



## SUMO WRESTLING

Our Sumo Wrestling Suits let everyone experience authentic Sumo Wrestling first hand. The amusement arises both from the pre-wrestling psyching out and the wrestling itself. Crowd responses have proven that women enjoy Sumo Wrestling as much as the men do. The opponents wear foam filled Sumo Wrestler Suits and try to pin their opponent or push them from the ring. Sumo Wrestling takes only minutes to set up and easily packs down into a station wagon or light utility vehicle. The Sumo Wrestling comes with 3 mats that connect to make a 14' x 14' ring, 2 Sumo Wig Helmets, 2 Pair of Sumo Mitts, 2 Sumo Belts, 2 Sumo Suits and instructions.

### SET UP

Unroll the 3 mats and lay them flat on the floor, in the proper order. Secure the mats together by aligning them with the attached hook & loop strips. Pat the seams together. Please ensure there are no sharp objects or furniture immediately surrounding the ring. It is advisable to utilize two additional people to work as spotters around the ring to keep the wrestlers from getting too far out of bounds. As the participants will bounce or veer uncontrollably, it is necessary to have a large, open area. We also advise the use of additional crash mats for increased protection. This will provide a safer experience for both the wrestlers and the spotters. It is not possible for the participants to get into the suits un-aided. The easiest method for getting into the suit is as follows:

Lay the suit belly down on the mat. The participant should then **remove shoes**, lie face down on the mat and wriggle feet first into the suit. The Helper/Spotter should hold the back of the suit open and help the participant to put his or her arms through the sleeves and pull the suit over their shoulders. With the participant still lying on their belly, the helper should then fasten the two buckles at the back and close the hook & loop strip. After the participant has been helped to an upright position, the helmet should then be put on. When putting on the helmet, pull the sides outward to avoid snagging ears or earrings. You will also need to adjust the foam pad with hook & loop that is provided inside the helmet to insure a proper fit on the participant's head. The helmet strap must also be securely fastened. Once the helmet is in place, then place the mitts on the contestant's hands. To remove the suit, reverse the above procedure. The **mitts must be worn at all times** to prevent contestants from grabbing their opponents by the latex skins and causing damage to the suits. No warranty claim will be honored if the skin is damaged due to abuse, neglect, or tears caused by participants not wearing the mitts. **HELMETS MUST BE WORN BY ALL CONTESTANTS - THERE ARE NO EXCEPTIONS!**

### THE CONTEST

A Sumo Bout is called a Basho. Before a bout commences, the two participants should stand behind the white lines and face each other. In traditional Sumo fashion, some pre-bout psyching out takes place in the form of staring down you opponent and some liberal knee slapping. For extra authenticity, the contenders can throw rice or salt. The aim of the Basho is to wrestle your opponent to the floor or out of the ring. This can be achieved by pushing, tripping, or lifting by the belt. **On no account should the participants be permitted to grab or pull their opponent by the latex skin.** At the end of the bout the victorious wrestler can flop onto his fallen opponent to further entertain the crowd.

### WARNING

The Sumo Wrestling Suits are designed to be used for fun, and if treated with care will last a long time. Please remember at all times that the suits are not designed for serious fighting. *Persons with back, neck, knee or joint injuries, respiratory problems, or who may be pregnant, should not participate in the event.*

***DO NOT ALLOW ANY PERSONS TO USE EQUIPMENT WITHOUT THE ATTENDANT PRESENT***

*The Fun Starts Here!*