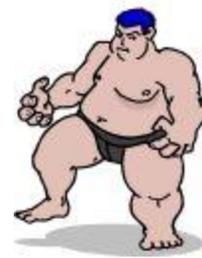




AMERICAN SUMO



U.S. Sumo Federation
827 N. Hollywood Way, #473
Burbank, CA 91505

Inspirational Thought:

“The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be.”

- Marcel Pagnol

“Being happy doesn’t mean that Everything is perfect. It means That you’ve decided to look beyond The imperfections.”

– Unknown

happiness

INSIDE THIS NEWSLETTER

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USSF Sanctioned Events

<u>DATE</u>	<u>LOCATION</u>	<u>EVENT</u>	<u>POC</u>	<u>TYPE</u>
20-23 Oct 16	San Antonio, TX	10 th Texas Classic & Clinic	Tom Zabel	Tourny / Clinic
21 Jan 17	Pittsburgh, PA	Sumo Demo	Andrew Freund	Demonstration
4 Feb 17	San Antonio, TX	Asian Festival	Tom Zabel	Demonstration
25 Feb 17	St Joseph, MO	2 nd Jr/Youth Nationals	Bill Gossett	Tournament
4 Mar 17	San Antonio, TX	7 th Lone Star Fiesta	Tom Zabel	Tournament
1 Apr 17	San Antonio, TX	Tejada History Faire	Tom Zabel	Demonstration
20 May 17	San Antonio, TX	14 th U.S. Nationals	Tom Zabel	Tournament
16-18 Jun 17	Long Beach, CA	17 th U.S. Sumo Open	Andrew Freund	Tournament
1 Jul 17	Las Vegas, NV	Titan Games International	Bill Gossett	Tournament
14 Oct 17	San Antonio, TX	11 th Texas Classic	Tom Zabel	Tournament

International Events

<u>DATE</u>	<u>LOCATION</u>	<u>EVENT</u>	<u>QUALIFYING EVENT</u>
TBD, 2017 ??	TBD	World Combat Games	2016 U.S. Nationals / North Americans
20-30 Jul 2017	Wroclaw, Poland	World Games	2016 U.S. Nationals / North Americans

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.

YORI (FORCE OUT) TRAINING

Yori can be done either gripping the mawashi or without gripping the mawashi. In either case, you cause your opponent to lose his balance and force him out of the dohyo.

This technique is best used when you can force your opponent out of the dohyo before your opponent grabs your mawashi.



Figure 1



Figure 2

FIG. 1
Without gripping the mawashi

FIG. 2
Gripping the mawashi with
one hand.



Figure 3

FIG. 3
Gripping the mawashi with
two hands.

FIG. 4
Using a double inside arm.

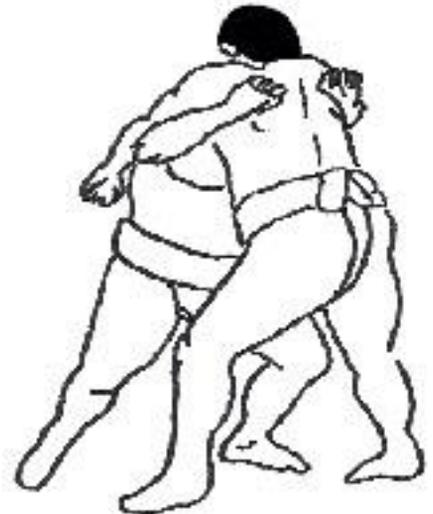


Figure 4

決まり手	<h1 style="color: red;">KIMARITE</h1> <h1 style="color: red;">KORNER</h1> <p style="font-size: small;">By Tom Zabel</p>
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This issue we are highlighting the oshi (push) and yori (force out) group of techniques. They are:

Oshidashi, Oshitaoshi, Yorikiri, Yoritaoshi, Okuridashi, Abisetaoshi, Okuritaoshi, Ushimromotare, Waridashi, Watashikome, Mitokorozeme, and Sabaori.

Oshidashi and Yorikiri normally make up over 50% of the wins in sumo, so if you can master those two, you will have the basic skill to compete and win in sumo. Since we already covered those before, we will show you two others.

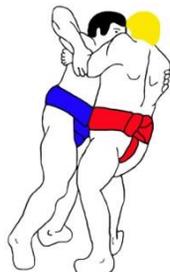
WARIDASHI

Body Push Out

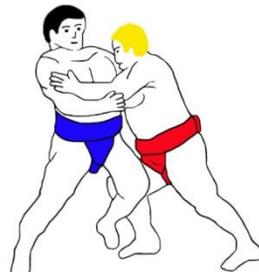
“**Wari**” is to “**divide**” or “**split**”; “**dashi**”, is “**out**” or “**out of the dohyo**”. In waridashi you pull your opponent’s lower body toward you and push his upper body away from you, essentially “dividing” or “splitting” him in half. In waridashi there is a definite separation or gap between the two wrestler’s upper bodies. Without the definitive separation it would just be yorikiri.



