



# AMERICAN SUMO



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

## Inspirational Thought:



*"Truth is a hard master, and costly to serve, but it simplifies all problems."*

- Ellis Peters

*"Lying makes a problem part of the future; truth makes a problem part of the past."*

- Rita Pitino

## INSIDE THIS NEWSLETTER

*Sumo Essentials:* Chirichozu

*Kimarite Korner:* Lifting Techniques  
Okuritsuridashi & Tsuriotoshi

*Japan's Pro News:* Hakuho Achieves Big  
"Four Oh" On Kyushu Spree

**Features Articles:**  
Invitation by Foreign Ministry  
Oregon Sumo Summit

**Sumo Tidbits:**  
2019 World Combat Games  
2018 Trustee Elections  
2018 Nationals Announcement

### USSF Sanctioned Events

| <u>DATE</u> | <u>LOCATION</u> | <u>EVENT</u>                           | <u>POC</u>   | <u>TYPE</u>   |
|-------------|-----------------|--|--------------|---------------|
| 17 Feb 2018 | San Antonio, TX | Asian Festival                         | Tom Zabel    | Demonstration |
| 24 Feb 2018 | St Joseph, MO   | 15 <sup>th</sup> US Nationals          | Bill Gossett | Tournament    |
| 7 Apr 2018  | San Antonio, TX | Tajeda History Faire                   | Tom Zabel    | Demonstration |
| 19 May 2018 | San Antonio, TX | 8 <sup>th</sup> Asian-Pacific Festival | Tom Zabel    | Tournament    |
| 13 Oct 2018 | San Antonio, TX | 12 <sup>th</sup> Texas Classic         | Tom Zabel    | Tournament    |

### International Events

| <u>DATE</u>     | <u>LOCATION</u>      | <u>EVENT</u>        | <u>QUALIFYING EVENT</u>                   |
|-----------------|----------------------|---------------------|---|
| Jul 21-22, 2018 | Taoyuan City, Taiwan | World Championships | 2018 U.S. Nationals / North Americans     |
| 2019            | Honolulu, Hawaii     | World Championships | 2019 U.S. Nationals / North Americans     |
| 2019            | Taiwan               | World Combat Games  | 2018 or 2019 U.S. Nationals / N Americans |

Anyone interested in helping to write/coordinate articles, etc... for the bi-monthly Newsletter please contact Tom Zabel at [MrSumo@txun.net](mailto:MrSumo@txun.net)

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.

## CHIRICHOZU

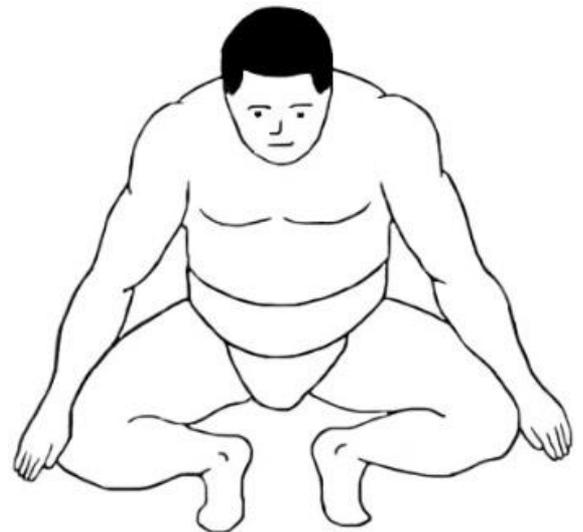
Chirichozu is an outward expression of cleansing and is another form of salute in sumo. It is performed in preparation of the match after the athletes step into the dohyo and bow to one another.

“**Chiri**” is to “**brush off dust**”, “**chozu**” is to “**wash oneself**”. Both rikishi perform this movement at the same time symbolizing they are cleansing themselves before the match begins, while also showing each other respect, that they will fight a fair match, they do not possess any weapons, and to prepare mentally for the upcoming match. This is the dohyo-iri or ring entering ceremony.



STEP 1

Step 2: With hands on your knees, palms facing downward, salute (bow) by bending upper body forward (approx. 15 degree angle). While bringing your hands toward one another. The bow is to acknowledge your opponent and show him respect and the motion signifies you are dipping your hands in water.



