

AMERICAN SUMO

APRIL
2023

THE BI-MONTHLY NEWSLETTER ON
ALL THINGS SUMO WRESTLING



US RESULTS
2023 NATIONALS
& NASC

US RESULTS
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2023 NATIONALS

Orlando, Florida played host to the combined United States National Championship/North American Sumo Championship, where wrestlers from across the country qualified for international sumo events this fall.

Iron Wave Sumo put together an incredible day of sumo, featuring 75 wrestlers facing off in roughly 300 matches!

No beating around the bush, this year's nationals was complicated. It's somewhat unusual to have a year where the United States Sumo Federation has to determine qualifying wrestlers for both the World Championships and the World Combat Games. In such a year, the qualifications to be selected to Team USA are a little wonky. See our previous issue's Nationals preview for a breakdown of the qualifications, or keep reading to page 3 to see what went down at the event!

ALL NATIONALS PHOTOS BY MELISSA HENDERSON

LOOKING TO GET IN THE RING? RESOURCES ON PAGES 9 AND 10

AMERICAN SUMO IS PRESENTED BY GRAND SUMO BREAKDOWN



SUMO is a traditional combat sport originating in ancient Japan. The rules are simple: force your opponent out of the ring or force them to touch the ground with anything other than the soles of their feet. Professional Japanese tournaments are held 6 times a year. The 2-week long tournaments take place every odd-numbered month, with each wrestler fighting once per day and the wrestler with the best record wins.

AMA-ZUMO short for Amateur Sumo, is practiced in gyms, parks, and backyards around the world. In the US, tournaments are held throughout the year all across the country. Sumo is a sport for everyone, and no matter who or where you are, we can help connect you with someone who wants to share it with you.

NEXT PRO TOURNAMENT:
NATSU BASHO
Fukuoka, Japan
May 14-28th

NEXT AMATEUR TOURNAMENT:
ROLLERTOWN SHOWDOWN
DALLAS, TX
April 29th

CONTRIBUTORS

WRITER & EDITOR
JAKE POIRIER

WRITER
RYAN SMITHMAN

WRITER
NICHOLAS TON

TECHNICAL EXPERT
TOM ZABEL

WANT TO CONTRIBUTE?
EMAIL THE EDITORS AT
GRANDSUMOBREAKDOWN
@GMAIL.COM

WHO ARE WE?

GRAND SUMO BREAKDOWN

GSB is a podcast for all things sumo, covering everything from professional and amateur tournaments to interviews with athletes. We are here to keep you informed and help you run sumo events. Find us on your favorite podcast apps and reach out to us on social media.



805-613-SUMO (7866)
GRANDSUMOBREAKDOWN
@GMAIL.COM

FEATURED COMMUNITY ART
by **artofjasonwulf**

Custom painted Hakuho action figures, made from 1990s era Hasbro figures of WWF's Yokozuna



Contact us if you have sumo art you'd like to share in future issues of American Sumo!



2023 NATIONALS

MARCH 11TH ORLANDO, FL



HOSTED BY  IRON WAVE SUMO WRESTLING

NATIONALS RESULTS

WOMEN'S LIGHTWEIGHT

- 1st: Helen Delpopolo - IND*
- 2nd: Logan Graves - IWS
- 3rd: Zhariyah Whittington - SHO

MEN'S LIGHTWEIGHT

- 1st: Joe Ponsetto - YSD*
- 2nd: Gabe Unick - GRS
- 3rd: Zack Laguerre - NYB

WOMEN'S MIDDLEWEIGHT

- 1st: Madison Guinn - IND**
- 2nd: Caitlin Jones - DAL

MEN'S MIDDLEWEIGHT

- 1st: Coringa Conway - IWS**
- 2nd: Jordan Karst - IND
- 3rd: Benjamin Lacy - OSD

WOMEN'S LIGHT HEAVY

- 1st: Jenni Crook - YSD**
- 2nd: Natelie Jones - DAL

MEN'S LIGHT HEAVY

- 1st: Eric Huynh - RAI**
- 2nd: Seth Adams - RAI
- 3rd: Danny Avila - YSD

WOMEN'S HEAVYWEIGHT

- 1st: Kellyann Ball - YSD*
- 2nd: Etan Perez - DAL
- 3rd: Jennifer Sexton - IMS

MEN'S HEAVYWEIGHT

- 1st: Mark Jones - GOR*
- 2nd: Makini Manu - IND
- 3rd: Gilberto Delatorre - YSD

