

The Origin and Development of Japanese Sumo Wrestling

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Abstract

Sumo is known as the National skill of Japan and an important part of Japanese culture. Although sumo is a seemingly rough wrestling sport, it embodies the rich traditional culture of Japan and the strong spiritual connotation of Japanese people. Sumo has a long history. With the development of Japanese culture, science and technology, sumo evolved from a ceremony for the original worship of gods into a royal viewing program, warrior training, professional sumo competition and so on. From the development history of sumo, we can see the development track of Japanese culture. This paper expounds the origin and development history of Japanese sumo, and demonstrates the development prospect of Japanese sumo.

Keywords

Sumo; History; Prospect.

1. Introduction

Sumo contains rich traditional culture and national spirit. You can't really understand Japanese culture without understanding sumo. Sumo has always been respected by people all over the world for its unique appreciation and brave fighting spirit, especially by the Japanese people. The development of Japan is also accompanied by the development of sumo, the development of sumo is just like the development of Japan, the two have an inseparable relationship. With the development of Japanese culture and the progress of The Times, how has this "national skill" attracted the attention of people in Japan and the world changed in the face of the development of The Times? This article will analyze the development course of sumo to see the development trend of sumo.

2. The Origin and Development of Japanese Sumo

(1) Origin

In Japan, sumo is a religious ceremony originated from Shinto and also a farming ceremony spread among the people. First of all, rural and rural competition, the winner can be predicted to get a good harvest. After the harvest, people hold a contest for the god of harvest in the temple, hoping to bring a good harvest next year. Shinto rituals emphasize sumo and require a "stomping ritual" before a match, which is intended to drive evil spirits away from the arena and also to relax muscles. The grounds are also cleansed with salt, which Shinto believes drives away evil spirits. This is the earliest record of sumo in Japan.

(2) Development

During the Period of Nara and Heian, sumo evolved from a farming ceremony to a court sport. According to the book, The 35th Emperor of Japan called his palace guards to hold a sumo contest to receive the envoys of the ancient Korean state of Baekje. From the middle of the Naliang era, sumo was introduced into the imperial court and became a part of the annual Tanabata festival. Later, sumo gradually developed into an independent festival. In the Heian Period, sumo was officially established as one of the important rituals in the palace, and was called "three degrees festival" along with bow and arrow and horseback shooting.

By the Kamakura Warring States period, the magnificent court sumo was in decline and the samurai took over. Sumo to the hands of the samurai class, it became one of the practical martial arts training methods. In the eighteenth century, professional sumo began, much like today's competition. At the beginning of the 20th century, sumo was widely developed as Japan's national sport. In 1909, a national sport museum was built in Tokyo for sumo competitions. In 1941, it was listed as an official subject of school physical education, thus establishing sumo's status as a national sport. Since 1970s, Japanese sumo rushed out of the country and began to travel around the world. The Japanese sumo delegation has visited the United States, China, Britain, France, Mexico, Brazil and other countries, leaving footprints all over several continents. Wherever they go, they have aroused strong reactions.

In the 1990s, Japanese science and technology advanced rapidly and the corresponding technology was applied in sumo, leading to the rise of robot sumo. Japan held the first robot sumo conference in March 1990, sponsored by Fuji Software Co., LTD. Due to the success of the conference, and the strong support and active participation of the educational and scientific circles, and through the further revision and improvement of various rules of the conference, the robot sumo has become a permanent competition in Japan. Unconsciously, sumo has become the most Japanese traditional sport and the "national skill" of Japan. The vigorous promotion of Sumo by the Japanese government to the world has greatly increased the awareness and attention of sumo in the world, and the international attention of sumo has also promoted the economic and cultural exchanges between Japan and other countries.