STEP 2



STEP 3

Step 3: Position both hands in front of the chest. Begin with one (left) palm over the other (right), (it doesn't matter which hand is over the other to start), then turn hands over so that the right palm is over the left. This signifies the washing of your hands, cleansing yourself before the match.

STEP 4: Separate the hands by drawing your elbows back. Bring your palms together in an “almost” clap (hands should not touch). Then draw your elbows back again, this time bringing palms together in a clap. Clap only once as the hands come together.

Ideally this would be synchronized with your opponent. This signifies the athletes getting the attention of the spirits



STEP 4

STEP 5: Hold hands together momentarily, palms facing each other.



STEP 5

STEP 6: Open palms, without separating the pinky fingers of both hands, similar to opening a book. This signifies opening a religious book – asking for strength, good sportsmanship, and no injuries.



STEP 6

STEP 7: Raise arms to the side turning the palms upward.



STEP 7

STEP 8: Turn both palms downward.

Both of these moves (Step 7 & 8) signify showing your opponent that you come to the match with no weapons.



STEP 8

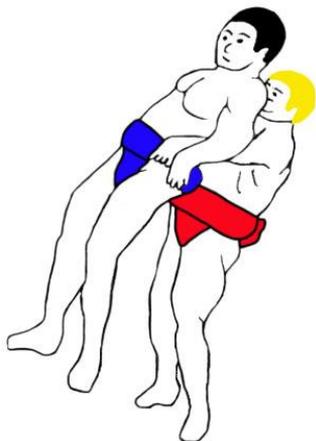
There are 6 different lifting Techniques: **Tsuridashi**, **Utchari**, **Okuritsuridashi**, **Tsukaminage**, **Tsuriotoshi**, and **Okuritruriotoshi**.

We have discussed Tsuridashi and Utchari in previous *Newsletters*. Here are two others:

### OKURITSURIDASHI Rear Lift Out

“**Okuri**” is “**behind**” or “**rear**”. “**Tsuri**” is “**lift**” or “**raise**”. “**Dashi**” in sumo means “**out of the dohyo**”.

After circling around the defender, the attacker drops his hips, lifts the defender up, and carries him over the edge of the ring.



STEP 1

STEP 1 After getting behind your opponent, lift him up into the air, and carry him out of the dohyo.

Note: When performing tsuridashi (or similar lifting technique, e.g. okuritsuridashi), you are allowed to step one foot outside the dohyo and place your opponent on the ground. You must have full control and step out forward, not sideways or backwards. This is done for safety to prevent injury to either rikishi. The match is declared over as soon as you step out, before you place your opponent on the ground.

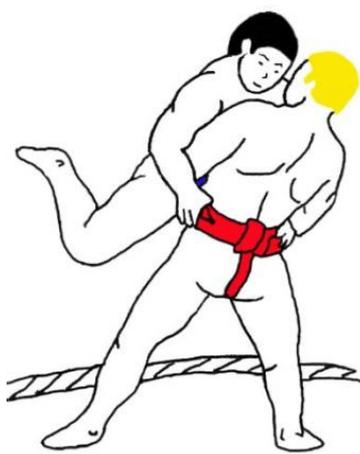
### TSURIOTOSHI Lifting Body Slam

“**Tsuri**” means “**lift**” or “**raise**”. “**Otoshi**” is “**kneel**” or “**fall forward**”

In this power technique, the attacker drops his hips while pulling the defender in, then lifts him into the air. But rather than deposit his opponent outside the ring, the attacker swings his opponent sideways and drives him into the clay. Used when the opponent’s struggling prevents lifting him out.



STEP 1



STEP 2



STEP 3

STEP 1 Pull your opponent toward you and lower your hips so that your mawashi is lower than your opponent’s.

STEP 2 Lift your opponent into the air. Do not let him separate your upper bodies. Pull/keep his mawashi in tight to yours.

STEP 3 Swing your opponent sideways and drive him down into the clay.

