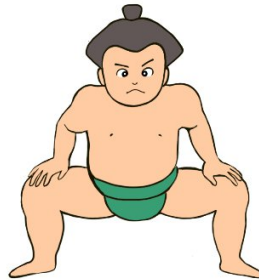


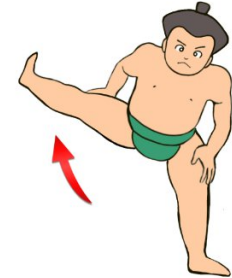
Sumo Training Moves

1. Shiko 四股

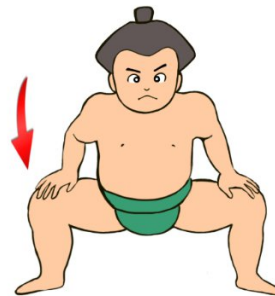
1. Squat with your legs apart, knees bent, and your hands resting on your thighs or your knees.



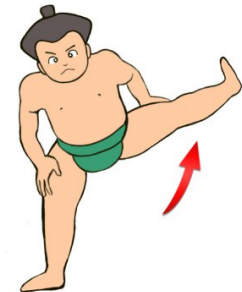
2. Slowly raise your leg in the air, keeping your knee bent, and remaining in the same squat position as before. Hold your leg in this position for a short moment.



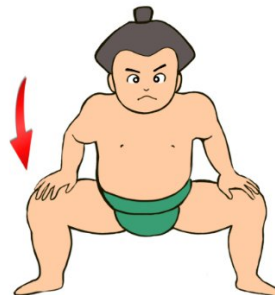
3. Lower your leg and return to the same starting squat position.



4. Now, do the same again, this time raising your opposite leg.



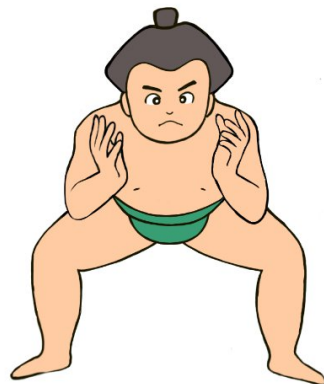
5. Lower your leg and return to the starting position. Repeat.



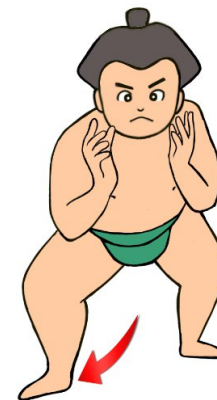
Sumo Training Moves

2. Suri-ashi すり足 (sliding feet)

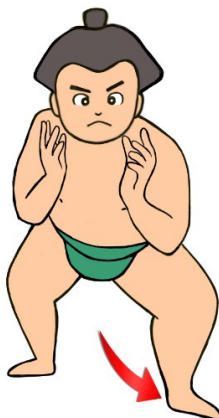
1. Squat with your legs apart, knees bent, feet positioned slightly outwards. Hold your arms out in front of you with your elbows tucked in, like you are ready to grapple your opponent.



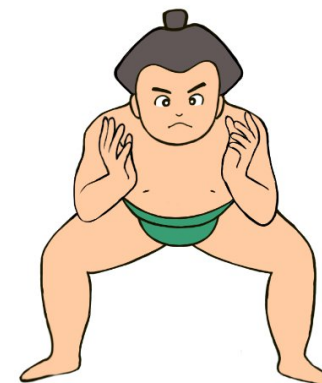
2. Slide one foot forward, keeping your knees bent in the same squat position. Make sure your foot is still angled slightly outwards. Ensure that your feet always remain connected with the ground.



3. Then, in the same way as in step 2, sliding the opposite foot forwards this time.



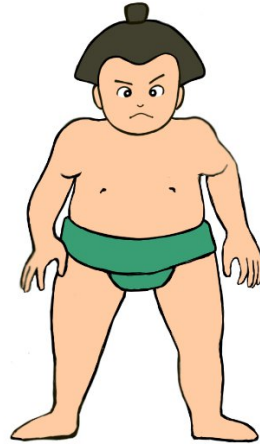
4. Repeat.



