

Thumb Sumo 1

Chris Jericho

Thumb Sumo ,2009-08-25 Good ol' American thumb wrestling meets the East with this unique kit that brings the competitive Japanese contact sport to both wrestling and sumo enthusiasts all over the world! This humorous kit includes two rubber sumo wrestlers that cover your thumbs, and a 32-page guide packed with fun facts and new variations on the classic pastime.

Paper Sumo COCHAE,2015-10-27 Ready, set, sumo! Japan's centuries-old national sport is the main attraction in this paper-based smackdown where creativity and competition collide. The result? Laughs guaranteed! There is an impressive assortment of 39 characters—from traditional sumo wrestlers to animals to monsters and other eye-catching creatures from Japanese lore. Additional characters can be created by drawing on customizable shapes. Then battle it out against an opponent's character on the sumo dohyo ring. With each player tapping on his or her side of the dohyo, the stakes are high until one of the characters falls and the other wins!

Sumo a Pocket Guide David Shapiro,2012-05-22 One of the finest compact books on sumo today.—Sumo World Completely updated by the well known sumo authority David Shapiro, *Sumo: A Pocket Guide* describes the history, rules, rituals and techniques of sumo, the wrestlers' training and even their diets. Covering such topics as life in the stables, psychological warfare, and the spoils of victory,” this compact sumo guide brings to life this cultural pastime that is so much more than a sport. This volume also includes a list of stables and some of the best chanko-nabe restaurants in Tokyo. Shapiro brings to the updated edition many years of Japanese language, sumo research, and coverage. The result is a handy, up-to-date, and authoritative guide to sumo that provides everything one needs to understand, appreciate, and enjoy this fascinating sport.

Sumo Sport & Tradition J. A. Sargeant,2012-06-05 This lighthearted guide to Japanese sumo is a great introduction to the sport for westerners. Author J.A. Sargeant, sports editor for the English-language, *Asahi Evening News*, realized that there were many foreigners who would enjoy Sumo more if they knew more of the essential facts about it. Utilizing his knowledge and first-hand information on the sport, he produced this sumo book to meet this need. Written in the humorous, easy-to-read fashion with which the many readers of his sports column will be pleasantly familiar. Mr. Sargeant has also given us a picture of the excitement of the sport, as well as technical aspects that are apt to escape the uninitiated eye.

Thumb Wrestling Federation - Official Thumb Book Scholastic,2009-09 Ladies and Gentlemen! Wrestling fans and wrestling foes! Puppies and kittens! Clams and oysters! Folks, it's time for the official, the ultimate, the unsurpassed guide to everything TWF!All the facts. All the stats. All the masks! This is the official handbook to the Thumb Wrestling Federation. Warm up with jokes, quizzes, and information about all your favorite TWF wrestlers. Then wiggle your fingers and get ready to train for your own thumb wrestlingdebut with tips from TWF's top stars!

Sumo Wrestling Bill Gutman,2000-02 Describes the ancient Japanese art and sport of sumo including the rules, preparation, techniques, and importance to the wrestler. Includes a glossary of terms.

Sumo David Benjamin,2011-05-03 Sumo is a fresh and funny introduction to the fascinating world of sumo, Japan's national sport. Author David Benjamin peels away the veneer of sumo as a cultural treasure and reveals it as an action-packed sport populated by superb athletes who employ numerous strategies and techniques to overcome their gargantuan opponents. Sumo provides an engaging, witty, behind-the-scenes look at sumo today.

The Natyasastra Manomohan Chosh,1951 The Natyasastra. Ascribed to Bharata Muni. Volume 1 (Chapters I-XXVII).

Sumo James Alexander Sargeant,2013-10 Story Of Japanese Wrestling And Wrestlers.

The Street of a Thousand Blossoms Gail Tsukiyama,2007-09-04 Gail Tsukiyama's *The Street of a Thousand Blossoms* is a powerfully moving masterpiece about tradition and change, loss and renewal, and love and family from a glorious storyteller at the height of her powers. It is Tokyo in 1939. On the Street of a Thousand Blossoms, two orphaned brothers dream of a future firmly rooted in tradition. The older boy, Hiroshi, shows early signs of promise at the national obsession of sumo wrestling, while Kenji is fascinated by the art of Noh theater masks. But as the ripples of war spread to their quiet neighborhood, the brothers must put their dreams on hold—and forge their own paths in a new Japan. Meanwhile, the two young daughters of a renowned sumo master find their lives increasingly intertwined with the fortunes of their father's star pupil, Hiroshi.

