

Sumo Training and Competition

Traditional Sumo training

Sumo training is famous for being one of the hardest in the world of sports, reaching limits the body can barely endure only the stronger spirits in sturdy bodies can survive the challenge. In Sumo competition, not always the bigger wins, technique and ability are necessary to defeat an adversary who often has the strength and the weight of several ordinary man and even moves fast as a cat.

Starting early in the morning, wearing barely nothing even during the Japanese freezing winter, sumo training keeps the path of "budo" martial arts and ancient traditional Japanese customs. The Shinto religion is deeply rooted and the members of the sumo stable "sumo-beya" not only compete but eat and live together in a strict hierarchy of rules displayed also in the training.

Sumo Grand Tournament

Sumo competition is a national event which assembles hundreds of the Japanese VIPs and even Imperial family members. Behind what non-experienced viewers can easily take for just overweighed bodies there are muscles of iron able to hold hundreds of kilos in midair. An elite of powerful wrestlers who have endured a stern life of training and discipline since the childhood to reach the summit of Japanese traditional sports.

In Sumo competition, not just the size but technique, ability and speed are necessary to defeat the adversary. No weight divisions are used, an individual wrestler can sometimes face an opponent twice his own weight. However, with superior technique, smaller wrestlers can control and defeat much larger opponents.

At the top class fighting time the stadium overflows with festive mood, colossus who often reach even more than 200 kilos standing tall, the Yokozuna come to stage. Wrestlers are ranked according to a system that dates back to the Edo period, Shinto religion and hundreds of years old ancient traditions and performances are displayed all around the arena.

The start of the fight is electrifying as both wrestlers charge in a blink against each other, the sound of the impact resounds the pavilion. Pushing, grappling even slapping the opponent's face but also dodging or jumping... sumo is full contact noble sport and the purpose is not to harm but to force the opponent to step out of the ring or fall.