WOMEN'S OPENWEIGHT

- 1st: Kellyann Ball - YSD**
- 2nd: Madison Guinn - IND
- 3rd: Etan Perez - DAL

MEN'S OPENWEIGHT

- 1st: Mark Jones - GOR**
- 2nd: Gilberto Delatorre - YSD
- 3rd: Cornelius Booker - IWS

WOMEN'S YOUTH LW

- 1st: Zhariyah Whittington - SHO*
- 2nd: Ri Clements - IND

MEN'S YOUTH LW

- 1st: Ben Shutko - IMS*

MEN'S YOUTH MW

- 1st: Josh Sparks - IMS*

MEN'S YOUTH HW

- 1st: Perry Pecina - MES*
- 2nd: Damian Loya - SCS
- 3rd: Aiden Ramirez - YSD

MEN'S YOUTH OW

- 1st: Damian Loya - SCS*
- 2nd: Perry Pecina - MES
- 3rd: Josh Sparks - IMS

Like most events, the 2023 US National Championship/North American Sumo Championship (USNC/NASC) started off with the lightest weight classes. In the women's LW division, the big standout was multiple-time national champ Helen Delpopolo. Now medaling in her 3rd separate weight class, Delpopolo used her size and judo expertise to throw her competition to the floor, winning the division undefeated. On the men's side, it seemed to some extent like a formality, as Los Angeles' Joe Ponsetto claimed his 3rd consecutive national title.

Women's middleweight was a 2-woman showdown, as reigning champ from Yamamoto Sumo Dojo Jenni Crook took on Dallas's Catelin Jones. Crook emerged the victor to defend her title in just her 2nd year of competition. In the men's division, tournament director and 2021 champ Coringa Conway took on 2022 champ Jordan Karst. Conway took a beating but emerged the victor, defeating Karst in a photo finish to reclaim his title.

Women's light heavyweight was an all-Texas showdown between Houston's Madison Guinn and Dallas's Natelie Jones. Guinn took her first national title just 4-or-so months after her sumo debut. The men's division came down to Rajjin Sumo's Eric Huynh and his new pupil, YouTube star "Sensei" Seth Adams. Adams did an admirable job holding his own, but Huynh was not to be denied in taking his first national title

Heavy- and onweight were clinics in sumo dominance. On the women's side, 2022 American Sumo's Wrestler of the Year Kellyann Ball ran roughshod through the competition to take her 8th and 9th medals on the national stage without dropping a single match. Ball's size and balance are something to behold at heavyweight and it will take someone truly special to unseat her as queen of American sumo. Perhaps top heavyweights Yaleidy Galindo and Eros Armstrong will make their returns this year to challenge for the crown? As for the men, none could stand in the way of Florida's Gorilla, Mark Jones. Nothing, not even the California juggernauts of Gilberto Delatorre and Makini Manu, could get in the way of Jones' undefeated path to the dual title. The notable absences of recent champs Jose Galindo and Robert Fuimaono loom large, but until they can return to challenge Jones, he waves the flag of amateur sumo in America.

The other big story of the 2023 national tournament is the return of youth competition. Fully 5 divisions of youth sumo had representation in Orlando for the first time in likely 6 years. Shogeki's Zhariyah "Zeus" Whittington took medals in youth AND adult divisions and Iron Mountain Sumo locked down Men's LW and MW gold by simply showing up and being in the mix.

INT'L DIVISIONS RESULTS

WOMEN'S LIGHTWEIGHT

- 1st: Logan Graves - IWS***
- 2nd: Zhariyah Whittington - SHO
- 3rd: Liesel Rickhoff - DCS

WOMEN'S MIDDLEWEIGHT

- 1st: Madison Guinn - IND***
- 2nd: Jenni Crook - YSD
- 3rd: Holly Espedido - CAN

MEN'S MIDDLEWEIGHT

- 1st: Eric Huynh - RAI***
- 2nd: Danny Avila - YSD
- 3rd: Cornelius Booker - IWS

WOMEN'S OPENWEIGHT

- 1st: Madison Guinn - IND****
- 2nd: Etan Perez - DAL
- 3rd: Zhariyah Whittington - SHO

Watch for our men's, women's, and youth champions at the World Championships in Tokyo on October 7th and 8th and at the World Combat Games October 21st and 22nd. Most athletes have set up donation pages to help raise funds for the travel ahead, but please reach out to American Sumo if you'd like to contribute to improving US Sumo on the world stage!

