



# AMERICAN SUMO



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

## Inspirational Thought:



*“We could learn a lot from crayons. Some are sharp, some are pretty, and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.”*

- Unknown

Celebrating Trent’s SILVER performance.  
L to R: Mark Lawrence, Mike Wietecha,  
Trent Sabo, Andrew Freund, Kena Heffernan  
Photo Courtesy of Jenelle Hamilton



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## USSF Sanctioned Events

<u>DATE</u>	<u>LOCATION</u>	<u>EVENT</u>	<u>POC</u>	<u>TYPE</u>
26 Aug 17	Parkville, MO	Titan Games	Bill Gossett	Tournament
16 Sep 17	Duluth, GA	13 <sup>th</sup> Georgia Open	Packy Bannevans	Tournament
17 Sep 17	San Francisco, CA	Sumo Demo	Andrew Freund	Demonstration
14 Oct 17	San Antonio, TX	11 <sup>th</sup> Texas Classic	Tom Zabel	Tournament
24 Feb 2018	St Joseph, MO	15 <sup>th</sup> US Nationals	Bill Gossett	Tournament

## International Events

<u>DATE</u>	<u>LOCATION</u>	<u>EVENT</u>	<u>QUALIFYING EVENT</u>
2018	Taiwan	World Championships	2018 U.S. Nationals / North Americans
2019	Honolulu, Hawaii	World Championships	2019 U.S. Nationals / North Americans

# 2017 World Games

## Member of Team USA Earns A Silver Medal!

CONGRATULATIONS goes out to TRENT SABO who brought home a SILVER MEDAL after competing in the Men's Lightweight division at the World Games in Wroclaw, Poland in July! He defeated contenders from Egypt, Japan, and Ukraine, while finally succumbing to Russia in the gold medal match. This is the first sumo medal won by Team USA at the World Games – no small feat and a tremendous effort by Trent. Congratulations again, and for those that know you, we have seen how dedicated you are to the sport and this adds to your other accomplishments: National titles, bronze medal at 2008 World Championships, etc... We are proud to have you represent the USA!

We had several others on Team USA also notch up a win or two: Colton Runyan, Michael Wietecha, Sonya del Gallego, Kena Heffernan, and Mark Lawrence all had their name in the win column. It was a nice showing for Team USA, great job to all the members of TEAM USA!

Here is the link to see all the medal matches and podium awards, including Trent's silver medal finish:  
<https://www.youtube.com/watch?v=MOZ1rs9uL-U&feature=share>

Send Trent a congratulatory e-mail at: [trentsabo@hotmail.com](mailto:trentsabo@hotmail.com)



Trent on the podium.  
Photo Courtesy of Bill Gossett

### 2017 Team USA

Front Row: Janna van Witbeck, Natalie Burns,  
Trent Sabo, Jenelle Hamilton, Sonya del Gallego

Back Row: Andrew Freund, Mark Lawrence,  
Kena Heffernan, Colton Runyan, Bill Gossett

Missing from photo: Michael Wietecha

Photo Courtesy of Bill Gossett



# 2017 World Games

The World Games are held every four years, the year after the summer Olympics. The first one was held in 1981 and contain sports, or disciplines within a sport, that are not in the Olympic Games. The World Games are organized and governed by the International World Games Association (IWGA) and recognized by the International Olympic Committee (IOC). This year the World Games were held in Wroclaw, Poland. The next host city will be Birmingham, Alabama in 2021.

Sumo was introduced as a World Games sport at the 2005 World Games in Duisburg, Germany. The competition is a little different than some of the other international sumo events in that: 1) As stated earlier, it is held every four years, the year after the summer Olympic Games, 2) Two competitors from each division (light, middle, and heavy for both men and women) may compete from each Continental qualifier (this 2 per continent is NOT a hard and fast rule, but has been the general guideline), 3) NO juniors, 4) ALL competitors (light, middle, and heavy) compete in Open-weight together on Day 2, and 5) NO team competition.