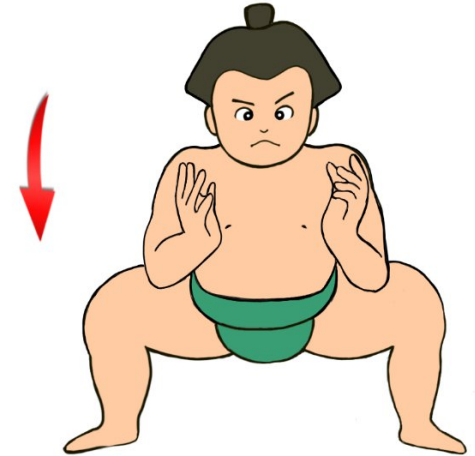
Sumo Training Moves

3. Koshi-wari 腰割り (sumo squat)

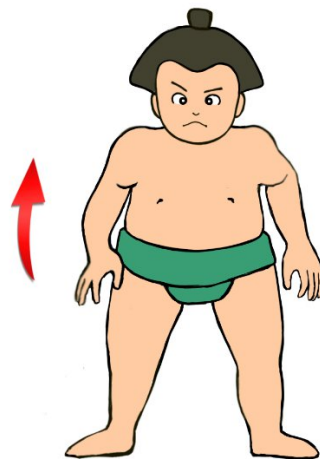
1. Stand with your legs slightly further than hip distance apart. Your feet should be angled slightly outwards.



2. Slowly bend your knees and squat down. Lift your arms towards your chest whilst doing so, keeping your elbows tucked in. Remain in this position for a moment.



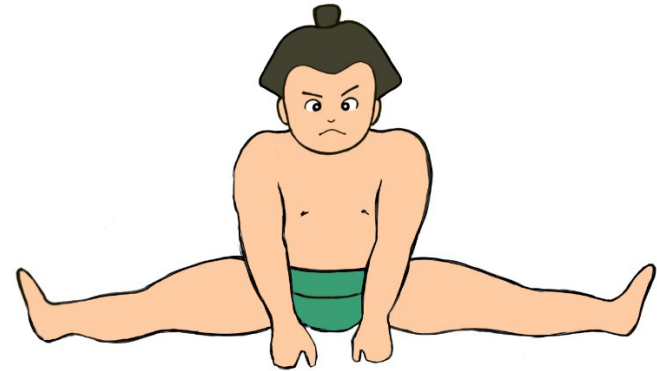
3. Slowly raise back to standing position. Lower your arms down to your sides again. Repeat.



Sumo Training Moves

4. Matawari 股割り (leg split and stretch)

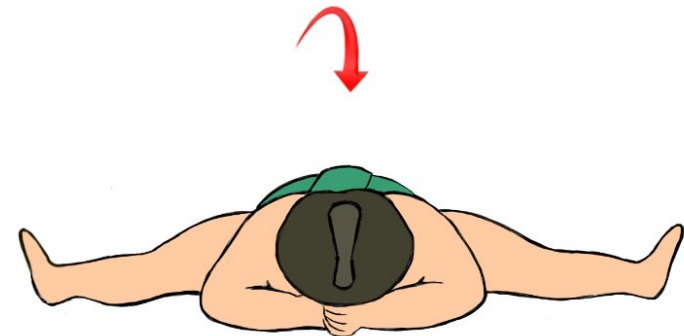
1. Sit on the ground with your legs extended as far as you feel comfortable.



2. Walk your hands forward away from your body, as you try to stretch as far forward as you can. Keep your arms stretched out ahead of you to help you stretch further forward.

Did you know?

Sumo wrestlers are extremely flexible. Many can open their legs 180 degrees and lean forward until their chest touches the ground.



Sumo Training Moves

5. Teppo 鉄砲

1. Stand with your legs apart, knees bent in a slight squat position, arms ready in front of you with elbows bent. Push one arm forward onto the teppo pole/wall, whilst sliding your foot on the same side forward. Return to the starting position.



2. Repeat the same action using the other arm and foot. Alternate which side you use each time.