3. Factors Restricting the Development of Japanese Sumo

(1) Geographical factors

Japan is an island country, three quarters of the land is mountainous, and its location is remote, so there is little knowledge about the cultural transmission of the outside world. Due to the limitation of geographical location, The civilization of Japan started late, and there were many limitations in economy, culture and politics. In the early period, Japan was conservative in all aspects of thought. For example, at the beginning of the sumo competition only men have, women are not allowed to participate. This shows that sumo is not developing in a balanced way.

(2) Political factors

After the Meiji Restoration, sumo entered an unprecedented period of low ebb. Due to the disintegration of the mu-fan system, sumo wrestlers lost their economic support. In addition, with the popularization of civilization from the West, the abolition of sumo was discussed one after another, and the Japanese government also issued an order to stop sumo, so the unique bun of sumo wrestlers is facing a crisis. The new government, which all looked west, banned sumo in the sixth year of the Meiji period on the grounds that it was a barbaric game with naked bodies. It lasted until the middle of the Meiji era. In 1876, the sumo club was renamed the Tokyo Big Wrestling Association, and the corresponding institutional reform was carried out. With the support of sumo enthusiasts, emperor Meiji held the Tenama Sumo Tournament in 1884, which made people aware of the existence of sumo and turned the sport around. Sumo was finally preserved as a traditional form of sport.

(3) the decrease of Japanese sumo wrestlers

Sumo wrestlers are held in high esteem in Japanese society. They were seen as descendants of samurai and were expected to behave like one. Today, sumo is in an unprecedented crisis, and its future is uncertain. There is even a crisis situation in which the number of applicants is very low. Faced with such a trend in the future sumo may appear no one to sign up for the embarrassing situation. In a sign of the sport's rapid decline in popularity in Japan, a generation of older sumo wrestlers have admitted that recruitment competitions are suffering from a lack

of applicants. The pampered days of sumo wrestlers may be over. They must complete formal education before the age of 15, weigh at least 75 kilograms and be at least 1.73 meters tall. Many current sumo wrestlers complain that a new generation of Japanese teenagers simply can't handle the hard life of sumo wrestling. In the sumo school, in addition to strict training, the daily life is also very monotonous, in addition to training, is a large amount of rice and stew. The space for shelter is extremely small. Such harsh conditions cause many who dream of becoming sumo wrestlers to give up their dreams of becoming old ones. Sumo wrestlers also live a strictly hierarchical life. Even eating, going to the bathroom, and taking a bath should be in a strict pecking order. Sumo level is a pyramid, the top is horizontal outline, and then the mark, rib, summary, projection screen, juryo, these are eligible to participate in the competition of guinness, according to the statistics, however, these has qualification of its accounts for the total number of the sumo wrestler is less than 5%, the vast majority of guinness is alex, can only give it 5% of its tagging, The strict hierarchy of chores, such as fetching tea and water and cleaning the training ground, often carried out by a single wrestler followed by a team of "service" men, has also put off aspiring sumo youths. The heavier the sumo wrestler, the better. So the Japanese players in order to increase weight, sumo wrestlers usually adopt diet and sleep based on the method of obesity. Everyday, they only eat a special food called "sumo hot pot". This is a typical nutritious meal. Beef, fish, soy products, vegetables, etc. are put in a large pot and stewed. Sumo wrestlers eat only two meals a day, noon and evening, both of which are hot pot. Every meal was a throatful one, and some sumo wrestlers had to eat large amounts of cream cakes and other desserts before going to bed immediately. A large sumo wrestler can eat the same amount of food as five or six ordinary people. Excessive overeating will lead to two physical harms: first, the life span of human gastric mucosa epithelial cells is very short, and it needs to be repaired every 2-3 days. Long-term overeating will not give gastric mucosa a chance to be repaired, and it is easy to produce gastric erosion, thus causing gastric cancer. In addition, excess nutrition causes organ burden. Obesity and many other symptoms are caused by gluttony. People who regularly eat well also have a significantly increased chance of developing osteoporosis in old age.

