

Movement Challenges & Games

SUMO WRESTLING

- Create a circle with cones about 3m in diameter.
- In pairs the bouts always begin with and end with a bow of respect.
- The aim is to take your opponent out of the circle by using all the strength you have, or by skilfully shifting your weight so they go to ground.
- Holding or tugging clothing is not permitted.
- Those waiting can act as the referees.
- The bout concludes with both players back in the circle bowing to each other.

Equipment: Cones.

Area Required: Set up a circle roughly the size of a basketball court centre circle.

Benefits

- Persistence (Not giving up even when defeat seems inevitable.).
- Resilience (Did I continue trying / search for new strategies after several defeats?).
- Respect (Accepting victory / defeat graciously.).
- Strength (Understanding the strength of others and the use of personal strength.).
- Balance (How can I use my balance to defeat stronger opponents?).
- This is a high level trust activity and other partner work is useful prior to any bout.

How to explain the activity

- We are going to participate in an activity that centres on respect for your opponent. There is going to be a lot of physical contact so we also need to be aware of the potential for harm and resist any temptations to act inappropriately.
- This circle is the “battle area” where two at a time will be having bouts of Sumo wrestling.
- Before each bout begins we must show our opponent respect by bowing (traditions such as throwing salt and foot stomping can also be introduced).
- The aim is then to take your opponent out of the ring by using all of your strength or skilfully shifting your weight so your opponent goes to ground.
- There will be no holding or tugging on clothing.
- Those of you who are waiting will be the referees.
- Remember that you must never finish the bout without bowing to your opponent.

Cues for debrief / reflection

- Did anyone find they were defeated by someone they didn't expect to be defeated by?
- Did size have anything to do with success?
- How did you feel after the initial bow and the final bow?
- Who were the hardest people to remove from the circle?
- What did you notice about how they were standing (low centre of gravity)?
- Did you find you were using more body parts than just your arms? What were they?

How to vary the activity

- Victory is achieved by having your opponent knock a ball off a cone in the centre of the circle or by contacting any of the boundary cones.
- Only using open hands so no holding.
- Slightly reduce the size of the circle and have students hold hand behind their backs during the bout.