

相撲

SUMŌ



ABOUT SUMŌ

Sumo is a Japanese wrestling art rich in history and tradition. It has now become a fast-paced and vigorous modern sport practised in many countries around the world.

The match area is only 4.55 meters across, and the loser is the first wrestler to step out or be thrown out of the area, or whoever touches the ground with any part of their body besides the feet. These simple refereeing criteria and sumo's often short and intense bouts are part of its general appeal. The physical and mental training of sumo is particularly rigorous, as victory or defeat is often decided in one powerful instant when the wrestler's body, skills and spirit must all come to bear simultaneously.

Sumo is an unarmed martial tradition which upholds etiquette and courtesy. Wrestlers must engage in matches fairly, and the virtue of fair play and honourable deportment are held in high regard. As sumo is

fun to practise and watch, its popularity has led to various tournaments being held both in and outside of Japan. Currently there are around 90 countries affiliated under the International Sumo Federation. Every year five separate Continental Sumo Federation Championships are held in each of the five affiliated continents where wrestlers and wrestling teams vie for the chance to compete in the annual Sumo World Championships.

