



AMERICAN SUMO



U.S. Sumo Federation
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Motivational Thought:

*Success is uncommon and not to be enjoyed by the common man.
I'm looking for uncommon people
because we want to be successful, not average.*

— Coach Cal Stoll

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USSF Sanctioned Events

<u>DATE</u>	<u>LOCATION</u>	<u>EVENT</u>	<u>POC</u>	<u>TYPE</u>
1 Aug 15	Lisle, IL	Festival	Andrew Freund	Demonstration
8 Aug 15	Long Beach, CA	US Sumo Open	Andrew Freund	Tournament
19 Sep 15	Atlanta, GA	Japan Fest	Packy Bannevans	Tournament
20 Sep 15	San Francisco, CA	Festival	Andrew Freund	Demonstration
24 Oct 15	San Antonio, TX	Texas Classic	Tom Zabel	Tournament

International Events

<u>DATE</u>	<u>LOCATION</u>	<u>EVENT</u>	<u>QUALIFYING EVENT</u>
29 – 30 Aug 2015	Osaka, Japan	World Championships	2015 U.S. Nationals
TBD, 2017	Lima, Peru	World Combat Games	2016 North Americans
3 – 13 Aug 2017	Wroclaw, Poland	World Games	2016 U.S. Nationals

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Andrew Freund Kelly Gneiting Matt Ritchie Trent Sabo Tom Zabel

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.

HOW TO TIE A MAWASHI

Believe it or not, there is a proper way to wear a mawashi, there is a starting end and a tying end. If you hold the mawashi out in front of you and fold it in half, the starting end will have the creased and open ended side on top facing to the right. Another way you can tell if you have your mawashi on correctly is if the creased and open end of the mawashi is facing up when you have it on (see Step 2).

- Step 1: From approximately 24-36 inches from the starting end, fold the mawashi in half. This will be the part that fits between your legs and covers the buttock.
- Step 2: Place folded area between your legs while a helper holds the mawashi behind you. The open ended and creased side is on top and facing to the wearer's right side. The creased only side should be facing downwards or on the outside.
- Step 3: Unfold the front side of the mawashi to form a pocket to hold your privates. Adjust the portion around the crotch area to get a good fit. The end of the mawashi should be about neck high.
- Step 4: After forming pocket, hold front mawashi with your right hand about chest high. Reach around with your left hand to hold the mawashi with your palm facing outward on the small of your back (Figure A).

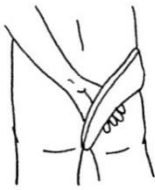


Figure A

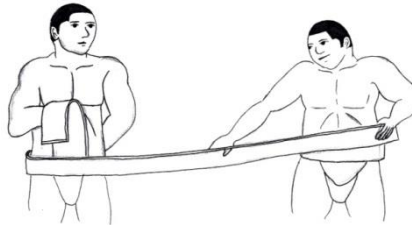


Figure B



Figure C

- Step 5: While holding the front and back begin to turn clockwise (right) while your helper holds the mawashi (Figure B). Release mawashi as it tightens around your back (Figure C). Stop when mawashi reaches the left side after second wrap in front.
- Step 6: Adjust and tighten the mawashi around the waist and crotch areas.
- Step 7: Let the beginning of mawashi drop in front of second wrap (Figure D). It will be covered with the next wrap (Figure E).

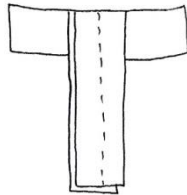


Figure D

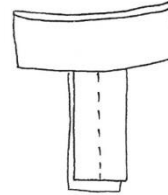


Figure E

- Step 8: Resume turning clockwise until you reach the left side again. Adjust and tighten the crotch area if necessary.
- Step 9: Fold the beginning of the mawashi in half and at an angle, up and to the right, on the next wrap (Figure F and G).



Figure F

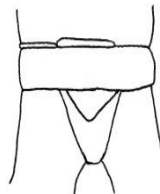


Figure G

- Step 10: Resume clockwise turning. Adjust and tighten if necessary. The mawashi should end close to your navel in order to have enough to tie in the back.
- Step 11: Your helper should fold the last 24 – 30 inches of the mawashi in half.
- Step 12: Your helper will slip the folded portion under all the wraps (to include the very first portion from between your legs) and up through the small of your back (Figure H).