## Team Results

2017 WORLD GAMES					
Wroclaw, Poland 22-23 July, 2017					
Division	Team USA	W /L	Country	Name	Technique
W - L	Janna van Witbeck	Lost	POL	Aleksandra Rozem	Oshidashi
W - L	Jenelle Hamilton	Lost	NOR	Juell Bugge Rikke	Sukuinage
M - L	Andrerw Freund	Lost	EGY	Abdelraham Elsefy - Top 6	Oshidashi
M - L	Andrew Freund	Lost	AUS	Joel Kindred	Tsuridashi
M - L	Trent Sabo	Won	EGY	Fathy Abouelroklo - 4th	Yorokiri
M - L	Trent Sabo	Won	JPN	Isao Shibaoka	Hatakikomi
M - L	Trent Sabo	Won	UKR	Kostiantyn Bulatov	Yorikiri
M - L	Trent Sabo	Lost	RUS	Batyr Altyev	Uwatedashinage
W - M	Sonya del Gallego	Lost	BRA	Juliana dePaula Medeiros	Oshitaoshi
M - M	Colton Runyan	Won	AUS	Daniel Bazzana	Oshidashi
M - M	Colton Runyan	Lost	RUS	Atsamaz Kaziev	Uwatenage
M - M	Colton Runyan	Lost	VEN	Wlater Rivas	Sukuinage
M - M	Kena Heffernan	Lost	EGY	Misbah Hossam	Yorikiri
M - M	Kena Heffernan	Lost	GEO	Giorgi Meshvildishvili	Komatasukui
W - H	Natalie Burns	Lost	JPN	Yuka Ueta	Yorikiri
M - H	Michael Wietecha	Won	EGY	Ibrahim Abdellatif	Oshidashi
M - H	Michael Wietecha	Lost	RUS	Vasilii Margiev	Tsukiotoshi
M - H	Michael Wietecha	Lost	POL	Jacek Piersiak	Yorikiri
M - H	Mark Lawrence	Lost	EGY	Ramy Belal	Okuridashi
M - H	Mark Lawrence	Lost	GEO	Avtandil Tsertsvadze	Yorikiri
W - O	Sonya del Gallego	Won	UKR	Maryna Maksmenko	default
W - O	Sonya del Gallego	Lost	RUS	Olga Davydko - 3rd	Oshitaoshi
W - O	Natalie Burns	Lost	MGL	Undrakhzaya Nyamsuren	Uwatenage
W - O	Jenelle Hamilton	Lost	HUN	Fruzsina Forgo	Yorikiri
W - O	Janna van Witbeck	Lost	POL	Jagoda Mazurek	Oshidashi
M - O	Andrew Freund	Lost	AUS	Daniel Bazzana	Oshidashi
M - O	Kena Heffernan	Won	VEN	Wlater Rivas	Hikiotoshi
M - O	Kena Heffernan	Won	EGY	Fathy Abouelrokb	Tsukidashi
M - O	Kena Heffernan	Lost	MGL	Usukhbayar Ochirkhuu	Yorikiri
M - O	Mark Lawrence	Won	GEO	Giorgi Meshvildisvili	default
M - O	Mark Lawrence	Won	MGL	Ulambayar Byambajav	default
M - O	Mark Lawrence	Lost	JPN	Hayato Miwa - 3rd	Yorikiri
M - O	Mark Lawrence	Lost	UKR	Mykola Kozhukhov	Yorikiri
M - O	Colton Runyan	Lost	UKR	Oleksandr Veresiuk	Yoritaoshi
M - O	Trent Sabo	Lost	RUS	Atsamazkaziev	Tsukidashi
M - O	Michael Wietecha	Lost	AUS	Eoghn Jorge Tivoli	default

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.

## BUTSUKARI

The tachiai (initial charge) is probably the most important time in a sumo match. This is where a rikishi's preparation and actual combat meet. A sumo match is normally finished within a few seconds so it is imperative that a rikishi has a solid, strong start. A strong or weak tachiai usually is the difference between winning and losing.

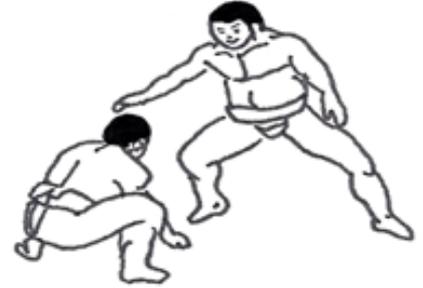
One way to practice your tachiai is by doing butsukari (meaning: collide with or crash into). Oshi (pushing) is the most fundamental skill used in sumo and that is what butsukari is – a pushing drill. (Note: Ukemi is normally done in conjunction with this training, either in the middle or the end of the routine.)

Step 1: Charge against a defender from the position of shikiri.

The defender opens his chest so that he can be attacked easily.

From shikiri, use the position of chugoshi to push the defender.

It is the defender's job to give you some resistance and move around the ring, to which you keep following and pushing. He also makes sure your elbows stay pinned to your sides and then finally allows you to push him out of the dohyo.