# JAPAN'S PRO NEWS

## HAKUHO ACHIEVES BIG "FOUR OH" ON KYUSHU SPREE KAKURYU, KISENOSATO WITHDRAW; HARUMA RETIRES AFTER "INCIDENT"

by Jim "Yukikaze" Lowerre



Yokozuna Hakuho bests Endo on Day 14  
to secure the title – Japan Times

Whatever may have been keeping HAKUHO from competing at Aki 2017, it had apparently been well and truly dealt with by the time Kyushu 2017 rolled around. Placed in the yokozuna #1-West slot on the Kyushu 2017 banzuke, "Sleeping Thunder" slashed his way through his first 10 torikumi with little apparent difficulty. Day 11 was an occurrence of "senior moment" as he stopped fighting in the belief that a "matta" had been called. Sekiwake-West YOSHIKAZE kept going and spilled the yokozuna off the dohyo. (Like the football coaches always say: "go all out, and don't stop play until you hear a whistle!") It cost HAKUHO a chance at his 14th zensho yusho; but he put the mistake aside, 'ran the table' for a 14-1 posting - and took possession of the Tenno-Hai for the 40th instance.

As for the other grand champions: #2-West KAKURYU did not compete. #2-East KISENOSATO started reasonably well, with four wins in his first six matches. But he then lost his next three (giving up a total of five kinboshi), withdrew on day 10 and finished at 4-6-5. And in the lead-up to the tournament, an alcohol-accelerated fight has

resulted in Aki 2017 champion, yokozuna #1-East HARUMAFUJI, filing for retirement after losing his first two bouts. (Note: you may find further details on HARUMAFUJI's retirement as a result of the incident with fellow Mongolian rikishi TAKANOIWA, as told by the Japan Times, at (<https://www.japantimes.co.jp/sports/sumo/>) – Ed.)

Ozeki-East GOEIDO won his first five bouts; but did not gain his kachi-koshi until his opposite number, ozeki-West TAKAYASU, withdrew on day 13. GOEIDO finished with a passing-grade 9-6. TAKAYASU was apparently fighting hurt most of the tournament, but stuck it out until he got his eighth victory on day 11 for a kadoban-evading 8-5-2.

In the lower sanyaku: YOSHIKAZE's win over HAKUHO would be the last he would get this time out, as he slumped to a 6-9. #1-East MITAKEUMI did a very good job standing his ground as he won four of his final six to finish out at 9-6. #2-East TERUNOFUJI suffered a complete collapse: he lost his first four, withdrew on day 5 and ended matters at 0-5-10. Former ozeki, now komusubi-East KOTOSHOGIKU continued his slide down the ranks with eight kuroboshi in his first ten torikumi. He was able to get his head above water in the last five matches, but his 6-9 posting means his 'erebeta' is still headed down. On the west side, ONOSHO started inauspiciously with six defeats in his first seven bouts (the one win was over HARUMA). But then he 'pulled up his tabi' and won seven of his last eight to gain a hard-fought kachi – and a likely promotion to sekiwake for Hatsu 2018.

Four sumotori tied for the top score in the maegashira ranks: #1-East TAMAWASHI, #1-West TAKAKEISHO, #3-West HOKUTUFUJI and #12-East OKINOUMI all finished with 11-4 records. TAKAKEISHO won the Shukun-Sho (Outstanding Performance Prize), OKINOUMI shared the Kanto-Sho (Fighting Spirit Prize) and HOKUTOFUJI garnered the Gino-Sho (Technique Prize).

### JUNIOR DIVISION YUSHO WINNERS

| DIVISION  | RANK  | NAME       | BIRTHPLACE | HEYA        | RECORD |
|-----------|-------|------------|------------|-------------|--------|
| Makushita | #10-W | TOCHIHIRYU | Shizuoka   | Kasugano    | 7-0    |
| Sandanme  | #53-E | TOMOKAZE   | Kanagawa   | Oguruma     | 7-0    |
| Jonidan   | #15-W | SHOJI      | Akita      | Musashigawa | 7-0    |
| Jonokuchi | #18-E | KOTOSEIGO  | Fukuoka    | Sadogatake  | 7-0    |

# IFS Invitation - *SPORT FOR TOMORROW*

by Tom Zabel

The International Sumo Federation (IFS), through the Japan Ministry of Foreign Affairs' *Sport For Tomorrow* program invited a team from the U.S. to get a more in-depth behind-the-scenes look at their sumo organization. This was mainly to give us some tools and insight on organizing the 2019 World Championships and ways to build the sport in the United States. The IFS requested a coach and four athletes. We sent a diverse group, as it turned out - an athlete from each weight division (Roy Sims, Kena Heffernan, and Cornelius Booker), a female (Helen Delpopolo), and a coach (Tom Zabel).

