Kimetaoshi: Wrapping one’s arms around the opponent’s arms or shoulders and forcing him down to the ground or out of the ring.

Nimaigeri: While pulling the opponent forward and forcing him down to the ground.

Harimanage: When the opponent is not active or when the opponent moves away from the ring.

Okurihikiotoshi: Taking the opponent’s arm or shoulder and forcing him down to the ground.

Gasshohineri: Interlacing one’s fingers and planting the outside of one’s hand to throw the opponent down.

Sumo Techniques

The Japanese Sumo Association defines 82 kiaiuri (wrestling techniques) and five non-techniques (step to foot). Here are eight techniques you may see during the New Year Grand Sumo Tournaments. For more techniques, stay tuned for future basho previews.

Gasshohineri

Sukite:

Abi

Shikoryoyama

Saitama (May 4, 1994)

K-9

Abi has had a winning record for three consecutive 8-7 records.

Discover SUMO for yourself

We recommend these sumo-related activities:

- Get tickets for the 2020 Tokyo sumo wrestling tournament
- Same training experience in Tokyo
- Duration: 3 hours
- Cost: ¥10,000 (excluding tax)
- Food: Toast with sumo wrestlers and eat chanko nabe in Tokyo

Many kinds of activities available
Finding the right experience for you!