

The Traditions of SUMO

相撲界のしきたり

All sumo wrestlers are ranked according to a system called Banzuke, and this ranking determines their treatment in daily life, including matters such as food, clothing, shelter, and various benefits.

すべての力士は「番付」と呼ばれるランキング制度で管理され、番付の順位で衣食住をはじめとするありとあらゆる待遇が変化します。

Banzuke 番付

Sumo wrestlers are divided into six divisions, the highest being Makuuchi, which is followed by Juryo, Makushita, Sandanme, Jonidan, and then Jonokuchi. Makuuchi and Juryo sumo wrestlers are referred to as Sekitori, and the highest-ranked wrestler among the Makuuchi is given the prestigious title of Yokozuna.

力士は大きく6つの階級に分かれ、上から「幕内」「十両」「幕下」「三段目」「序二段」「序ノ口」と区別されます。幕内と十両の力士は「関取」と呼ばれ、幕内最高位の力士には「横綱」と呼ばれる名誉ある称号が与えられます。

Makunouchi division 幕内

Yokozuna 横綱

Ozeki 大関

Sekiwake 関脇

Komusubi 小結

Maegashira 前頭

Juryo division 十両

Makushita division 幕下

Sandanme division 三段目

Jonidan division 序二段

Jonokuchi division 序ノ口

Sekitori 関取

Sanyaku 三役

With Salary 月給あり

No Salary 月給なし

In the venue is the Itabanzuke, a large ranking chart handwritten by the Gyoji (referees) that shows the rank of each sumo wrestler. Be sure to look for it.

会場には、板番付と呼ばれる大きな板に行司が手書きした番付表があるので、ぜひチェックしてみてください。

Banzuke-hyo 番付表

The rankings of sumo wrestlers are announced on a handwritten chart called a Banzuke-hyo. In addition to the names and hometowns of wrestlers ranging in rank from Yokozuna to Jonokuchi, the names of the Gyoji (referees) and Yobidashi (callers) are also listed.

番付（ランキング）は、「番付表」と呼ばれる手書きの表で発表されます。横綱から序ノ口までの力士の出身地や名前のほか、行司や呼出たちの名前も表記されています。

SUMO 相撲

Q & A

Knowing this will make it more enjoyable.

これを知っておくと もっと楽しい！

Q

How are wins and losses in a sumo match determined?

勝ち負けはどう決まるのですか？

If any part of a wrestler's body aside from the bottoms of his feet touches the ground, or if any part of him goes outside the Dohyo before the other wrestler does, he loses.

相手より先に、足の裏以外の体の一部が土俵上や土俵外についた場合に負けになります。

A

How can I get tickets to a Honbashi?

本場所のチケットはどこで取れますか？

Tickets can be purchased online approximately one month prior to the start of a Honbashi. The tickets often sell out on the first day of sales, so please be careful.

本場所開催の約1か月前からインターネットで購入できます。発売初日に売り切れることも多いので注意。

Q

What kind of place is the Sumo Museum?

相撲博物館はどこなところですか？

The museum is located inside the Kokugikan, and it can be visited even during times when a Honbashi is not being held. Admission is free, and there are Nishiki-e (woodblock prints) and Keshomawashi (decorative aprons worn by sumo wrestlers) on display.

国技館の中にあり、本場所中以外でも見学できます。入館は無料で、錦絵や化粧廻しなどが展示されています。

Q

What is a Honbashi?

本場所ってなに？

Honbashi is the name for the official competitions that determine a sumo wrestlers' status. They are held six times a year: three times at the Kokugikan in Tokyo (January, May, September), and once each in Osaka (March), Nagoya (July), and Fukuoka (November). In addition to the Honbashi, there are regional events held in each of the four seasons in different parts of Japan.

力士の地位を決定する正式な相撲興業のこと。東京の国技館（1、5、9月）で3回、大阪（3月）、名古屋（7月）、福岡（11月）で各1回、年に6回開かれます。本場所のほかに、春夏秋冬のシーズンごとに地方巡業も行います。

Q

Where can I get a Banzuke?

番付はどこで手に入りますか？

It can be bought for 55 yen apiece at the venue of any Honbashi.

本場所が行われている会場で1枚55円で購入できます。

Q

Where can I eat Chanko-nabe?

ちゃんこ鍋を食べてみたいのですが

There are numerous Chanko restaurants in the Ryogoku area. Many are open during lunchtime as well as dinnertime. Please search for "ryogoku chanko" online.

両国にはちゃんこ料理店が多数あります。昼食でも夕食でも気軽に利用できます。「Ryogoku chanko」と検索してみてください。

What is SUMO?

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一般社団法人 墨田区観光協会

2023 Sumida Tourism Association

すみだ観光サイト

Sumida Tourism Association

<https://visit-sumida.jp/>

What is SUMO?