Step 1



Step 2

Step 2: When striking defender, place hands on bottom and side of his chest, under his armpits. Bury forehead into defender's upper chest, creating a power triangle with head and hands. The forehead and hands should meet the defender at the same time for maximum impact. Push the defender back with force. Do not grab the mawashi. This is an oshi drill, use the push as in oshidashi. Elbows should be pinned to your side and stay "cocked".



Step 3

Step 3: Push defender with your head and hands to the dohyo's edge. Advance/slide your feet with suriashi.



Step 4

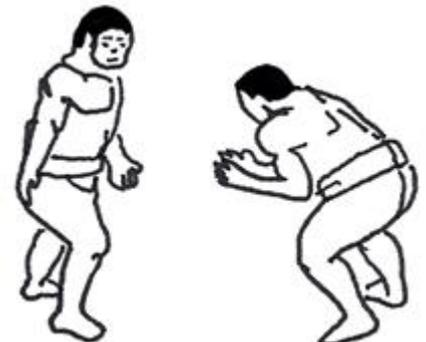
Step 4: Force defender back and out of the dohyo by squatting.

Come out of the squat pushing forward and extending arms upward (uncocked) forcing his upper body to raise up and back.

(Note: In a real match your opponent will lock his feet onto the tawara and you will need the extra force by extending your arms at this time, at the edge of the dohyo.)

Do not step outside the dohyo; keep your feet anchored on the inside of the dohyo.

After forcing the defender out, squat at the edge of the dohyo.



Step 5

Step 5: Change directions and start again.

The defender (who is usually the instructor) will repeat this 5-7 times.

At the end of routine, the "pusher" will squat inside, at the edge of the dohyo.

The instructor will push down on the pusher's shoulders for an 8-count.

There are 8 different slap/pull down techniques: **Hatakikomi**, **Hikiotoshi**, **Hikakke**, **Kainahineri**, **Okurihikiotoshi**, **Sokubiotoshi**, **Sabaori**, and **Yobimodoshi**.

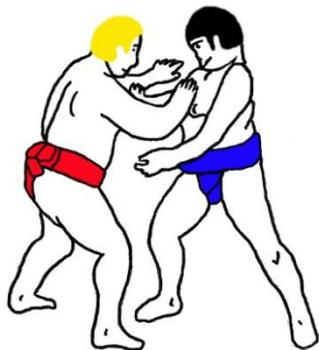
We've discussed Hatakikomi and Hikiotoshi before so lets look at two others.

## HIKKAKE

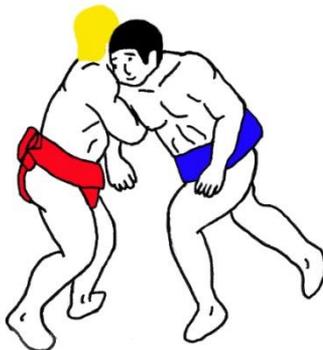
### Arm Pull Force Out

“**Hikkake**” is translated as “**hook, trap, or ensnare**”.

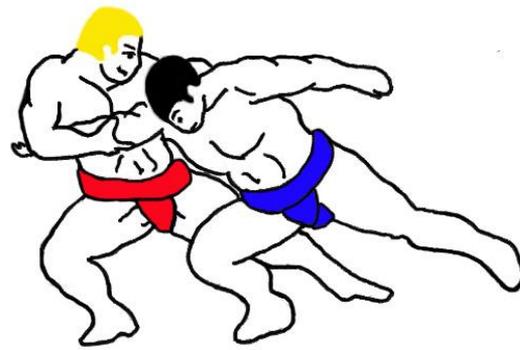
The attacker slings his opponent out of the ring by grabbing his arm with both hands – often in response to a pushing /thrusting attack – and pulling him while moving back and to the side.



STEP 1



STEP 2



STEP 3

STEP 1 This is best used during a heated push or thrust exchange. As a defensive move, when you are driven to the edge, shift away from your opponent's charge.

STEP 2 Hook or grab your opponent's arm and pull it toward you while twisting away from his charge.

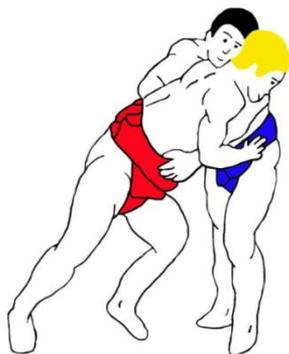
STEP 3 While continuing to pull his arm, grab your opponent's mawashi from behind with your other hand and pull him past you and down or out of the dohyo.

