

# THE FIRST ENGLISH LANGUAGE TRAINING GUIDE FOR SUMO WRESTLING!

The Japanese cornered the market in producing the best athletes in the sport of amateur sumo until an American, Emmanuel Yarborough, won the GOLD in the open-weight division at the 4th World Sumo Championships in 1995.

Since then, sumo is one of the fastest growing sports in the United States, Europe, Asia, South America, and around the world. A sumo match can be over in a fraction of a second. It's amazingly explosive! The burst of energy and adrenaline makes sumo as physically and mentally intense as any sport can be.

This instructional handbook gives you the basic fundamental skills to train and succeed in competitive amateur sumo. It begins with a short history, covers how to tie a mawashi, and goes on to detail the commands and responsibilities of the referee (gyoji) and judges (shinpan).

This ultimate manual gives step-by-step examples of the most common techniques used by both amateur and professional sumo rikishi and breaks down various training methods such as shiko, suriashi, butsukari, etc. so that anyone, with enough motivation, training, and preparation, can become proficient at

THOMAS ZABEL is an Air Force Retired Master Sergeant. While competing in local amateur tournaments with the Misawa Air Base team in Japan for six years, he received the Kantosho "Fighting Spirit" prize in 1994 and 1995.

He was awarded his Sho-dan rank (1st degree black belt) by Japan Sumo and currently holds the rank of San-dan. He has been the Texas State Sumo Champion for 2004 to 2012.

He has spent 26 years promoting the sport of sumo and has served as President and Trustee of the U.S. Sumo Federation and the Lone Star Kyokai. He is still active in coaching and supporting sumo around the world.



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# The Ebential Guide To Sumo

**David Shapiro**



## **The Essential Guide To Sumo:**

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