournaments: 14	demonstrations: 20	total: 34

If you examine these, it looks like sumo has not grown much or has even decreased in popularity (especially looking at 2014). The reason why is because there are really only two individuals that consistently sanction their events. There are many other individuals and sumo clubs that are doing events and/or demos at public libraries, schools, festivals, etc... but they are not being reported or sanctioned.

We, the USSF, are asking that you sanction your events. Section 7 of the Policy Letter lists some of the reasons why:

ISF required in order to monitor the integrity of the sport.

ISF required in order to report sumo related events to the IOC.

Full official support from the USSF

Assistance in planning a successful event.

Offer proper equipment such as portable dohyo, mawashi, etc... (if cost effective and available)

Publicity / Advertising via USSF media

Provide participants: athletes and officials

Supplementary liability insurance for participants

The Policy Letter also gives a clear guideline as to what is a competition and what is considered a demonstration. Listed are the general definitions, please consult the Policy Letter to get a more defined definition.

**Tournament:** Two USSF members competing for an official title, trophy, medal, or award.

**Exhibition / Demonstration:** Nine or less USSF members that may compete as a means to promote the sport of sumo.  
No official title, trophy, medals, or awards are presented.

The fee for sanctioning a tournament is fifteen dollars (\$15). There is no fee for an exhibition, demonstration, clinic, seminar, etc... Basically, sanctioning an event requires you to fill out one page of information and e-mail it to the USSF address. It's easy and doesn't require a lot of thought or time.

## Trent Sabo

By Richard Crenwelge

I conducted a phone interview with Trent on April 1<sup>st</sup>, 2015. His story is an interesting one, and it offers quite a bit of insight into sumo, and also how the sport has presented itself in the US. Please keep in mind that this article is not an exact transcript of the interview, but rather an adaptation of the notes into a narrative form.

The first question that I asked Trent was about how he became interested in sumo, and his answer was very plain, and perhaps uniquely American. He said that it began with watching *Sumo Digest* on television, which was a program that came on later at night, usually from 11:30 to midnight. “It combined the best parts of football and wrestling,” he said, and mentioned that he had enjoyed watching the US vs Japan.

Many years later, while Trent was in high school, he went with a female friend to a gym that offered cardio kickboxing. While she was attending the kickboxing class, Trent and his brother saw an advertisement in the back of a magazine for a local sumo tournament. If for no reason other than impulsive, teenage fun, Trent called all his friends from high school and encouraged them to participate. At that first tournament, Trent recalls that he and his friends all received medals.

While attending college in Rhode Island a short time later, Trent competed at the 2000 U.S. Nationals in New Jersey, where he claims he had a very poor showing. Driven by his competitive nature, however, Trent returned to Nationals for the next two years, where he placed second in 2001, and received gold in 2002. That 2002 tournament qualified him for the World Sumo Championships in Poland, and that is when Trent’s Career in sumo began to write an even more interesting story. Quite impressively, Trent went 2-2 at that World Championships.

Over the next couple of years, Trent continued to train, and in 2004, became famous within the sport for living out of his car, in an effort to focus solely on training. It was that year that he competed at the Dutch World Cup in Holland, where he received another gold medal.



Trent at the peak of his training



Trent on the podium, winning a bronze medal at the 2008 World Championships in Estonia

I mentioned before that his story is perhaps uniquely American, and his training is a testament to this idea.

Trent did not have any formal training in sumo. There were no coaches, and training partners were limited to friends or other amateur wrestlers. Trent recalls training sumo as a *sub-sport*, with the primary athletic development taking place through football line drills, wrestling drills, and weightlifting. He also recalled that he became proficient with sumo by simply *doing* it, and he often would watch other wrestlers during his travels, taking mental notes on their grips and stance, or how they used certain elements like strength, agility, and speed.

The most inspiring thing about Trent’s story is that he was presented with an opportunity and he ran with it. Despite the fact that he was not a professional athlete, and he received zero formal support from any sporting organizations, Trent trained hard and did the best with what he had available. In order for the sport to grow here, the trail had to be first broken by athletes like this, who boldly ventured into what was largely unknown territory.



Trent and Manny on 2012 promotional poster (actual match at Rumble in Rexburg, ID)

# Welcome Mat Sumo Camp

27-29 Mar, 2015

By Andre Coleman

As a recap and follow-up to the 1<sup>st</sup> Welcome Mat Sumo Camp, I would like to thank all athletes and clubs that were able to participate and support this event. We had a great turnout and collaborative training. This was the first camp of its kind bringing in children and adults to interactively participate in sumo.

The weekend kicked off Friday night with the seasoned adult training with guys from Idaho, Georgia, Tennessee, and the home state of Missouri. This was a rare occasion for so much talent in one room sharing experiences and knowledge.

On the Saturday, we had roughly 12 kids and 2 adults try the first portion of the Welcome Mat Sumo Camp. This portion was led by Packy Bannevans from the Atlanta Sumo Club, who was able to discuss the history of sumo and his recent trip to Tokyo, Japan where he had several kids to participate in a children's international sumo tournament, the 5<sup>th</sup> Annual Hakuho Hai. All the participants and parents enjoyed the wealth of knowledge Packy was able to share and his passion for sumo and Japanese culture. The children learned to count in Japanese; did tons of shiko, koshi-wari, suriashi techniques; and then finally some matches. The camp ended with every participant getting a special Welcome Mat Sumo Camp Club shirt and a group photo.



