

Objective

By the end of this lesson, you will learn about the history, rules, and techniques of Sumo wrestling.

Materials and Prep

Materials needed: None

Prior knowledge needed: Basic understanding of wrestling or martial arts

Activities

1. Research: Look up the history of Sumo wrestling and write down three interesting facts.
2. Practice Stances: Stand in a Sumo wrestler's stance and try to maintain balance for 1 minute.
3. Sumo Match: Create a mini Sumo ring using a rope or tape, and have a friendly Sumo match with a family member or a toy.

Talking Points

- What is Sumo wrestling? - "Sumo wrestling is a traditional Japanese sport where two wrestlers try to force each other out of a circular ring or to touch the ground with anything other than the soles of the feet."
- History of Sumo - "Sumo wrestling has been practiced in Japan for over a thousand years and is considered a sacred sport with Shinto religious origins."
- Sumo Rules - "In Sumo, there are no weight classes, and the first wrestler to touch the ground or exit the ring loses the match."
- Sumo Techniques - "Sumo wrestlers use various techniques like pushing, throwing, and grappling to defeat their opponents."
- Sumo Culture - "Sumo wrestlers follow strict traditions, wear special attire called mawashi, and perform rituals before matches."