STEP 1



STEP 2



STEP 3

STEP 1 With your hand gripping your opponent’s mawashi, pull him toward you. With your other hand push his upper body away from you, making a clear gap between your upper bodies.

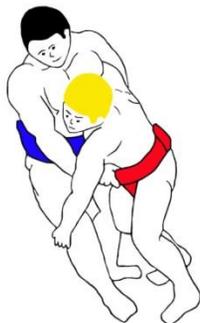
STEP 2 Continue to push on your opponent and raise his upper body while pulling on his mawashi, making him off balance.

STEP 3 When your opponent is standing and has a high center of gravity, extend your pushing arm forward and force your opponent back and out of the dohyo.

WATASHIKOMI

Thigh Grab Push Down

“**Watashi**” roughly translates to “**carry**”. “**Komi**” is to “**ram**”, “**push**”, or “**thrust**”. **Watashikomi** is “ramming” the chest while “carrying” his thigh.



STEP 1



STEP 2



STEP 3

STEP 1 When your opponent takes a step forward, grab his leg behind the knee with an outside grip.

STEP 2 Push your opponent backwards with your other arm, or lean into his chest with your body. Pull his leg toward you and upward.

STEP 3 While lifting his leg, force your opponent over backwards or out of the dohyo by continuing to lean into him or pushing against his upper body.

Packy Bannevans

By Tom Zabel

Packy lives in Johns Creek, GA, has been doing sumo for 23 years, and is ranked as a Sho-dan (6-22-96 from the Japan Sumo Association). The following questions were posed to Packy and here are his responses:

What got you started in sumo? I was an Assistant English Teacher on the JET Program in Japan for 3 years starting in the summer of 1993. I wanted to participate in a traditional Japanese martial art to become more involved in the culture. I tried judo, but was not very good at anything other than newaza (ground grappling). On TV I saw the strong American wrestlers in Japan at that time – Konishiki, Akebono & Musashimaru – and thought maybe I could give sumo a try too.

Have you had Japanese or other foreign sumo training? I was a member of the Hashimoto Sumo Club in Ichikawa-shi, Chiba-ken for two and a half years. Our practices were held on a tournament (raised) dohyo at the Shiohama Gymnasium. I participated in state and national level competitions within Japan and once got to fight at the Ryogoku Kokugikan.

Medals – Awards: My first medal was an open-weight bronze at the first tournament in which I competed in the U.S., the 2004 Snake River Classic in Idaho. I have medaled in numerous tournaments since in California, New Mexico, Texas, Idaho and of course my home state of Georgia. I won a gold medal in the middle-weight division at the Georgia Sumo Open in 2009 and earned a silver medal at the U.S. Nationals in the team competition in 2005.

USSF / Local Positions Held: Founder and President of the Georgia Sumo Association; Lifetime USSF Member #9

Other accomplishments: I have taken two groups of children to Japan in the last two years to compete in the Hakuohai children's sumo tournament. I was the coach of the team and am proud to say that my son got the first win for the U.S. team in 2015 (even if it was by default). I have participated in demonstrations and festivals throughout the southeast and was once filmed doing sumo for a TV show called "Liars & Legends" on Turner South.

Most memorable moment(s) in sumo? Why? I don't think that I will ever forget the first time I went to sumo practice in Japan and had a couple of grown men try to convince me to take off all of my clothes and put on a firehouse instead. If that was not humiliating enough, I then had hundreds of people stop and stare at me when I went out to the dohyo. The gymnasium hallway walls were glass and I guess the unsuspecting gym goers had never seen someone with such a pale bottom before.



1996 at Hashimoto Sumo Club – Ichikawa-shi
Photo courtesy of Packy Bannevans



1996 at Hashimoto Sumo Club – Ichikawa-shi
Photo courtesy of Packy Bannevans



2005 US Nationals Team Silver Medalists
Patrick Greer, Tom Zabel, and Packy Bannevans
Photo courtesy of Tom Zabel

What are your future goals/plans in sumo? I would like to reach the point where I can focus more and more on teaching and possibly working to advance farther in my own black belt training.

What other hobbies/interests do you have? I collect baseball cards, sumo cards, non-sports cards and other sports memorabilia. I am the Assistant Cubmaster for Pack 2143 and occasionally play softball when my schedule allows.