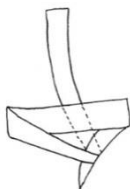


Figure H

To tighten, lay the end over forearm and pull up and/or have the wearer squat.

Step 13: Take the end and bring it down and through the very last wrap (Figures I and J). Pull tight.

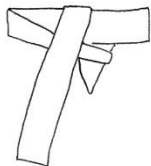


Figure I

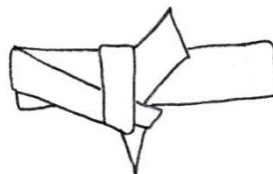
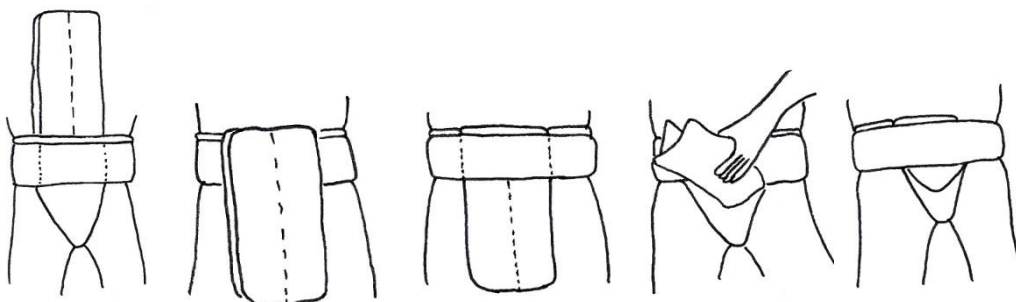


Figure J

Now you are ready to sumo!



Front View



Back View

WEAR OF GARMENTS

For cultural, modesty, religious reasons, and the fact that club mawashi may be used by various members, the IFS has approved the use of shorts under the mawashi for men/boys. The pants should be black, made of tight fitting material (i.e. cycling pants), and come to mid-thigh.

Women should wear a leotard or other tight fitting clothing under the mawashi. This can be mid-thigh or longer on the leg. Note: The Japanese call the shorts “spats” and translate it as “underwear” in their rules. This may lead people to think that wearing underwear is acceptable. It is not.

Loose clothing presents two dangers:

- 1) exposure of what should be hidden, and
- 2) being grasped or pulled by your opponent on purpose or accidentally while trying to execute a grip.

The latter is prohibited and if anything other than the mawashi, (i.e. clothes, bandages, supporters, etc...) is grasped twice or more, it will result in a loss for the one who grabs it.

The mawashi must be tied tightly. A loss of the mawashi or if the front part of the mawashi comes undone during a match, for male or female, the wearer will be declared to have lost the match.

Because of the size differential of wrestlers competing as amateurs (light-, middle-, heavy-weight) versus professional (no weight divisions) there are some techniques used more often in the amateur arena than on the professional side. In this section we will highlight various techniques.

Uwatenage/Uwatedashinage are the most common throwing techniques. The major difference between the two is that in Uwatenage you throw your opponent to the ground whereas in Uwatedashinage you will throw your opponent out of the dohyo. Okuridashi is pushing your opponent out of the dohyo from behind.

UWATENAGE/UWATEDASHINAGE

Overarm Throw / Pulling Overarm Throw

“Uwate” is “overarm”, or as we say in sumo, having an “outside grip”. “Nage” is “throw”, so **Uwatenage** is an **overarm throw**. “Dashi” is “out”, so **Uwatedashinage** is an **overarm throw out of the dohyo**.

These are accomplished using an overarm or outside grip. (As you may imagine there is corresponding throws using an inside grip: **Shitatenage** and **Shitatedashinage**.)



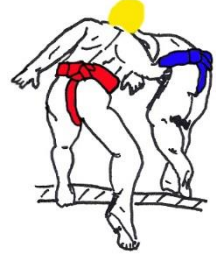
STEP 1



STEP 2



STEP 3a Uwatenage



STEP 3b Uwatedashinage

STEP 1 After establishing an outside grip, heave your opponent down by turning away at a sharp angle.

STEP 2 As you twist, use your hip to get your opponent off balance. You may also use your head and/or shoulder to force your opponent down onto the dohyo. If you also have an inside grip you can pull down on the front of the mawashi, (at some point you will have to release the inside grip).

STEP 3a Follow through by continuing to lean into your opponent with your shoulder, forcing him downward. You may also use your inside foot as a pivot and continue to take a step backward with your outside foot.