## KAINAHINERI

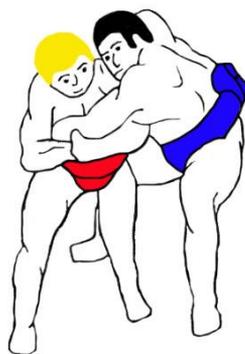
### Two-Arm Twist Down

“**Kaina**” means “**arm or lock arms with**”, “**hineri**” is “**twist or turn**”.

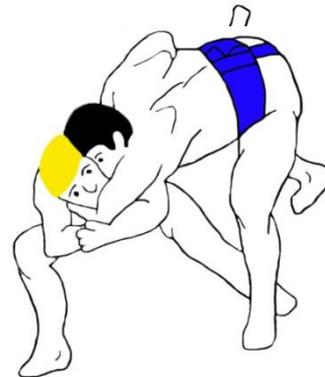
The attacker locks up one of the defender's arms with both arms and, turning into his opponent, twists him over and into the clay.



STEP 1



STEP 2



STEP 3

STEP 1 Grab one of your opponent's arms with both of yours. This can be done either with a double inside, double outside, or one inside and one outside grip.

STEP 2 Turn/twist away in the direction of your opponent's push with all your might. Pull your opponent over your back leg.

STEP 3 As he is off balance, continue to pull him into you and down. Be careful not to let your opponent get behind you and gain his balance.

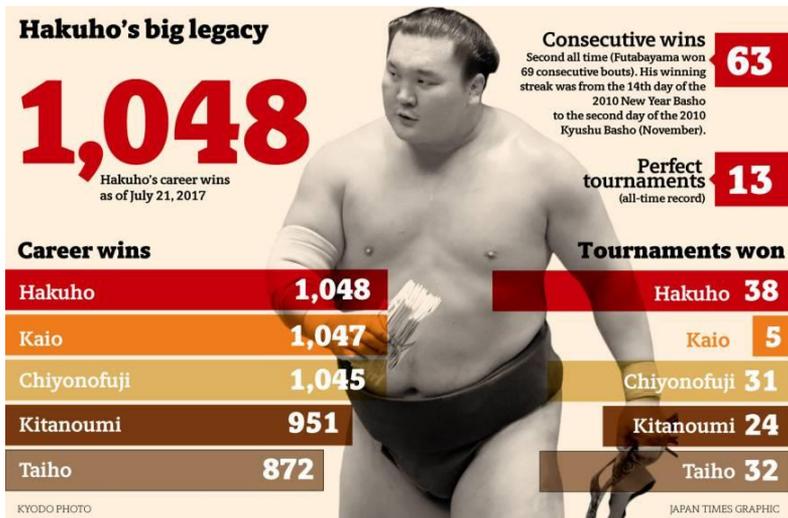
# JAPAN'S PRO NEWS

## HAKUHO CONTINUES RECORD BOOK REWRITE IN NAGOYA

### TAKES YUSHU #39, PASSES KAIO TO BECOME ALL-TIME CAREER WINNER

by Jim "Yukikaze" Lowerre

HAKUHO was likely feeling great about life in general. He entered the Aichi Prefectural Taiikukan for the 2007 Nagoya Basho in his accustomed yokozuna #1-East banzuke slot, thanks to going zensho for the 13th time at Natsu 2007 for his 38th Makunouchi yusho. His new training regimen had revitalized him, moved him past the nagging injuries that had reduced his effectiveness in the recent past. But now he had two new targets to focus on: the current record of 1047 all-time career wins held by former ozeki *Kaio* (now Asakayama Oyakata) and the previous record of 1045 set by the late *Chiyonofuji*.



Photo/Graphic courtesy of the Japan Times/Kyodo Photo

“Sleeping Thunder” picked up precisely where he’d left off in Tokyo, leaving lower sanyaku and high maegashira competitors strewn across the dohyo in his wake. It looked as if he was going to go zensho again – but then came his day 11 match with MITAKEUMI, who was newly promoted to the sekiwake-West slot. MITA fought hard, and put sand on the yokozuna. But HAKUHO pushed the setback aside: his day 13 win over newly-anointed ozeki #2-East TAKAYASU was career win number 1048, to make him the new all-time career win record holder.

HAKUHO’s 14-1 final mark gave him his 1050th career victory, his 39th Makunouchi title – and leaves him at the brink of achieving a mark previously believed unattainable: winning FORTY top-division yusho.