Do you have a mentor? Hashimoto-sensei was the one person who was willing to take a chance on teaching an American stranger who spoke very little Japanese at the time about the national sport of Japan. I hope that I have repaid his kindness by spreading my love of the sport throughout the U.S.

WEIGHT DIVISIONS

By Tom Zabel

Currently the International Sumo Federation (IFS) uses four weight divisions for both the men and women: light, middle, heavy, and open.

Discussions over the past several years have hinted to expand the number of divisions to seven (or eight). I list them as: feather, light, welter, middle, cruiser, and heavy. There is also the possibility of splitting the open division into a Light-Open (to include feather, light, and welter) and a Heavy-Open (to include middle, cruiser, and heavy). If all that was done it would increase the divisions from four to eight.

The issue has been brought to the IFS by some of the European countries before, but the IFS has been resistant to the change. Many European tournaments use six divisions. One problem that arises from that is if the competition is a qualifier for an IFS event such as the World Championships, it might prove difficult to convert those divisions to what the IFS is currently using.

There are two basic reasons for expansion of the divisions: 1) allows for more participants to compete at all levels – local, national, and internationally, and 2) more importantly, athletes are wrestling against someone more comparable in size.

In the IFS system, a wrestler may be giving 30 kilos or 60 pounds to his opponent if they are at opposite ends of their division weight wise. Many athletes do not want to give that much of a weight advantage to their opponent and would like to see additional weight classes.

The general consensus is that the men's divisions should be cut from 30 kg to 15 kg and the women's divisions reduced from 15 kg to 10kg.

What do you think?

What option do you choose?

Should the open be divided into light-open and heavy-open?

MEN		IFS Current	Euro	Option #1	Option #2	Option #3
kg	lbs	30 kg	15 Kg	15 kg	15 kg	15 kg
50	110-4					
55	121-4					
60	132-4					
65	143-7					
70	154-5		Feather			
75	165-5			Feather		
80	176-6				Feather	
85	187-6	Light	Light			Feather
90	198-7			Light		
95	209-7				Light	
100	220-7		Welter			Light
105	231-8			Welter		
110	242-8				Welter	
115	253-8	Middle / Heavy	Middle			Welter
120	264-9			Middle		
125	275-9				Middle	
130	286-9		Cruiser / Heavy			Middle
135	298-10			Cruiser / Heavy		
140	308-10				Cruiser / Heavy	
145	319-11					Cruiser / Heavy
150	330-11					

WOMEN		IFS Current	Euro	Option #1	Option #2
kg	lbs	15 kg	10 kg	10kg	10kg
50	110-4				
55	121-4		Feather		
60	132-4			Feather	
65	143-7	Light	Light		Feather
70	154-5			Light	
75	165-5		Welter		Light
80	176-6	Middle / Heavy		Welter	
85	187-6		Middle		Welter
90	198-7			Middle	
95	209-7		Cruiser / Heavy		Middle
100	220-7			Cruiser / Heavy	
105	231-8				Cruiser / Heavy
110	242-8				
115	253-8				



THE GEORGIA SUMO OPEN XII

By Packy Bannevans

After participating in JapanFest since 1997 and hosting a tournament there since 2005, you would think that there would not be any issues with scheduling this annual event. However, due to high demand from other martial arts groups, we were originally allocated only a 30 minute time slot for this year's demonstration and tournament. After some last minute negotiations and through great cooperation from the Kyudo Alliance (Thanks Ed Symmes!), we were able to secure 75 minutes on the floor of the archery range.

Just prior to JapanFest, Michael Gokey and Eric Griffin of the Georgia Sumo Association passed their orange belt kyu-grade tests and were happily showing off their new ranks at the event. I was of course a participant as was our local sumo celebrity Stiliyan Georgiev. Stiliyan placed 5th at the World Championships this year and has been a medalist in the lightweight division nine of the last 12 years. We were also joined again by Cornelius Booker who drove up from Panama City Beach, FL for the second straight year. Tom Zabel made the trip from San Antonio, TX to serve as our official referee.

New to the competition this year were two middleweights from North Carolina – Ruslan Mukhamadiyarov and Hiro Okuda. Both of these gentlemen are not new to sumo and had already participated in the U.S. Sumo Open earlier this year. Ruslan has a Greco-Roman wrestling background and Hiro started sumo when he was in college in Japan. We were very glad to have them and hope that Ruslan will join us again, though unfortunately Hiro is returning to Japan in October.

