

ASIA  
FALL  
JAPAN  
TRADITIONAL SUMO FESTIVAL



- *Dates of Organization:*



+ Sumo festival takes place in mid-September every year, last 15 days. You can see athletes perform during 1 day.

- *Festival Details:*



✚ *Sumo Festival in one of the top destinations for Japanese tourists in Tokyo, not only a traditional martial art, but also a pride of Japanese sports with images of Giant martial artist*





✚ Sumo originated as a religious ceremony, accompanied by sacred dances offered to Shinto gods to predict, as well as pray for a bountiful harvest. During the Nara period (710 – 794), Sumo was introduced to the elite in Japan and every year a tournament began to be held.

✚ After the Tokugawa shogunate unified Japan and began the prosperous Edo period (1603-1868), professional sumo martial arts groups formed.

✚ *But it was not until the end of the Meiji period (1868-1912) that sumo was first called a national sport.*



✚ *How to choose sumo wrestlers:*



- ✚ *To get Sumo fighters with extraordinary strength to participate in the festival is an arduous process.*
- ✚ *Starting from mid-July, the sumos have started participating in practice sessions to promptly participate in tournaments held at the end of the year. A typical wrestler must spend at least 3 hour practicing every day.*





✚ *The wrestlers' daily meals will include special dishes for them to help absorb a huge amount of*

*calories up to 8000 calories in 1 day. Not only that, in the process of sleeping to regain strength after each meal, the Sumo must wear an oxygen mask to be able to maintain their body weight in the best way.*







+ Sumo values class and each fighter has a clear hierarchy:



✚ There are 6 different levels namely Makuuchi, Juryo, Makushita, Sandanme, Jonidan and Jonokuchi. Only fighters who have reached the Juryo level or above are considered to be true professional sumo fighters, called Sekitori and get paid.

✚ The tournament starts on Sunday and lasts 15 days.




✚ Sumo matches take place on a clay court with a layer of sand sprinkled on top. The distinctive feature of Sumo is the colorful solemn traditional rituals that no other sport has. One of them is the Dohyo-iri ritual, performed 4 times in each match day, 2 times for the Juryo class and 2 for the



*Makuuchi cast. Another ritual is performed at the end of the match day after the final match.*



 A selected Makuuchi will enter the ring to receive a bow from the referee and perform a dance with the bow. This ritual dates back to the Edo period and symbolizes the victory of the sumo wrestlers. Sumo is a martial art that shows the toughness and courage of the Japanese people.