

getafe 1 real betis

<p>Sport of Sumo</p>

<p>To many people unfamiliar with sumo wrestling, it is just a sport where two large men charge into 🍋 each other.</p>

<p>However, this could not be further from the truth.</p>

<p>Being a sumo wrestler requires long hours of training, technique, a 🍋 strong sense of discipline, and a total commitment to the lifestyle.</p>

/p>

<p></p>

<p></p>

<p>Sumo is a very competitive and physical sport that originated 🍋 around 1,500 years ago.</p>

<p>The basic idea is to force the other wrestler to either step outside of

the "dohyo"(circular ring) 🍋 or touch the floor with something else besides the wrestler's feet.</p>

<p>A majority of the time the matches only last a 🍋 few seconds, however, matches can last longer depending on the technique, strength, and skill

of the two wrestlers competing.</p>

<p>This seems 🍋 like a simple task, but a lot of training and proficiency is required to become a successful wrestler.</p>

<p>Life as a 🍋 sumo wrestler is highly structured, with rules laid down by the Sumo Association.</p>

<p>Professional sumo wrestlers are required to live in 🍋 dormitory-type residences known as sumo training stables.</p>

<p>Everything is controlled from who eats first, wears what clothes, and performs the more 🍋 mundane tasks to maintain the "heya"(stabl) Tj T*

<p>While I had a brief stay at Chuo University, I was able to join the 🍋 sumo team for practice and observe them train.</p>

<p>When we first walked into the heya, it was warm and humid.</p>

<p>We sat 🍋 down off to the side on a hardwood floor and began to

observe the team practice.</p>

<p>The sensei (instructor) sat on 🍋 a pad, drinking cold ice tea in which you could see the condensation on the outside of the glass.</p>

<p>As the 🍋 wrestlers trained, they would not speak unless the sensei shouted a brief message to correct their technique.</p>

<p>However, there were times 🍋 when an individual wrestler seemed to be summoned to the sensei and almost reprimanded for making a mistake.</p>

<p>During practice, three 🍋 main training techniques are used; challenge matches, "sanban-geiko", and "butsukari-geiko".</p>

<p>Challenge matches: These matches take place after warming up.</p>

<p>They are very 🍋 similar to the way wrestlers fight in a tournament which is often regarded as the best form of training.</p>

<p>

<p>This also 🍋 serves as an opportunity for less experienced wrestlers to

<p>

<p>

<p>

<p>