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!