The newest yokozuna, #2-East KISENOSATO withdrew on day 6 after losing 3 of his first five contests, while yokozuna #2-West KAKURYU ‘tossed in the towel’ on day 4. Ozeki #1-East TERUNUFUJI lost 4 of his first five before leaving the competition. Maegashira #3-West ENDO left on day 5.

Yokozuna #2-East HARUMAFUJI lost his first two torikumi,

putting him in a deep hole for the yusho race. He won his next six; but losing to maegashira #4-East URA slammed the gate in his face. A senshuraku defeat at HAKUHO’s hands resulted in a ‘passing grade’ 11-4. TAKAYASU’s ozeki debut started with a kuroboshi before he took seven straight wins. But he didn’t step up the effort as the competition got tougher: five of his last seven torikumi ended in defeat. He finished at 9-6, which could also be considered a ‘passing grade’. The only other ozeki still on his feet, West-sider KAKURYU put on an inconsistent performance. He managed a 5-3 mark as of day 8, but then went sideways to drop 5 of his last 7 and finish at 7-8, leaving himself at the edge of the kadoban cliff.

In the lower sanyaku, MITAKEUMI finished at 9-6 and was awarded the Shukun-Sho (Outstanding Performance Prize) for besting HAKUHO. Sekiwake-East TAMAWASHI mixed wins and losses to arrive at senshuraku with 7-7 balanced books. But maegashira #5-West TOCHIOZAN was determined to get into the joi-jin ranks: he set TAMA down and left him at 7-8. Former ozeki, now komusubi-west KOTOSHOGIKU did his level best to try and stop his downward slide into the maegashira ranks despite his damaged wheels. It wasn’t enough: Sadogatake Beya’s heyagashira dropped his first four and ended his stay in sanyaku with a 7-8. By comparison, East-sider YOSHIKAZE stood 4-4 on day 8 – but then won 5 of his last 7 to post a 9-6 and finish his stint in the “killer rank”.

The big story in the maegashira ranks – and it was a BIG story – was the performance of #8-East AOIYAMA. The behemoth from Bulgaria won his first seven, and nine of his first 11, to post an amazing 13-2 and easily take the Kanto-Sho (Fighting Spirit Prize). (Query: how was it that the only sanyaku rikishi AOI faced in this tournament was YOSHIKAZE – and that occurring on senshuraku?)



Hakuho on Day 14, winning against Ozeki Goeido.  
Photo/ courtesy of the Japan Times/

### JUNIOR DIVISION YUSHO WINNERS

DIVISION	RANK	NAME	BIRTHPLACE	HEYA	RECORD
Makushita	#11-E	YAGO	Hokkaido	Oguruma	7-0
Sandanme	#11-E	FUKUGORIKI	Fukushima	Arashio	7-0
Jonidan	#10-E	ENHO	Ishikawa	Miyagino	7-0
Jonokuchi	#25-E	TOMOKAZE	Kanegawa	Oguruma	7-0



# SUMO

# TIDBITS

## U.S. SUMO FEDERATION HOSTING THE 2019 WORLD CHAMPIONSHIPS IN HAWAII

The U.S. Sumo Federation put in a bid to host the Sumo World Championships in Honolulu, Hawaii. At the International Sumo Federation (IFS) Annual Meeting held at the World Games in Wroclaw, Poland last month the USSF was given the host duties for 2019. A big shout out to Kena Heffernan for being the lead on this. The USSF will need any assistance you can give, if you can help out in the planning and execution of this please e-mail us at [president@americansumo.org](mailto:president@americansumo.org).

It will be an event you won't want to miss! More specific details will follow.

## 2018 TRUSTEE ELECTIONS

This is just a reminder that Trustee elections are coming up and get you thinking about who you would like to see during the next term or if you might consider running for the office yourself.

After the beginning of the year, three of the five USSF Trustee positions will be up for election. The positions held by Andrew Freund, Matt Ritchie, and Tom Zabel will be up for grabs. (Trent Sabo's and Bill Gossett's terms are up in 2020). Trustees are elected for four years.



The United States Sumo Federation was represented by Americus Abesamis at the largest Martial Arts Gathering at Dragonfest Expo 2017 at Los Angeles Marriott Burbank Airport Convention Center on Saturday August 5<sup>th</sup>, 2017. He also had the chance to perform a sumo demo for the audience. Dragonfest was hosted by the Martial Arts History Museum.

Photo courtesy of Americus Abesamis