Special thanks go out to all event staff, including (but definitely not limited to): Tournament organizers Cornelius Booker, Kyle Ferriter, Coringa Conway, and Ryan White; referees Packy Bannevans, Andrew Freund, and Tom Zabel; Side judges Josh Clements, Erik Sikes, Robert Daniels, Chris Houghton, and head judge John Jacques; Reilly Fracassi, Ian Andrews, and Grand Sumo Breakdown's Jake Poirier on tech/streaming; and our venue, Orlando Indoor Soccer. Thank you to all who made this year's national tournament a success!

*US & North American champion and qualifier for World Championships in Tokyo & World Combat Games in Riyadh

**US Champion and qualifier for World Championships in Tokyo only

***North American Champ & qualifier for World Combat Games in Riyadh only

****North American Champ, but in non-qualifying division



KUMA SUMO BASH

MARCH 25TH 2023 NASHVILLE, TN

ANTIOCH HIGH SUMO CLUB
@antiochsumo



For the first time in modern sumo history, the mainland US has an all-youth sumo team, and this March they had their very first all-youth tournament. Tennessee's Nate Hudson has put together a formidable team at Antioch High in Nashville. National champs Kyle Ferriter and Andrew Roden, along with Shogeki's Nick Ton, helped coach the youngsters in a training seminar before the official tournament, and many of the youths took the advice to heart. Reigning national champions Ben and Josh from Iron Mountain sumo showed their fighting spirit against Ariel, David, Jorge, and Oliver of the home team, helping to introduce more youth wrestlers to the world of sumo. Youth sumo is on the rise in the US, so keep an eye out for these athletes at future events and make sure to spread the word to anyone who wants to give sumo a try!

KUMA BASH RESULTS

MEN'S YOUTH LW

- 1st: David - ASB
- 2nd: Ben - IMS
- 3rd: Ariel - ASB

MEN'S YOUTH MW

- 1st: Jorge - ASB
- 2nd: Josh - IMS

MEN'S YOUTH HW

- 1st: Oliver - ASB

YOUTH MEN'S OW

- 1st: Jorge - ASB
- 2nd: David - ASB
- 3rd: Josh - IMS



Photos by Antioch Sumo

FULL EVENT VIDEO ON THE GRAND SUMO BREAKDOWN YOUTUBE CHANNEL

ROLLERTOWN SHOWDOWN

COMING UP APRIL 28TH & 29TH 2023 DALLAS, TX

Rollertown SHOWDOWN SUMO TOURNAMENT

GAGAMARU MASARU
FOMER KISE-BEYA KOMUSUBI

特別ゲスト
参加告知

The next US sumo tournament is the Rollertown Showdown and it's shaping up to be something special. Friday the 28th includes a training seminar with Gagamaru—a former komusubi ranked professional sumo wrestler—as well as a sumo-themed beer release at Celina, TX's Rollertown Beerworks. A draft Friday night will set the teams for Saturday's East vs. West showdown, where every wrestler will face every wrestler on the opposing team; best record wins! There will be youth, women's, and open divisions, so make sure to grab a big bowl of chanko and camp out for the weekend to watch some of the best wrestlers in the country duke it out in front of a real-life sumo legend. If you'd like to help contribute to the event or to help Dallas Sumo Club put on more high-profile events in the future, go to:

dallassumoclub.org

Full preview coverage with Dallas Oyakata Corey Morrison can be found on the Grand Sumo Breakdown podcast feed.

FRIDAY APRIL 28

9:30A: TAPROOM OPENS
10A: SUMO SEMINAR WITH GAGAMARU
11A-3P: BEN & SKIN LIVE REMOTE SHOW
12-7P: MUELLER WAGYU FOOD TRUCK
12P: CRACK THE BARREL CEREMONY - SAKE + BEER RELEASE
3-6P: HAPPY HOUR \$2 OFF DRAFTS, COCKTAILS
4-7P: SUMO WEIGH-INS/TOURNEY DRAFT PICKS
6P: BLUE SUSHI SAKE GRILL POP-UP
PLUS: KEEP-THE-GLASS SPECIAL/NEW MERCH

new drink releases:
HOUSE OF WARLORDS JAPANESE LAGER
+ YUZU-INFUSED BREW
+ AN ALL-NEW SAKE

