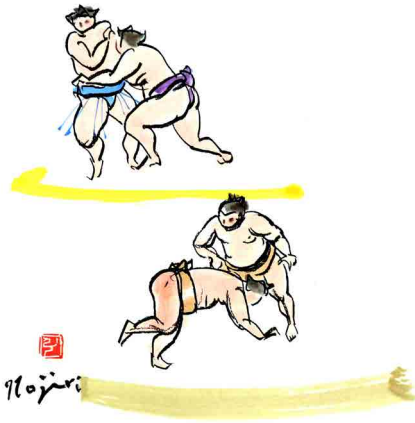


Make a *Sumo* Game 相撲

THE JAPANESE HOUSE ACTIVITIES



Learn about *Taiku no hi* (Sports Day) and create a paper sumo wrestling game.

1. Learn about Sports Day

Taiku no hi is a Japanese national holiday celebrated in October, which encourages people to enjoy sports and promotes a healthy lifestyle. Autumn, especially September and October, is considered the best season to play sports in Japan, and many schools and communities hold their annual sports festivals, called *Undo-kai*, at this time. For schools, this is usually one of the biggest events of the year. The event is also an occasion for family and community get-togethers.

Kids in Japan play many of the same sports we play in the United States, such as basketball, baseball, and soccer, but a traditional Japanese sport called *sumo* wrestling is still considered the national sport. In sumo, there are two wrestlers in a circular ring. The ring does not have any walls, just a line to mark the edge. The objective is to push your opponent outside of the ring or force him to touch the ground. Not many people in Japan do *sumo* anymore, and it is not a popular sport for kids to play or even to watch in Japan these days, but it's still popular with older people.



TIME:

20 minutes

MATERIALS:

- *Sumo* activity sheet
- Colored pencils, crayons or markers
- Scissors

PRONUNCIATION GUIDE:

Taiku no hi:

Tah-ee-coo no hee

Sumo: *Sue-moe*

Undo-kai:

Ooh-n-doe-kah-ee

2. Make Your Own *Sumo* Game

1. Color each of the *sumo* wrestlers.
2. Cut out the wrestlers (cut along the outermost line) and the *sumo* circle.
3. Fold the wrestlers down the center so they can stand upright.
4. Stand the wrestlers facing against each other on the lines in the circle.
5. Tap the tabletop with your fingers so that the wrestlers will jump and move slightly. The first wrestler who falls down or goes outside the circle loses the match.



3. Things to Talk about

- Name your wrestlers! *Sumo* wrestlers adopt special wrestling names that are inspired by nature scenes, famous stories or famous landmarks. Some examples are:

Tai-ho (Giant Magical Bird)

Asa-sho-ryu (Morning Blue Dragon)

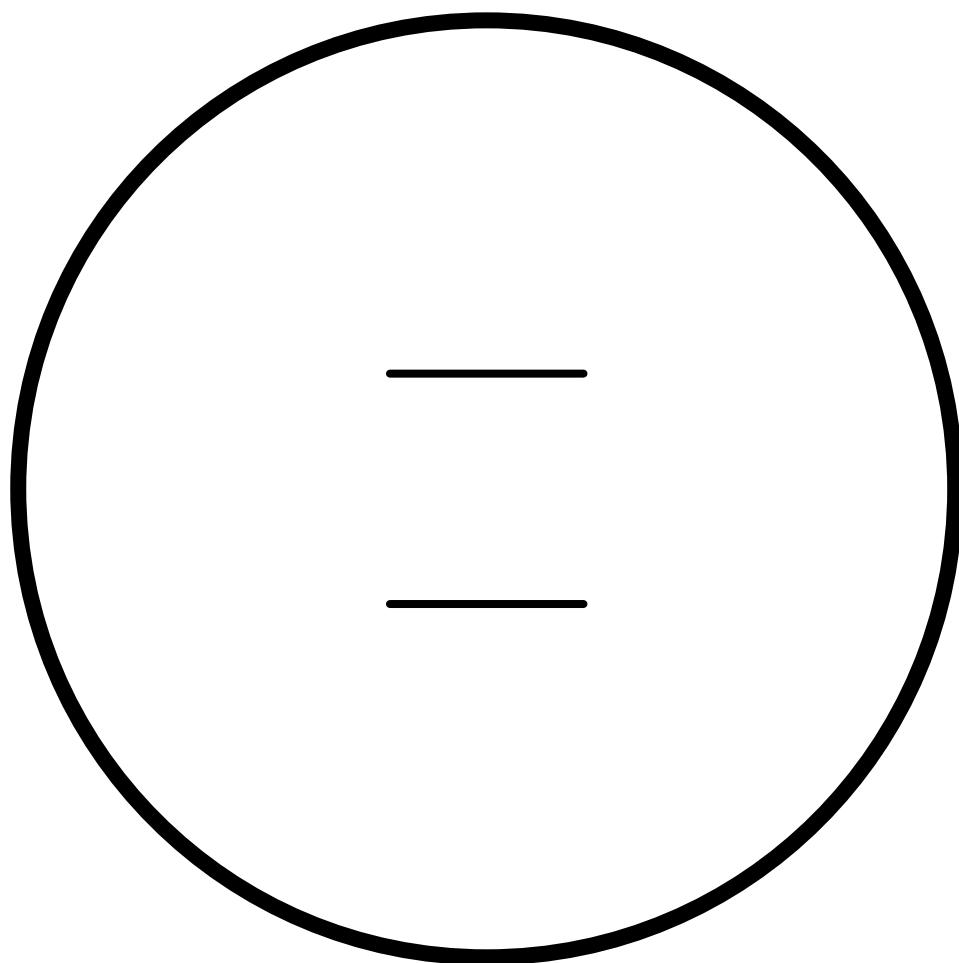
Asa-shio (Morning Waves)

- If you can choose when to have a national holiday to celebrate sports and health, when would you have it? Why? Are there any sporting events in your community?
- Some other traditional Japanese sports besides *sumo* are *kedo*, *judo*, *karate* and *aikido*. Today, kids in Japan also enjoy baseball, soccer and track and field. What type of sports do you like to play?



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Sumo is considered the national sport in Japan. In *sumo*, there are two wrestlers in a circular ring. The objective is to push your opponent outside of the ring or force him to touch the ground.