Our meetings with the IFS consisted of going over some basic sumo skills, various training routines, gyoji and judging responsibilities, materials needed to build a clay dohyo, day-by-day build out of the dohyo, and the assorted items needed for the tournament. We met with the Japan-Hawaii Tourism group to discuss venues and ideas to bolster spectator attendance at the World Championships along with a special meeting with the Ministry of Foreign Affairs to discuss the *Sport For Tomorrow* program and say "Thank You" for the invitation.

The team had an opportunity to practice with the team from Nihon University which gave us a true sense of what a kekko session/routine is like in Japan. Our guys and gal received some amazing instruction on how to make their sumo better which we can in turn pass on to others here in the U.S.. The team attended the All Japan Sumo Championships where 68 of the top amateur sumo wrestlers compete. Part of that experience was to not only watch the athletes and how they did, but also to pay attention to the gyoji and judges on how they rotated throughout the day and their duties around the dohyo.

It was a wonderful trip and the USSF looks forward in collaborating with the IFS on an English language version of their training video. All the instruction and knowledge we received will aid in making our hosting of the 2019 Championships a success.



Team USA at Nihon University kekko.  
- photos courtesy of John Gunning



# 2017 Oregon Sumo Summit

By Shawn Buller



Athletes attending the Oregon Sumo Summit  
– photo courtesy of Uyen Tran

On December 8-10 Mendonca Academy of Martial Arts hosted the 2017 Oregon Sumo Summit. 7 Sumos met in McMinnville, Oregon for a peer coached, 2 day training session. In attendance was Trent Sabo, Justin and Johnathan Crite, Justin Kizzart, John Toigo, Cornelius Booker, and Shawn Buller. All the athletes gained valuable experience under the instruction of World Games Silver Medalist Trent Sabo.



## SUMO

## TIDBITS

### 2019 WORLD COMBAT GAMES

It was recently announced that the World Combat Games will be held in Taiwan toward the end of 2019. The dates have not been set yet but we will get you more info as it is released.

There are two main questions with this announcement: 1) Will the USSF still be hosting the World Championships in 2019? (Typically the World Championships are not held when another world/international event is held in the same year.) and 2) What will be the qualifier – the 2018 or 2019 U.S. Nationals/North Americans? More to come on those details.

### 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, Kelly Gneiting, 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.

# 2018 US National & North American Sumo Championships

**SATURDAY, FEBRUARY 24<sup>th</sup>**

## **Venue:**

**St Joseph Civic Arena  
100 N. Fourth St.  
St. Joseph, MO 64501**

World Team Trials for 2018 Seniors, Juniors, and Youth, in conjunction with the Liberty Nationals America Crown

## WEIGH-IN

Seniors only: Friday, Feb 23<sup>rd</sup>, 5pm – 6pm

Junior and Youth weigh-ins conducted with Liberty Nationals weigh-ins, Feb 23<sup>rd</sup>, 6pm – 8 pm

## REGISTRATION FEES

Seniors: \$50 one division, \$75 two or more divisions

Juniors and Youth \$25

Hotel Information: <https://stjomo.com/category/directory/hotels-and-motels/>

Senior Division begins approx. 9 an Saturday, Feb 24<sup>th</sup>

Juniors and Youth begin at the completion of the Senior Divisions, approx. 1 pm, Feb 24<sup>th</sup>

General Admission: \$20

Coaches Floor Pass: \$25

## Special Note:

If you are a participating athlete you will enter the facility at no charge, because you have a paid registration.

If you are a coach or spectator you will not be allowed into the facility without a paid admission wrist band.

This event will have approximately 5,000 in attendance on Saturday so security will be tight.

**USSF ANNUAL MEETING:** St Joseph Civic Arena, 7 pm, Special meeting Room

Contact: Bill Gossett Executive Director email [Bill@libertynationalswrestling.com](mailto:Bill@libertynationalswrestling.com) phone 816-877-4343

Contact: Andre Coleman Sumo Mat Director e mail: [andre\\_c@sbcglobal.net](mailto:andre_c@sbcglobal.net) phone 816-665-5350

Belt Testing: contact Tom Zabel ([MrSumo@txun.net](mailto:MrSumo@txun.net)) to set up time and place