SATURDAY APRIL 29

9A: TAPROOM OPENS
10A: LOCAL VENDORS / LIVESTREAM BROADCASTS
11A-4P: F&F FUSION FOOD TRUCK
11A-SELLOUT: AMERICAN GOTHIC PIZZA
11A: TAIKO DRUMS - DALLAS KIYARI DAIKO
11A: SUMO TOURNAMENT BEGINS
1-4P: MR SUGAR RUSH ICE CREAM TRUCK
~6P: TOURNAMENT AWARD CEREMONY
7P: SUMO AFTERPARTY
12A: TAPROOM CLOSES

*** No Outside Beverages Permitted ***

FULL EVENT WILL STREAM ON THE DALLAS SUMO CLUB YOUTUBE CHANNEL



TEXAS STATE CHAMPION

- TX State champ qualifying events:
- METT, San Antonio - 2/11/23
 - Rollertown, Dallas - 4/29/23
 - Cowboy Cup, Dallas - 6/17/23
 - Consulate's Cup, Austin - 9/2/23
 - Houston Open, Houston - Date TBD

The race for the title of 2023 Texas State Champion has begun, with the first set of points awarded at February's Mighty Eagle Team Tournament in San Antonio. The champion is determined by which men's and women's wrestler has the most points by the end of the calendar year. Only Texas events and athletes qualify, with this year's events listed below. Travel and participation are always half the battle in Sumo, so 5 points are awarded to all wrestlers who compete at a qualifying event with an additional point granted for every win. 3 bonus points are awarded per gold medal won, 2 bonus points for silver, and 1 for bronze.

Two-time defending women's champ Nicole Burgess will not be competing this year, but for good reason: the Burgess family is expecting their first child this summer! The women of Dallas Sumo Club are holding down the fort in the meantime, with Natelie Jones and Eton Perez leading the way and 2 more of their teammates in the top 6. Dallas Sumo's Jared Tadlock is very much in the race to repeat as men's champion, trailing only his teammate Sean Byrd by one point. Sean spent much of 2022 injured, but is starting off 2023 with a bang.

MEN'S DIVISION TOP 5

Sean Byrd	DAL	16
Jared Tadlock	DAL	15
Chad Neu	DCS	13
Steve Jones	DCS	12
Caleb Baccus	MES	12

2022 WOMEN'S CHAMP NICOLE BURGESS



2022 MEN'S CHAMP JARED TADLOCK



WOMEN'S DIVISION TOP 6

Natelie Jones	DAL	17
Eton Perez	DAL	15
Este Webster	DCS	13
Eri Midorikawa	DCS	9
Catelin Jones	DAL	9
Erin Sheppard	DAL	9

SENSEI SUNDAYS WITH NICK TON

FIND MORE AT shogekisumo.com

LETTING GO



Before Shogeki's Nicholas Ton cut off his hair, he wanted to memorialize it with a photoshoot.

It's been a part of his identity for a couple of years.

A famous showing of letting go is the sand mandalas destruction, showing the transitory nature of life and to not cling onto material things.

However, letting go doesn't mean you don't care about anyone and anything. It actually means you can experience life and love fully and openly without clinging to it for your survival. According to Buddhism, this is the only way to experience true freedom and happiness.

Shikata Ga Nai roughly translates to "it cannot be helped" or "nothing can be done about it". The phrase has been said to describe the culture of the Japanese people to maintain dignity when coming face-to-face with a tragedy or injustice. This is particularly true when the circumstances are beyond their control; a few other cultures with a similar saying are "c'est la vie" for the French as well as "It Is What It Is" in English.

There is an important caveat that this does not mean to bend over and be compliant when adversity appears, it is very specifically for when quite literally "nothing can be done about it". It is important to always push the boundaries and not be complacent, however, there is a fine line that you can cross when pushing the boundaries into being obsessed over something that you cannot control.

In Sumo and in life it's always important to let go, in between matches, if you lose and get hung up on your loss, you'll go into the next match at a disadvantage. You need to let go and move on and put your 100% into your next match. There's a time for reflecting, it is not now though; must be mindful of the here and now, the match that's before you or you're setting yourself up for failure.

You bring the lessons you learn in Sumo into life, there's always moments where you'll be hung up on something that'll affect your work/personal/love life, learning to let go and being mindful of your current place in life is an important aspect to Sumo and Life.





