

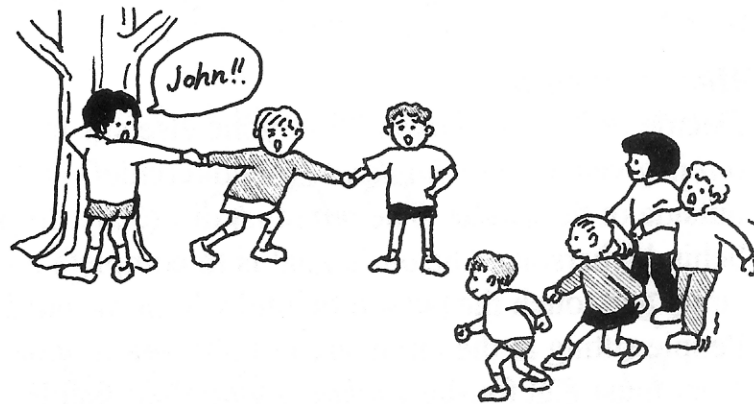
(10) *Darumasan ga koronda* (Daruma fell over)

Decide on the *oni* by *Janken*. The *oni* stands facing a wall, tree, pillar or post. Everyone else stands about four or five metres away. While facing the wall, the *oni* calls out “*Darumasan ga koronda*.” As the *oni* is calling this out, everyone moves toward the



oni. Whoever is seen moving by the *oni* who turns around after saying “*Darumasan ga koronda*” and hears their name called out by the *oni* becomes the *oni*'s prisoner. The prisoners stand in a line holding hands (including the *oni*'s) and wait for help. The remaining people try to cut the join between the *oni* and the first person. When they cut the join, they

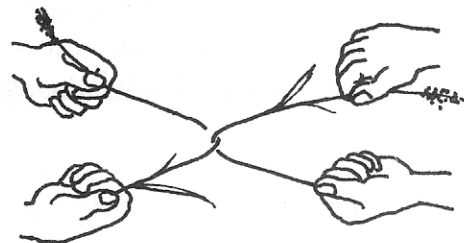
call out “*Kitta!*” (I cut!). Immediately everyone runs as far from the *oni* as possible. However the *oni* can call “*Tomare!*” (Stop!) straight away, and everyone must stop. If the *oni* can touch a person within three steps, that person becomes the next *oni*. If the *oni* cannot touch anyone within three steps, that person is the *oni* again.



2 - *Sumoo* (Sumo)

(1) *Kusa zumoo*

Students find a strong looking weed or piece of grass. Two students interlock their grass and pull. The piece that doesn't break wins.



(2) *Yubi zumoo*

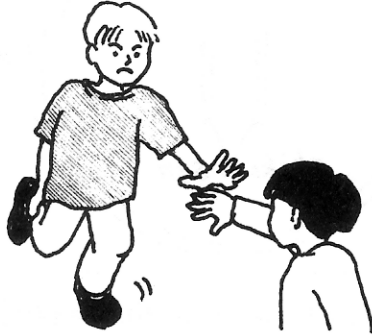
Same as finger wrestling. A student must pin their opponent's thumb down for a count of three, five or ten (in Japanese).



- (3) *Ude zumoo*
Arm wrestling.

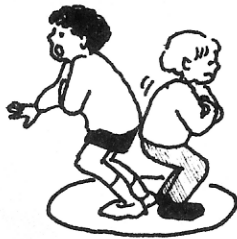
- (4) *Kenken zumoo / Kata ashi zumoo*

Two students stand in a dohyoo (sumo circle). They each stand on one foot and hold the other with their hand. Using their free hand, the object is to push their opponent out of the circle. If a student lets go of their foot or falls over, they lose.



- (5) *Shiri zumoo*

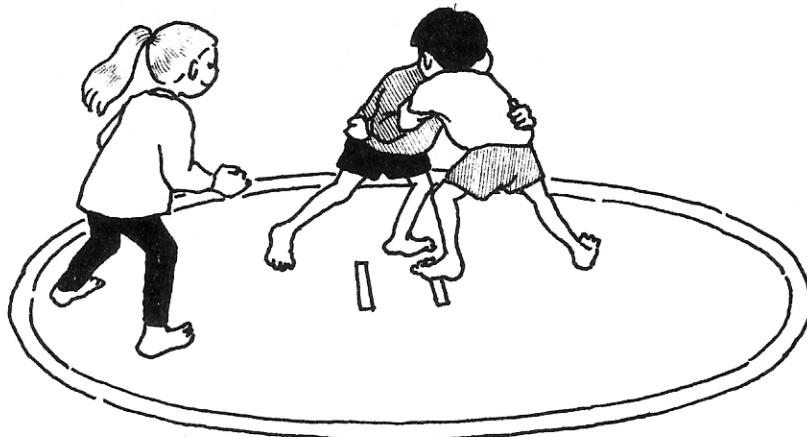
Students fold their arms and try to push their opponent out of the ring using their backside. Whoever falls or is pushed out loses.



- (6) *Sumoo*



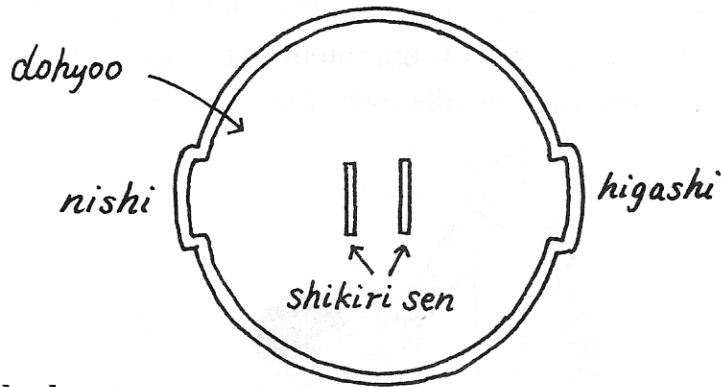
I feel very sad that many people believe that sumo is a fat people's sport. I hate the fat sumo suits that make fun of sumo. Sumo is a serious sport that anyone can enjoy. When I teach Sumo, I also teach its history, attitude, manners, etiquette, rules and techniques as though I was teaching it in a primary school in Japan. I would like very much for people to understand real Sumo.



Sumo for primary school students

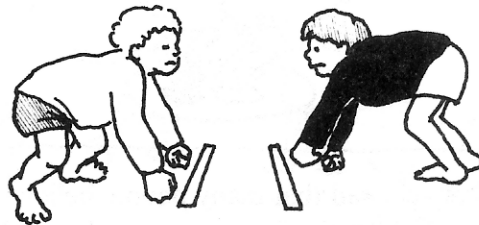
How to make a *dohyoo* (sumo circle)

For primary school students, a diameter of 3 to 4 metres is appropriate. Make a circle as illustrated with an entrance at the *higashi* (east) and *nishi* (west) sides.



Starting the bout

Two players enter the *dohyoo* from the opposing entrances. Prior to entering, the students stand at the entrance, face each other, bow and enter. The *gyooji* (referee) calls out "*hakkeyoi*". The players place their fists on the ground behind the *shikirisen* (the lines in the middle). When the *gyooji* calls "*nokotta*", the students begin.



Who wins

The objective is to push or carry the opponent out of the ring, or to throw them over. Whoever touches outside the ring, or inside with anything other than the soles of their feet loses. An exception is if a student is carrying their opponent out of the *dohyoo* they can step out first.