Saturday with the kids

The afternoon adult session was led by Trent Sabo, the last American amateur senior division competitor to medal at the World Sumo Championships (bronze in 2008). Trent brings a wealth of sumo knowledge and experience to the camp and to the USSF. He has trained in Japan, along with being a multi-time member of the U.S. National Sumo Team. His record and overall fighting spirit will definitely make him a legend in the U.S. sumo history books.

The final adult session Sunday was led by Robert Daniels from the 901 Sumo Club in Memphis, TN. Rob is no stranger to being a natural leader and all around good guy. He is a true competitor, but has the respect and humbleness everyone strives to achieve in this legendary martial art. Only being in the sport for a few years, Rob has been a formidable foe in the middleweight division and has shown great resolve to keep pushing the pace and market sumo in the Midwest Region.

I am humbled and blessed by all the support the Federation, sumo clubs, and competitors have shown my club and me. Building sumo in the United States is no small feat, but with unity, we all can do our part to spread the word. This was a small start with plans of making this an annual event in March every year.

Specials Thanks to all the participants and contributors: Trent Sabo, Packy Bannevans, Robert Daniels, Jay Holder, Tony Liggins, Tom Zabel, Attila Charles, Matt Ritchie, Derek Jeffries, John Timmermeyer, Will Cook, and Kenny Brink.



Adult participants and trainers

## Change To World Combat Games

By Tom Zabel

It was recently announced that the next third edition of the World Combat Games will be held in Lima, Peru in 2017. Please note that this may change the U.S. qualifying event to the 2016 U.S. National/North American Sumo Championship.



The World Combat Games began in 2010 as an effort to bring more recognition to sports within the martial arts field, as six of the sports featured are also competitions during the Olympic Games.

The first combat games were hosted by Beijing, followed by St. Petersburg three years later in 2013. The games will now be held once every four years, maintaining the international competition standard set forth by the Olympic Games.

The World Combat Games consist of 16 different sports and 33 disciplines in the martial arts and combat field, and will host over 2,500 athletes throughout the 10-day competition. The original Combat Games consisted of only 13 combat sports, with the additions of fencing and savate debuting at the 2013 St. Petersburg World Combat Games. In 2017, weightlifting will be added.

## Emanuel Yarbrough

By Richard Crenwelge

*I conducted an interview with Emanuel Yarbrough on April 3<sup>rd</sup>, 2015. Manny had a lot to say about his involvement in the sport, and it really was an incredible conversation. This is not a transcript, but an adaptation of the interview into a narrative form.*

Manny Yarbrough grew up in New Jersey, and was first exposed to sumo as a kid, but it didn't really pique his interest at the time. However, after Manny had been practicing judo for about 4 years, he was given the opportunity to compete at the 1<sup>st</sup> Sumo World Championships (1992) in Japan, and he accepted. He indicated that judo and sumo have a lot of similar techniques, and quite a bit of crossover, so this new type of wrestling did not feel completely alien to him. Perhaps this explains his very early and immediate success in the sport, starting with a 2<sup>nd</sup> place finish at 1992 Championships. He competed at the World Championships for the next four years, bringing in a total of one bronze, three silver, and a gold medal. His gold medal came in 1995.

Because of all that competition experience, Manny has an extremely intelligent and concise insight into the sport itself. He really does know the game. Manny was limited in resources for training, because the support structure for sumo does not really exist in the United States like it does in other countries. Manny used Poland as an example, where sumo falls under the auspices of the government-sponsored wrestling organization. His training partners in the U.S. were usually hobbyists or casuals, at least initially, so most of his significant training took place before and after tournaments overseas.

***“Each country has a certain style,” he said. “There’s the Japanese style, but then the European countries use a lot of brute strength.”***

Manny also talked about how he felt that the lightweight division has become the most athletically competitive, because of all the different wrestling styles that are represented there by proxy.

When asked how he prepared for these big tournaments, he had a very simple and eloquent response:  
***“You get better at fighting by simply fighting.”***

This primacy of sparring or fighting is a central idea in sumo, as formal instruction is often minimized and the bulk of training is done in a hands-on, full-contact fashion.

My favorite part of the interview, however, came when I asked Manny how the sport came to benefit him, or, in other words, how it positively affected his life:



Manny at the Tachiai



Emanuel “Tiny” Yarbrough accepting the GOLD at the 1995 World Sumo Championships

***“I was able to travel the world. I would have never thought that a black kid from New Jersey would be able to see so many different places. I met the former President of Poland... There were so many different cultural experiences. When I was in New Zealand, I performed a Haka with a family down there. I still tear up thinking about it sometimes. It showed me that we really are all the same. We’re one people.”***

This sort-of-spiritual recollection, along with Manny's fearlessness and resourcefulness, make his life in sumo a story worth telling. He achieved very high levels of success with a very limited stream of resources, and this is a template for how we must continue to grow our sport in the future.