HARU BASHO MAR. 14-28th 2023 TOKYO JAPAN

Result	East	Rank	West	Result
0-0-15	Terunofuji	YO		
		O	Takakeisho	3-4-8
7-7-1	Wakatakakage	S	Hoshoryu	10-5
12-3 YG	Kiribayama	S		
11-4	Wakamotoharu	K	Kotonowaka	9-6
12-3 DG	Daieisho	K	Tobizaru	6-9
3-12	Tamawashi	M1	Shodai	10-5
9-6	Abi	M2	Ryuden	2-13
4-11	Mitakeumi	M3	Nishikigi	6-9
4-5-6	Onosho	M4	Meisei	5-10
6-9	Kotoshoho	M5	Midorifuji	10-5
9-6	Endo	M6	Sadanoumi	6-9
7-8	Hokutofuji	M7	Takayasu	10-5
4-11	Ichiyamamoto	M8	Ura	9-6
6-9	Aoiyama	M9	Hiradoumi	7-8
5-10	Myogiryu	M10	Nishikifuji	10-5
4-11	Azumaryu	M11	Takanosho	8-7
5-10	Kagayaki	M12	Takarafuji	8-7
8-7	Daishoho	M13	Kotoeko	8-7
11-4 K	Kinbozan	M14	Bushozan	5-10
9-6	Hokuseiho	M15	Oho	7-8
9-6	Chiyoshoma	M16	Tsurugisho	8-7
8-7	Mitoryu	M17		

The Haru basho started with the hope of seeing a new Yokozuna crowned, and while that did not come to fruition, the basho ended with the solidifying of the upper echelon of the banzuke. Terunofuji sat out of his 3rd consecutive basho after knee surgery, making it 4 in a row that the Yokozuna has not completed. Taking his place as the top competing rikishi was Takakeisho. Coming off of a yusho in January, he needed another solid 15 days and a yusho to get his much anticipated promotion to yokozuna. Those hopes were quickly dashed however, as Takakeisho lost on Day 1 to Tobizaru, a competitor that has always had Takakeisho's number. Takakeisho followed that Day 1 loss with losses on Day 4 and Day 6, before pulling out of the basho entirely on Day 7.

After Takakeisho pulled out of the basho, all eyes turned to the exciting little guy, Midorifuji. Midorifuji got out to a red hot start this basho by posting a score of 10-0 after the first 10 days of the basho and a 2 win lead heading into the final 5 days. He was able to win with a mix of straight forward, powerful sumo against guys twice his size, and also provide the more fast paced, come-at-you-from-any-angle style of sumo expected of someone his size. Midorifuji was ranked Maegashira 5 this basho and his first 9 wins all came against other Maegashira in the middle of the banzuke. Once he became a yusho threat he started facing off against san'yaku rikishi. He was able to dispatch a struggling Tobizaru on Day 10, but starting on Day 11 Midorifuji ran into a murderer's row of rikishi, facing off against in consecutive days: Wakamotoharu, Wakatakakage, Hoshoryu, Daieisho, and Shodai. Midorifuji would lose all 5 of these matchups to go from leading the yusho race by 2 to not even receiving a special prize in just 5 days. It was still a thrilling basho from the smallest guy in the top division.

After Midorifuji's downfall in the final days it became a race between two rikishi that refused to lose, Sekiwake Kiribayama and Komusubi Daieisho. Daieisho is no stranger to getting hot and being in the yusho race, but this would be the first time that Kiribayama would be in a position to control his own destiny and win a Yusho. Entering Day 15 Daieisho held a 12-2 record and a 1 win lead against the 11-3 Kiribayama. The two would face off in the climactic final match of the day, where if Kiribayama won he would force an immediate playoff between the two to determine the winner of the Yusho. Daieisho started their match with a strong pushing/thrusting attack that Kiribayama could not resist, but as he was being pushed back to the tawara, Kiribayama was able to side step Daieisho and send him flying out of the dohyo. Both rikishi were tied with 12-3 records and a playoff ensued. The playoff match played out very much like their first match: Daieisho opened strong, his pushing/thrusting attack pushing Kiribayama back. Kiribayama once again was able to move to the side and send Daieisho flying out of the dohyo, but Kiribayama stepped out as well. The gyoji called the match for Kiribayama, but a mono-ii was called by the shimpan at ringside. After a tense few moments, visible relief broke across Kiribayama's face as the gyoji's verdict was upheld and Kiribayama was declared the winner of the yusho. Replay showed that Kiribayama was actually able to step on Daieisho's hand outside of the dohyo, meaning that Kiribayama clearly could not have stepped out prior to Daieisho. Kiribayama was not someone many people would have picked to win this basho, even after Day 10. His record was 7-3 and he was 3 wins back of then leader Midorifuji. But as Midorifuji lost every match in the final 5 days, Kiribayama won all of his. This makes him just the second rikishi in history to win a yusho where he trailed by 3 wins after Day 10 (the first being Yokozuna Harumafuji who won the 2017 Aki basho after a 6-4 start). He also becomes the 3rd rikishi to win a Yusho in their debut at the Sekiwake rank joining legend Futabayama and Wakatakakage. After the basho, the head of the JSA, Hakkaku oyakata, stated that should Kiribayama win 10 matches next basho he should see a promotion to Ozeki after two consecutive basho with 11 wins. Daieisho was another name that was thrown out as a possible Ozeki contender with a strong basho in May, but an exact number was not given. Both of these rikishi were awarded the Technique Prize.