相撲

知っているようで知らない相撲の話

Sumo is the National Sport of Japan

RYOGOKU, the Sacred Ground of Sumo

相撲の聖地 両国案内

The History of SUMO

相撲の歴史

An ancient Japanese Shinto ritual passed down from mythical times

Sumo, which is known as the national sport of Japan, originated from contests of strength and fighting, and has a history so long that it is referenced in ancient myths and legends. About 300 years ago, in the middle of the Edo Period, sumo wrestling became popular throughout Japan, and shrines and temples would use sumo matches as fundraisers for construction and repairs (akin to modern-day crowdfunding). Rules were later formulated, the sport of sumo as we know it today took shape, and it has since become deeply ingrained in traditional Japanese culture. Sumo matches and the wrestlers who participate in them still look as they did in the Edo Period.

神話の時代から続く日本古来の神事

日本の国技ともいわれる相撲は、力くらべや取っ組み合いから発生したスポーツで、神話や伝説にも登場するほど、古い歴史を持っています。今から300年ほど前の江戸時代中期になると、全国で相撲興業が人気を博し、寺社などでは造営や修繕のための費用を捻出するために勸進相撲（現代におけるクラウドファンディングのようなもの）を行っていました。その後、ルール化されてスポーツとしての形態を整え日本の伝統文化となりました。相撲の取り組みや力士たちが、今も江戸時代と変わらぬ姿を見せてくれます。

力士 Sumo Wrestlers

What kind of people are sumo wrestlers?

Sumo wrestlers called Rikishi in Japan are known for their large, well-trained bodies adorned with Mawashi (loincloths), and their hair tied in a topknot.

力士は鍛え上げられた大きな体にまわしを締め、髷を結った髪が特徴的です。

力士って
どんな人?

Height 身長

Average [平均] 184.6cm
Tallest [最高身長] 204cm

Weight 体重

Average [平均] 159.7kg
Heaviest [最重量] 210kg
(2023年5月現在)

Body Type 体型

A sumo wrestler's most important asset is his body. Through daily meals of Chanko and rigorous training, sumo wrestlers develop strong bodies.

力士の資本は体。日々ちゃんこをかき込み、厳しい鍛錬を繰り返すことで強靱な肉体へと成長するのです。

Mawashi まわし

It's the long, sash-like fabric worn as loincloths by sumo wrestlers when they wrestle. There are three types of Mawashi: Shimekom (loincloths worn during matches), Keiko-mawashi (loincloths worn during practice), and Kesho-mawashi (decorative aprons).

力士が相撲をとるときに腰に巻く帯のような長い織物。「締込」「稽古まわし」「化粧まわし」の3種類があります。

Dohyo 土俵

The Dohyo is a wrestling ring made by placing bags of straw in a 4.55-meter diameter circle, and is the site of sumo competitions. The Dohyo is considered to be a sacred space.

土俵は直径4.55mの円を俵でつくった相撲の競技会場のことをいいます。土俵の上は神聖なものとされています。

Wanpaku Sumo わんぱく相撲

Sumo competitions held for children are known as Wanpaku Sumo. It is a custom in Japan to teach children about the national sport of sumo from an early age. 子ども向けの相撲大会をわんぱく相撲といいます。日本には子どものころから国技である相撲に親しむ風習があります。

How to Become a Sumo Wrestler 力士になるには

Sumo wrestlers must be healthy males under the age of 23, have completed compulsory education, and be at least 167cm tall and 67kg in weight. 身長167cm以上、体重67kg以上の体格基準をクリアし、義務教育を修了した健康な23歳未満の男子である必要がある。

Salary 給料

Sekitori at the Juryo rank and above are paid a monthly salary determined by their rank, and Yokozuna can earn several hundred million yen. Makushita and lower ranks are not paid a monthly salary, and instead their income comes primarily from incentives and various allowances.

十両以上の関取になると番付ごとに定められた月給が支給され、横綱になると何億も稼ぐことができるのだとか。幕下以下の力士は月給が支給されず、奨励金と各種手当が主な収入源となります。

稽古 Practice

A day in a sumo stables

Sumo wrestlers live together in sumo stables called Sumo Beya in Japan and practice every day. This is what a typical day in a sumo stable is like. 力士は相撲部屋に所属し共同生活を送り、日々稽古に励んでいる。相撲部屋の一日をご紹介します。

Around 5:00

Wake up 起床

Good Morning!

Around 9:00~

Morning practice starts 朝稽古開始

The practice begins with lower-ranked sumo wrestlers on the banzuke. Approximately one and a half hours later, sekitori (juryo and makuuchi) take part in practice. 番付の低い力士から練習開始。約1時間半後に関取(十両、幕内)が登場する。

Around 11:00~13:00

Chanko (meal) ちゃんこ(食事)

Preparing the meals is the responsibility of the lower-ranking sumo wrestlers. The meals consist of not only a hotpot but a variety of other dishes, and the portions are quite generous. 番付の低い力士が当番で料理を作る。鍋だけでなくいろいろな料理があり、ボリュームたっぷり。

Around 14:00~16:00

Nap 昼寝

Taking naps is an important practice for increasing the size of their bodies. 昼寝は、体を大きくするための大切な稽古の一つ。

Around 16:00~18:00

Cleaning & tidying up 掃除・片付け

Around 18:00~

Dinner & free time 夕食・自由時間

Around 22:00

Bedtime 就寝

Tours of sumo stables are available during times when the Honbasho (regular sumo tournaments) and regional events are not being held. Arrangements can be made online. You can watch the sumo wrestlers practice, eat Chanko together, and even take commemorative photos with them. Early in the morning, you may be able to see sumo wrestlers in the vicinity of the sumo stable before their practice begins. You may even see sumo wrestlers wearing Yukata robes and riding bicycles while out shopping.

