Sumo!

You and your group will need to complete the following routine (all 3 parts!) without using the paper.

I. Dohyo-iri

- 1. Divide into two groups East and West.
- 2. Each group enters the ring separately.
- 3. Within each group line yourself up in order from lowest rank to highest (go from youngest to oldest).
 - 4. Each group walks around the entire ring in a line.
 - 5. After this line up facing each other on opposite sides.
 - 6. Raise your right hand, then put it back down.
- 7. DO NOT DO THIS STEP: In a real match the sumo would then lift up his outer robe. You are not wearing an outer robe so don't lift up anything.
- 8. Raise both hands. (These last 3 steps are to show you aren't carrying any weapons!)

II. Chirichozu

- 1. Crouch down (stay on your feet) just inside the ring. You will remain in this position through the chirichozu.
- 2. Nod to your opponent slowly.
- 3. Rub your hands together and clap once slowly.
- 4. Slowly stretch out both arms and turn your palms upward.
- 5. Keep your arms out and turns your hand over so your palm is downward.
- 6. Return both hands to rest on your knees.

III. Shiko

- 1. Stand up.
- 2. Raise one leg up sideways keeping your leg as straight as possible.
- 3. Stamp your foot down hard to scare away any demons.
- 4. Do the same with your other leg.
- 5. Repeat steps 2-4.
- 6. Sprinkle salt around the ring and over your body for good luck.

You are now ready to compete as a true sumo!