Kiribayama and Daieisho were not the only rikishi Hakkaku oyakata mentioned regarding Ozeki promotions. Hoshoryu and Wakamotoharu had their names mentioned as future potential Ozeki candidates following 10 and 11 wins respectively. Hoshoryu bounced back this basho after injuring his ankle in January to get back into position for an Ozeki run. And Wakamotoharu continues to defy the expectations of a 29 year old rikishi that debuted in the top division just last year. He has now accumulated 10 or more wins in 3 of the last 4 basho and is expected to be promoted to the Sekiwake rank for the May tournament. The next basho will be the first time that the elder Waka brother will be ranked ahead of Wakatakakage since July of 2017.

Wakatakakage had a down basho and will be dropping from the Sekiwake rank for the first time since he debuted at Sekiwake in March of last year. He began the basho by losing his first 5 consecutive matches while reports surfaced that he did not train much leading up to the basho due to an injury. But he was able to turn things around and win 7 of his next 8 matches putting him in position to get a winning record and keep his rank. But in his Day 13 win he landed badly on his knee and reportedly did a lot of damage. He pulled out of the basho on Day 14. His medical certificate said that he needs 3 months of recovery and could very likely be absent for the May tournament.

Two other rikishi of note were two highly anticipated debuts. Hokuseiho and Kinbozan. Both of these men have rocketed through the lower divisions with the latter never having a losing record. Hokuseiho was able to use his great height and reach advantage to overcome his tentative tachiai en route to 9 wins, while Kinbozan used his pure power to force his opponents out of the dohyo on his way to 11 wins and a Fighting Spirit Prize.

KIRIBAYAMA'S PATH TO THE TITLE

Day	Opponent
1	M2e Abi
2	M1w Shodai
3	M1e Tamawashi
4	K1e Wakamotoharu
5	M4e Onosho
6	M3w Nishikigi
7	K1w Kotonowaka
8	K2w Tobizaru
9	M2w Ryuden
10	M3e Mitakeumi
11	M4w Meisei
12	S1w Hoshoryu
13	M6e Endo
14	S1e Wakatakakage
15	K2e Daieisho
PO	K2e Daieisho

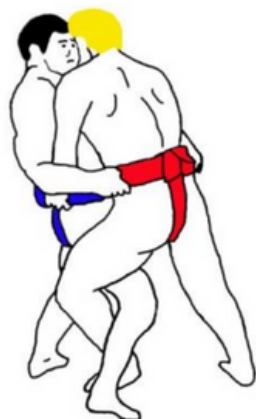
By Ryan Smithman



KIMARITE 決まり手

KORNER BY TOM ZABEL

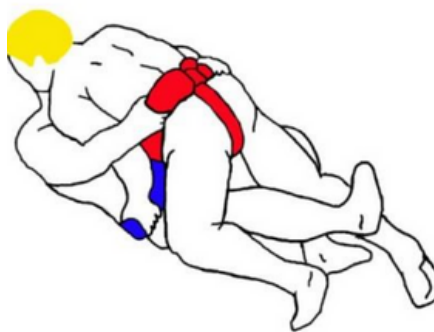
Sotogake and **Uchigake** are two more common techniques used in amateur sumo. Both are a leg sweep or trip. These should be accomplished with a quick sweep of the leg and commitment or follow-up of the move as you may become off balance yourself as you execute these techniques. Often used by smaller quicker rikishi on larger opponents.