本場所開催期間や地方巡業に出ているとき以外は、相撲部屋が見学できるツアーがあり、インターネットで申し込みます。稽古を見学し、力士と一緒にちゃんこを食べ、記念撮影に応じてくれることもあります。相撲部屋の周辺では、早朝、稽古前の力士たちを見かけることも。力士が浴衣で自転車に乗って買い物に出かける姿も見られるかもしれません。

力士に会いたい!

I want to meet sumo wrestlers!

There are sumo stables that you can visit. You can also see sumo wrestlers in the Ryogoku area.

見学できる相撲部屋があります。両国の町かでも会えます。

Kokugikan Stadium 国技館

Three Honbasho, regular tournaments for professional sumo, are held here each year. It is also home to the Sumo Museum, which has exhibits related to sumo on display and can be visited even when a Honbasho is not being held there.

年に3回、大相撲の本場所が開かれます。場所が開かれていないときも「相撲博物館」で相撲に関する展示が見られます。

The Japanese Sword Museum 刀剣博物館

The only museum in the world dedicated to Japanese swords. A number of famous swords are on display, and there are also exhibits about the history of Japanese swords and their production methods.

世界で唯一の日本刀専門の博物館。名刀が多数展示され、日本刀の歴史や製造方法も紹介されています。

Former YasudaGarde 旧安田庭園

A Japanese garden created by a feudal lord during the Edo Period, this space is a relaxing place featuring a pond dotted with small islands as well as numerous trees and walking paths. 江戸時代に大名によって造られた日本庭園で、小島の浮かぶ池を樹木と散策路が囲む癒しの空間です。

Eko-in 回向院

This temple was a popular venue for sumo matches held for fundraising purposes during the Edo Period, and is said to be the predecessor to the Ryogoku Kokugikan where Honbasho are held today. The Chikarazuka, a stone monument with connections to sumo, can also be found on the temple grounds.

江戸時代には勧進相撲の定場所として賑わい、現在の両国国技館の前身と言われています。院内には相撲ゆかりの「力塚」も。

Ryogoku, the Sacred Ground of Sumo

Ryogoku is a neighborhood with deep connections to sumo, as it is where the Kokugikan, the venue for Honbasho tournaments, as well as many sumo stables (Sumo Beya), are located. There are also chances to meet sumo wrestlers!

相撲の本場所が開かれる国技館をはじめ多くの相撲部屋も存在する両国は相撲にゆかりの深いまち。力士たちに出会えるチャンスもあります!

Sumida Heritage Museum すみだ北斎美術館

Ryogoku is the birthplace of Katsushika Hokusai, the world-renowned ukiyo-e artist. In addition to the works contained within, the building itself with its unique silvery shine is also a must-see.

世界に知られる浮世絵師・葛飾北斎の生まれ故郷である両国。作品の展示はもちろん、シルバーに輝くユニークな建物も見どころです。

Hakkaku Beya 八角部屋

Nishikido Beya 錦戸部屋

Sumida Heritage Museum

すみだ北斎美術館

Nominosukune Shrin

野見宿禰神社

Nominosukune Shrin 野見宿禰神社

This shrine is dedicated to Nomi-no-Sukune, who appears in Japan's oldest historical texts as the deity of sumo. 日本で最も古い歴史書に、相撲の神様として登場する「野見宿禰」を祀る神社です。

Sumo Stables' Specialty Cuisine Chanko 相撲部屋の名物グルメ ちゃんこ

Chanko is the general term for meals handmade by sumo wrestlers living in the sumo stables. Chanko-nabe, the most well-known type of Chanko served as a hotpot, is made by simmering large-cut ingredients in soy sauce- or miso-based broth. Each stable has its own particular way of preparing Chanko-nabe. There are many Chanko restaurants that take pride in the taste of their food in the area, so be sure to give them a try.

相撲部屋で力士が手作りする料理の総称を「ちゃんこ」と呼びます。一般的によくイメージされる「ちゃんこ鍋」は、大きめに切った具を醤油味や味噌味で豪快に煮込んだもので、相撲部屋によって、その部屋ならではの流儀があります。両国には、味自慢のちゃんこ料理店が数多くありますので、ぜひ味わってみてください。

About 3 kilometers away from Ryogoku, you'll find the city's landmark, TOKYO SKYTREE®. During your visit to Ryogoku, why not also visit it? 両国から約3kmには街のランドマーク、東京スカイツリー®があります。両国観光のついでに足を伸ばしてみましょう!

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