STEP 3b If your opponent will not go down you can force him out of the dohyo. The throw is successful when you are centered on his body which is turned sideways.

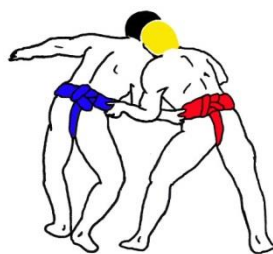
OKURIDASHI

Rear Push Out

“Okuri” is from “behind” or “rear”, “dashi” is “out of the dohyo”, the attacker drives his opponent out from behind.



STEP 1



STEP 2



STEP 3

STEP 1 Use this technique when your opponent is pushing or thrusting you and use his power and momentum against him.

STEP 2 Best used when you grab your opponent’s mawashi and turn away by taking a step to the side and pulling him so that you are to his side or in back of him.

STEP 3 Continue pulling/pushing your opponent from behind and out of the dohyo.

HOSTING A TOURNAMENT

By Tom Zabel

USSF Policy Letter 03, USSF Event Hosting Checklist, outlines in more detail about how to host a sumo event. It's purpose is to provide USSF clubs and members with general guidelines to properly host a sanctioned sumo event such as: tournaments, exhibitions, demonstrations, clinics, seminars, etc...

The USSF is obligated to ensure the amateur sport of Sumo is portrayed accurately, respectfully, and in accordance with the guidelines set by the International Sumo Federation (IFS). All athletes and officials must be members of the USSF (or IFSA) to participate in sanctioned events.

Listed below is a checklist to help you plan and organize your event. This checklist is by no means all-inclusive of what hosting a tournament entails but it gives you a place to start. Each event is unique. Please use this as a guide to get you started. (**USSF Policy Letter 04, US National Sumo Championship Hosting Checklist** also gives you an idea of things to think about when hosting a larger event.)

Event confirmation

- Confirm date, times, location
- Get a sanction
- Details -- parking, loading, etc.
- Liability Insurance (get a document, if needed, from the USSF insurance company)

Athletes

- Invite athletes (phone, e-mail, etc.)
- Prepare Entry Form, Event Information, Liability Waiver
- Detailed schedule (weigh-ins, competition, after-party?)
- Hotel & venue info, special perks (meal? transport?, etc.)

Staff

- Officials (a referee and 4 side judges is ideal, but even a referee and 2 side judges could work)
- The referee, especially, should be properly trained
- Announcer
- Scorekeeper (brackets)
- Production assistants (set-up/teardown, wrangling athletes)

Media

- Prepare press release
- Contact local media
- Set up pre- and post-interviews

Fans

- Seating
- Ticketing / Admission
- Offers to fans (meet the wrestlers afterwards, etc.)

Sponsors

- Confirm well in advance
- Prepare details of what sponsors can be offered and fees
- Etc.

Set-Up

- Exact times and load-in info
- Mats under the dohyo!
- Table and chairs for announcers
- Microphone

Prizes

- From sponsors?
- Medals and/or trophies

Format

- Weight classes & order
- Introduction?
- Entertainment before or during break?
- Other details

Note 1: Sanction applications should be coordinated well in advance of the event in order to properly advertise and notify perspective participants of the event. Early coordination also ensures that major events are de-conflicted.

Note 2: Include the sanction number in your advertising and notifications. This lets perspective participants know that the event has been properly endorsed and sanctioned by the USSF.

Note 3: If unsure that an event has been sanctioned, please contact a member of the Executive Committee or Board of Trustees for confirmation.

JAPAN'S PRO NEWS

New Mongol Power Source: Terunofuji Breaks Out with First Yusho

by Jim "Yukikaze" Lowerre



TERUNOFUJI

Two months ago in Osaka, when the Haru 2015 banzuke came off the presses, TERUNOFUJI found that he had been fleeted out of the hiramaku ranks all the way up to sekiwake-East. He responded by posting a fine 12-3 mark, besting yokozuna #1-East HAKUHO in the bargain. After a shonichi loss to maegashira #3-East SADANOUMI to start the festivities for Natsu 2015, TERU hit the afterburner switch and rocketed through his next seven matches. Maegashira #4 TOKUSHORYU managed to slow him down a bit, and HAKUHO bested him on day 11; but Isegahama's number-two rikishi took his last four matches to finish 12-3 and win his first Cup.

