



**Sumo- Japan's most popular traditional sport**

**Pure Nippon Experience**  
- Sumo experience at Grand Ginza Six -

## What is Sumo ?

- ◆ It is an ancient wrestling sport which is also Japan's national sport.
- ◆ It was born long ago as a form of entertainment for Shinto Deities.
- ◆ Rules: a wrestler will lose as soon as he touches the ground with a part of his body (except his feet) or when he exits the ring.



## When & where are sumo tournaments held?

1. First tournament: January, Tokyo
2. Second tournament: March, Osaka
3. Third tournament: May, Tokyo
4. Fourth tournament: July, Aichi
5. Fifth tournament: September, Tokyo
6. Sixth tournament: November, Fukuoka



## The life of a sumo wrestler

- ◆ Sumo wrestlers must live according to strict rules & customs, dictated long ago by the Shinto religion.
- ◆ Before starting their early training in the morning on an empty stomach, they have to dress up and make their hairdo.
- ◆ After stretching, they will train for several hours, before having a heavy lunch rich in calories (around 10.000), essential for staying in shape.
- ◆ 3 hours after lunch, they will have to re-start the training, re-starting a routine that will last several years.
- ◆ Sumo wrestlers must be strong and very disciplined if they want to go a long way!





## “sumo-beya”, or sumo stable

- ◆ A sumo-beya is a sumo training quarter, where wrestlers live and train every day.
- ◆ The sumo-beyas are located in the city-center, so they are easily accessible.
- ◆ The trainings take place early in the morning, except during tournaments.



### ■ Outline :

Enjoy the SUMO demonstrations by Sumo-wrestlers with their interpretation on its history, practice and so on.  
(2 Sumo Wrestlers)

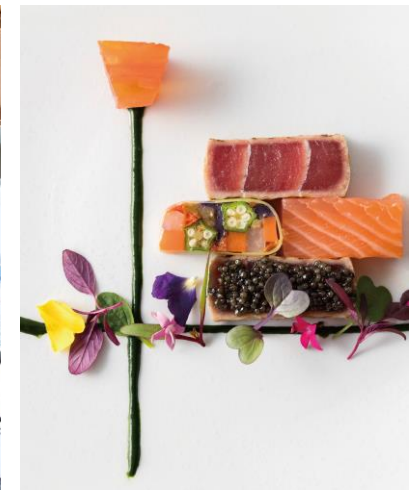
Appreciating the delicious French course dinner with free flow drinks at Grand VIP room of Grand Ginza Six.

### ■ Overview of the tour :

- 18:00 Departure from hotel to Ginza Grand Six
- 18:30 Sumo Performance at Grand VIP room while appreciating dinner with drinks ( Sumo performance, photo time, 1 hour)
- 20:30 transfer back to hotel, relax at leisure



Grand VIP Room



Dinner Image