Because of the plethora of middleweights, we held a 7 person open-weight repechage style tournament. The 1st match saw newcomer Hiro getting the best of Cornelius and advancing. In the 2nd bout, sensei defeated student as Packy won over Michael. Stiliyan wasted little time in besting Eric in the 3rd fight.

Ruslan and Hiro fought the battle for the best in North Carolina next with Ruslan prevailing. Stiliyan easily pulled Packy down in the 5th match to reach a 2-0 record. The 6th bout was a Georgia Sumo grudge match which saw Michael overpower Eric and force him out of the tournament. The next fight between Packy and Cornelius put the Florida native back on the winning track and relegated Packy to emcee duties for the rest of the day.

The 9th match was between our undefeated European wrestlers, but Stiliyan came out on top to secure yet another championship in the Georgia Sumo Open. Hiro and Cornelius met again in a rematch of the first bout of the day, but this time Cornelius came out the winner and Hiro was eliminated. The final fight of the day was between Cornelius and Ruslan to determine 2nd and 3rd place finishers. Although Ruslan seemed to be in control, he inadvertently stepped out of the dohyo and finished in 3rd place behind Cornelius as a result.



Georgia Sumo Open XII – Stiliyan vs Ruslan
Courtesy of Denise Aldridge

After the tournament was complete, we continued to wrestle for the remainder of our time slot and also had a few matches with people from the audience. We had some great Japanese food and adult beverages afterwards at the festival food court and a few of us went out to close the evening at a Brazilian steakhouse. Thanks to everyone who came out for practice on Thursday, set-up on Friday, and the event itself on Saturday. I look forward to sponsoring this event next year on the 3rd weekend in September, though we may switch days to Sunday in order to have a greater amount of stage time. Dosukoi!



Georgia Sumo Open XII - Courtesy of Denise Aldridge

SUMO TITAN GAMES - Indianola, Iowa

By Bill Gossett

The USSF is continuing to reach out to states that have not experienced much sumo. On October 2nd, the Sumo Titan Games were held in conjunction with the America Crown Preseason Nationals at Simpson College in Indianola, Iowa.

Although it is very early in the wrestling season this event garners 250 wrestlers from 30 states. We had approximately 14 junior and youth wrestlers try their hand at sumo in our first year. Kelly Gneiting, Americus Abesamis and Matt Ritchie, were in attendance and held a sumo demonstration for the approximately 600 spectators and wrestlers in attendance. The Junior and Youth wrestlers learned the fundamentals of sumo and a great time was had by all.



Junior Division!
Photo courtesy of Bill Gossett



Age 8-10 Division
Photo courtesy of Bill Gossett



Age 6-8 Division.
Photo courtesy of Bill Gossett



Age 6 & Under.
Photo courtesy of Bill Gossett



SUMO

TIDBITS

2017 U.S. NATIONALS HELP

By Tom Zabel

Lone Star Sumo will be hosting the U.S. National Sumo Championships on 20 May 2017 (weekend after Mother's Day) in San Antonio, TX.

It will be held in conjunction with the 2nd Annual Asian-Pacific Island Celebration (APIC) Festival. The venue – Trader's Village – has foot traffic of over 30,000 people each weekend so we should draw a large spectator crowd.

We also have a tentative, *“Yes, I would love to be there”*, from Yokozuna Akebono. He has put our event on his calendar.

There is a GO FUND ME page that we would appreciate if you would circulate to your friends and family supporters in order to make Akebono's visit a reality.

Link: <https://www.gofundme.com/2gke3yc>
or you can search by **“Sumo - US National”**.



Yokozuna Akebono

Additional details will follow but you are always welcome to contact Tom Zabel at mrsumo@txun.net or call 210-478-2267.

10th Annual TEXAS CLASSIC SUMO TOURNAMENT & CLINIC

20-23 October, 2016

This is the schedule for our tournament and clinic.

A hotel by the airport will be close to the clinic and tournament venue.

Please feel free to contact Tom Zabel for any questions or additional information.

LONE STAR SUMO CLINIC SCHEDULE

OCT	DAY	AM / PM	TIME	REMARKS
20-Oct	Thu	Morning		
		Afternoon		Arrivals
		Evening	8:00 PM	1st Session
21-Oct	Fri	Morning	9:00 AM	2nd Session
		Afternoon	1:00 PM	3rd Session - Testing (if needed)
		Evening	6:00 PM	4th Session
22-Oct	Sat	Morning		
		Afternoon	1:00 PM	Tournament
		Evening	6:00 PM	After Party
23-Oct	Sun	Morning	10:00 AM	5th Session
		Afternoon		Departures
		Evening		

Kung Jung Mu Sul of Texas: 1583 Thousand Oaks Dr. San Antonio, TX 78232