As a point of reference: it has been 54 hon-basho (not counting Haru 2011, which was cancelled) since an ethnic Japanese has put his fingerprints on the Tenno-Hai.

HAKUHO also lost his shonichi match, to komusubi-West ICHINOJO. "Sleeping Thunder" then reverted to his usual winning form, taking the next ten torikumi. But he would fall to ozeki -West GOEIDO, ozeki-East KISENOSATO and yokozuna-West HARUMAFUJI to finish at a still-acceptable 11-4 record. HARUMA came out fighting with seven shiroboshi in the first eight days. He would fall to maegashira #5-West TAMAWASHI, #6-East GAGAMARU and sekiwake-West MIYOGIRYU, but would take down HAKUHO to post an 11-4. Yokozuna #2-East KAKURYU did not answer the bell.

This time, after day 5, KISENOSATO was steady at 3-2. Then came six consecutive wins to guarantee his kachi. Two losses were followed by two wins (one of those over HAKUHO) to leave him at 11-4. Ozeki #1-West KOTOSHOGIKU did not avoid kadoban this time: an inconsistent performance capped by three straight losses resulted in a 6-9 vulnerability in Nagoya. GOEIDO went back and forth between wins and losses. He won his eighth match on day 13 over #11-East KAISEI, was injured on day 14, and did not show up for senshuraku.

In addition to the Makunouchi yusho, TERUNOFUJI was awarded the Kanto-Sho (Fighting Spirit Prize), which was the only special prize handed out this basho. The rest of the lower sanyaku went as follows. MIYOGIRYU was 3-7 after ten days. He won his next three to try and stave off make-koshi; but TERU toppled him to guarantee demotion. Both komusubi made their kachi: East sider TOCHIOZAN and Westerner ICHINOJO both went 8-7.

In the maegashira ranks: #10-East IKIOI, KAISEI, #14-East YOSHIKAZE and #8-West TAKAYASU tied for the top mark at 10-5. Other noteworthy postings:

- #1-East TAKARAFUJI (9-6)
- #1-West TOCHINOSHIN (9-6)
- #6-West AOIYAMA (9-6)
- #10-West OKINOUMI (9-6)
- #11-West KYOKUSHUHO (9-6)
- #16-West AMURU (9-6)

#9-East KAGAMIO won the Juryo division yusho with a 12-3 post. Other second division records worthy of note:

- #5-East HIDENOUMI (11-4)
- #1-East TOKITENKU (10-5)
- #7-East DAIEISHO (10-5)



TERUNOFUJI celebrates after his victory in the Summer Grand Sumo Tournament – Japan Times

Chad Rowan - AKEBONO

By Tom Zabel

Chad Rowan was born on 8 May 1969 to Randolph and Janice Rowan. He attended Kaiser High School, where he played basketball and became an All-Star center. He went to Hawaii Pacific University on a basketball scholarship and studied hotel management. Chad had always been interested in sumo from watching it on the TV and a family friend introduced him to Azumazeki Oyakata, the former Takamiyama, who was also from Hawaii. After joining the Azumazeki stable, Chad adopted the shikona of Akebono, meaning "New Dawn" in Japanese, and made his professional debut in March 1988. Akebono rose rapidly through the ranks, equaling the record for the most consecutive kachi-koshi (majority of wins) from debut, reaching Sekiwake before suffering his first make-koshi losing record.

He was promoted to Juryo in March 1990 and to Makuuchi in September. In March 1991 he defeated Ozeki Konishiki in the first ever match between two non-Japanese wrestlers in the top division. In May 1992, Akebono posted a 13-2 record, and won his first championship and a promotion to Ozeki. After an injury during the summer, he went on to win consecutive championships in November 1992 and January 1993 and became the first foreigner promoted to Yokozuna, Japan's highest rank in professional sumo.



Chad - Hawaii AAU Basketball

At the time of his promotion, the rank of Yokozuna had been vacant for 8 months (an exceedingly rare occurrence) and his promotion, despite the fact that he was the first foreign Yokozuna, was welcomed by many. He had met the stipulation of winning two consecutive tournaments that had been mentioned by the Yokozuna Deliberation Council when turning down Konishiki the previous year, and was also seen as having conducted himself with the dignity and humility necessary for such an exalted rank. One commentator remarked, "He makes me forget he is a foreigner because of his earnest attitude towards sumo."