Quantitative eating, just right, good health, on the contrary, too hungry or too full, the human body prone to disease and short life. With the rise of Japan and the highly developed economy and culture, the recognition of sumo in the world has also risen to a new level. Japan is trying to promote this "national technique" with a long history to the world. Let Japan go to the world at the same time let sumo go to the world, let the Japanese culture contained in sumo go to the world, let oneself become an economic power at the same time to enter the cultural power. The world's attention to sumo has never been higher. With the rapid development of sumo, various negative effects have appeared in many sumo competitions. With the introduction of sumo to the world, the competition has become more and more fierce. In order to win, sumo often uses its own life at the cost. The average life expectancy of sumo wrestlers is greatly shortened. There are sumo wrestlers and other for their own interests to use sumo gambling, fraud, behind-the-scenes manipulation of the game and a series of things so that the "national skills" of sumo no longer has a strong appeal to everyone before the occupation, not like a former sumo wrestler and feel very proud. Instead, there was a sense of disappointment in sumo, which tarnished the "national game".

(4) The enthusiasm of sumo has been scattered by other sports

With the development of The Times, Japan is influenced by western spiritual culture, and a large number of western culture, academic, etc., have been introduced into Japan. This includes many sports, of course. For example, baseball and volleyball have become popular sports in Japan. People also from the previous single love sumo to the direction of diversification. Sumo's enthusiasm has also been diluted by other sports. Many Japanese have expressed disappointment that sumo, Japan's national sport and an important part of Japanese culture,

has failed to make it to the Olympics. Sumo has gradually faded out of people's hearts, and is no longer the only sport that people highly recommend.

4. The Future of Sumo

In order to expand its international popularity, Japan has been sparing no effort to introduce sumo to the world. The goodwill tour is held around the world every year. Sumo made two trips to China in April 1973 and June 2004, performing in Beijing and Shanghai. Everywhere they went, a crowd gathered. Chinese Vice President Zeng Qinghong also met with the chairman and his delegation. Other foreign players are also short of sumo fans. Former French President Jacques Chirac is a typical sumo loyalist, who takes a break from his busy schedule to watch sumo matches every time he goes to Japan. Sumo, like Mount Fuji, has become synonymous with Japan. Most of the foreign wrestlers not only have enough talent, but also have the passion to participate in sumo competition. It is believed that the foreign wrestlers will also become the backbone of the competition. International alliance director, Asia sumo wrestlers federation vice-chairman MaiYaoXiang here at the first world, said at the meeting wu beat 25 countries and regions set up in 1991, after the international union of sumo started to refer to large Japanese sumo profession competition to establish a new system of sport sumo sumo movement in format, dress, contestants are different from the sumo wrestling, The popularity is higher. Mr. Mak yiu-hsiang said that sumo tournaments, as well as youth and women's competitions, have been established in all continents of the world, forming a complete sports sumo competition system, which not only meets the requirements of the Olympic Games, but also lays a solid foundation for the future development of sports sumo." Before Japan applied for sumo for the Olympic Games, it was an exclusive sport for men, and women did not have the right to participate. The traditional sumo world is so patriarchal that women are strictly forbidden to stand on the stage, let alone compete. Women's sumo was added to accommodate the Olympic Games, but the IOC rejected the idea on the grounds that there was still much to be developed and improved. So it's not hard to see why sumo should not be in the Olympics. To this day, Japan is still trying to make sumo an official event in the Olympics. Sumo is very international and has established a complete competition system. I think it is only a matter of time for sumo to enter the Olympic Games.

5. Conclusion

Sumo is a sport which deeply contains Japanese spiritual culture. Every sumo wrestler is the inheritor and embodiment of Japanese culture. As the national skill of Japan, its development course is also bumpy and changeable, but through the long-term efforts of many parties, sumo has established a complete competition system, the author thinks that it is only a matter of time for sumo to enter the Olympic Games.

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