STEP 1



STEP 2



STEP 3

SOTOGAKE

OUTSIDE LEG TRIP

SOTO - Outside
GAKE - Fall or trip

Sotogake is best used by a taller rikishi on a shorter one. This move is best executed if you hook the same leg as your inside grip.

STEP 1 Pull your opponent into you with (preferably) a double grip on his mawashi and hook your lower leg around his leg.

STEP 2 Lean into your opponent while maintaining your grip on the mawashi and hooking his leg.

STEP 3 Force your opponent over backward by leaning your upper body into him. If you have a grip on the mawashi from the rear, be sure to move your grip to the side or front as you fall.

UCHIGAKE

INSIDE LEG TRIP

UCHI - Inside
GAKE - Fall or trip

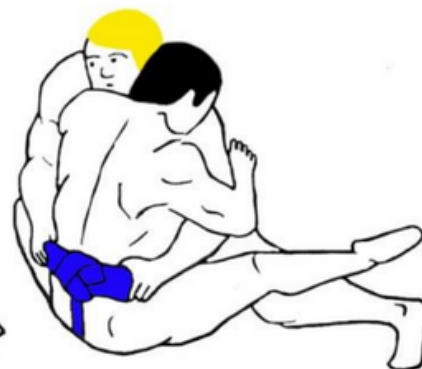
Uchigake is normally used by a smaller rikishi on a larger or stronger one. As in sotogake, it is executed better if you hook the same side as your inside grip.



STEP 1



STEP 2



STEP 3

STEP 1 Pull your opponent toward you either with a grip on his mawashi or by initiating a throw. As he steps forward, hook your leg inside his.

STEP 2 Hook your opponent's leg as low as possible on his lead leg. As you sweep his leg out, draw a circle with your hooking leg.

STEP 3 Lean into your opponent with your upper body and continue to pull him toward you, forcing him over backward



SUMO ESSENTIALS WITH TOM ZABEL

CHIRICHOZU

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.

Like sonkyo, covered in our previous issue, chirichoza is another salute of sumo. Both rikishi perform this movement at the same time to show each other respect, that they will fight a fair match, they do not possess any weapons, and also to prepare mentally for the upcoming match. This is the dohyo-iri or ring entering ceremony. After the gyoji signals, step inside the dohyo tawara and bow to your opponent.



Step 1



Step 2



Step 3



Step 4

STEP 1 Start by taking the position of sonkyo, placing your hands on each knee.

STEP 2 Place hands on the outside of knees with palms facing downward. Salute (bow) by bending upper body forward.

STEP 3 Position both hands in front of the chest. Begin with the right palm over the left, turn hands over so that the left palm is over the right. This signifies the washing of your hands, cleansing yourself before the match.

STEP 4 With palms facing out, raise hands about head high. Make a circle with palms facing each other. Clap once as the hands come together. This signifies the athletes getting the attention of the spirits



Step 5



Step 6



Step 7



Step 8

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

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

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

STEP 8 Turn both palms downward. Steps 7 & 8 signify showing your opponent that you come to the match with no weapons.



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- **Tournament Coverage:**
 - Natsu Honbasho
 - 4/29/23 Rollertown Showdown
 - Keiko with Gagamaru
 - 5/20/23 23rd US Sumo Open
 - 6/17/23 Cowboy Cup Sumo Open
- **Previews and Features**
 - 8/5/23 Harvest Days Sumo Open
 - 8/5/23 Scottish Sumo Open
 - How to Tie a Mawashi

Club abbreviations used in this issue:

ABR:	Club Name:	Out of:
ASB	Antioch Sumo Bears	Nashville, TN
DAL	Dallas Sumo Club	Dallas, TX
GOR	Gorilla Sumo	Daytona Beach, FL
GRS	Grand Rapids Sumo Club	Grand Rapids, MI
IMS	Iron Mountain Sumo	Elizabethton, TN
IWS	Ironwave Sumo	Orlando, FL
MES	Mighty Eagle Sumo	San Antonio, TX
NYB	New York Sumo-Beya	NYC, NY
OSD	Ohayo Sumo Dayton	Dayton, OH
RAI	Raijin Sumo	Raleigh, NC
SCS	Salt City Sumo	Salt Lake City, UT
SHO	Shogeki Sumo	Houston, TX
YSD	Yamamoto Sumo Dojo	Los Angeles, CA
IND	Independent/Unaffiliated	