Performing his Yokozuna Dohyo-Iri

Akebono was a long standing and strong Yokozuna, lasting nearly eight years and winning eleven championships. His career highlights include the rare achievement of winning the top division championship in three consecutive tournaments, in 1993. The competition between Akebono and Takanohana, who reached Yokozuna himself in 1995, was said to be one of the great defining rivalries of postwar sumo. The two finished their careers with a 20-20 tie in bouts against one another. At the opening ceremony of the 1998 Winter Olympics in Nagano, a professional sumo wrestler was chosen to represent each of the competing countries and lead them into the stadium. Akebono was given the honor of representing Japan in the opening ceremony.

Akebono was one of the tallest sumo wrestlers ever, at 203 cm (6 ft 8 in) tall, and also one of the heaviest with a fighting weight around 235 kg (518 lb). He was also one of the most aggressive and ferocious sumo wrestlers. Despite having long legs, considered a disadvantage in sumo as it tends to make one top heavy and susceptible to throws, he covered for this by training exceptionally hard, and using his long reach to thrust his opponents out of the dohyo (ring). In his prime, he had incredible thrusting strength

and on many occasions would blast lesser wrestlers out of the ring in one or two strokes using tsuppari techniques. His most common winning kimarite was oshi-dashi, a simple push out, and he also regularly won by tsukidashi, the thrust out. In later years he also used his reach to grab his opponent's mawashi, or belt, and then use his weight and power to force the opponent from the ring by yorikiri. He liked a migi-yotsu, or left hand outside, right hand inside grip, and using his left hand to employ uwatnage, or overarm throw.

Akebono married Christiane Reiko Kalina in September 1998 and they have two sons and a daughter.

After winning his eleventh top division title in November 2000, he suffered another injury and, after sitting out the tournament in January 2001, he decided to retire. After his retirement, he became a member (or elder) of the Japan Sumo Association as a coach, or oyakata. He helped train the Mongolian wrestler Asashoryu who also became a Yokozuna. Akebono left the Japan Sumo Association in 2003 and tried K-1 fighting and is now is part of the All Japan Pro Wrestling circuit.

12th U.S. National Sumo Championships

13 June, 2015

By Tom Zabel

The U.S. National Sumo Championships were held at the Parkville Athletic Center, just outside Kansas City, MO. The USSF partnered with the Titan Games in hopes of generating interest with the younger kids. It was a success - we had a record number of yonen (under 13 years old) compete, with a total of fifty-five senior, junior (shonen), and yonen athletes. This year we held our Annual Membership Meeting on Friday evening instead of after the competition on Saturday. This allowed the athletes to relax and enjoy their time after the competition and celebrate their accomplishments with each other – which members appreciated.



Yonen (4 & 5 yo) trying sumo for the first time



2015 U.S. National Gold Medal Winners w/tournament directors



Heavyweights: Jay Holder vs Roy Sims



Middleweights: Cody Stout vs Sonya Del Gallego



Lightweights: Andre' Coleman vs Trent Sabo

12th U.S. National Sumo Championships Results

	Division	Gold	Silver	Bronze
Senior Men	Light	Trent Sabo	Andre' Coleman	Andrew Freund
	Middle	Kena Heffernan	Edward Suczewski	Rene Marte
	Heavy	Roy Sims	Jay Holder	Americus Abesamis
	Open	Roy Sims	Kena Heffernan	Jay Holder
	Light	Jenelle Hamilton	Jessica Brower	
Senior Women	Middle	Helen Delpopolo	Sonya Del Gallego	Cody Stout
	Heavy	Jasmin Jones		
	Open	Jasmin Jones	Helen Delpopolo	Jenelle Hamilton
	Middle	Kena Heffernan		
Masters	Heavy	Virgil Goodin	Americus Abesamis	
	Open	Kena Heffernan	Americus Abesamis	Virgil Goodin
	Light	Angel Marti Castillo	Austin Collins	Gregory Suezascki
Rookie	Middle	James Thompson	Andrew Romero	Mark Lawrence
	Heavy	Daniel Adam Hart	Virgil Goodin	
	Open	Mark Lawrence	James Thompson	Daniel Adam Hart
	Open	Greg Suczewski	Anthony Quintana	Gavin Smith
Junior	Open	Kassandra Ayers		
8-10 year olds		Name		Name
	1st	David Brooks	11-12 year olds	1st Keigan
	2nd	Kage Lenger		2nd Kep Carter
	3rd	Conner		3rd Kruz Carter