Lucha Libre Legends of Lucha Libre,2018-10-02 Thumb wrestling meets lucha libre with this unique kit that brings the competitive Mexican sport to enthusiasts all over the world! Known for its bold costumes and memorable masks, lucha libre, or professional Mexican wrestling, is the most popular sport in Mexico after soccer and has become an international pop culture phenom. Kit includes: Two 2-inch vinyl lucha masks that cover your thumbs Two decorative capes 2-1/2-inch Wrestling display ring 3-1/2-inch Championship belt 48-page book on the history of lucha libre and six luchador profiles

Sumo Skills Thomas Zabel,2014-05-13 The first English-language training guide for Sumo wrestling! The Japanese cornered the market in producing the best athletes in the sport of amateur sumo until an American, Emmanuel Yarborough, won the GOLD in the open-weight division at the 4th World Sumo Championships in 1995. Since then, sumo is one of the fastest growing sports in the United States, Europe, Asia, South America, and around the world. A sumo match can be over in a fraction of a second. It's amazingly explosive! The burst of energy and adrenaline makes sumo as physically and mentally intense as any sport can be. This instructional handbook gives you the basic fundamental skills to train and succeed in competitive amateur sumo. It begins with a short history, covers how to tie a mawashi, and goes on to detail the commands and responsibilities of the referee (gyoji) and judges (shinpan). This ultimate manual gives step-by-step examples of the most common techniques used by both amateur and professional sumo rikishi, and breaks down various training methods such as shiko, suriashi, butsukari, etc. so that anyone, with enough motivation, training, and preparation, can become proficient at sumo.

Dynamic Sumo Clyde Newton,2000 This introduction to the exciting world of sumo wrestling offers an insightnto sumo's history, rituals and techniques. The daily life of a rikishi isxamined, as is the role played by non-Japanese competitors.ehind-the-scenes photographs, archive photographs and woodblock prints arencluded.

Undisputed Chris Jericho,2011-02-16 Entertaining . . .an insightful and funny observer of pro wrestling's universe. -- Publishers Weekly In this insightful, riveting book, Jericho takes us into WWE wrestling arenas around the world as he details his classic rivalries with The Rock, Steve Austin, HHH, Shawn Michaels, and John Cena, along with all the politics and backstage machinations he faced outside the ring. Chris recounts his hilarious escapades of breaking in with the Hollywood elite via doomed auditions, short-lived reality shows, made-for-television movies, and red-carpet interviewing fiascos. Jam packed with CJ's trademark self-effacing humor, one-of-a-kind writing style, and ridiculous random encounters with everyone from Arnold Schwarzenegger, Axl Rose, and Wayne Gretzky to Paul McCartney, and Howard Stern, Undisputed is one of a rare breed-a sequel that might be better than the original.

Sumo Wrestling Training Log and Diary Elegant Notebooks,2019-05-21 Sumo Wrestling Training Log and Diary - This training journal is perfect for any sumo wrestler who's serious about their training and about achieving success and getting results. Use it to keep a record of training sessions and as a reminder of technique and skills worked on. Keeping a record is vital in order to track progress and maintain motivation levels. Each page has sections to record drills, techniques worked on and for making notes. Ideal for a coach, dad, mom, son, daughter or anyone that simply loves sumo wrestling. Makes a great Father's day, Mother's day, Christmas or Birthday gift. Use for note taking, keeping competition results, as a training diary or journal, fitness record, recording competition stats, journaling, writing, doodling, drawing, making lists and recording ideas. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper

Index Medicus ,2004 Vols. for 1963- include as pt. 2 of the Jan. issue: Medical subject headings.

Sumo Makoto Kubota,1999 Sumo wrestling is part religious ritual, part popular entertainment, and Japan's most unique contribution to the world of sport. Though sumo has long fascinated the West, its complex

system of rituals and etiquette has made it difficult for outsiders to penetrate. Wrestlers undergo years of strenuous training and some pretty serious eating in order to compete in bouts that last minutes or sometimes seconds; the sweaty clash of huge bodies is but the final act in a prolonged contest of intimidation and concentration. In well over 100 rare and luminous photographs, Sumo offers an unrivaled close-up view of wrestlers in practice and in competition, complete with a brief history of the sport and an explanation of the various stages of a typical match. Photographers are seldom allowed such intimate access to the wrestlers, making this book a truly unprecedented document of the world of sumo. Japanophiles, sumo fans, and photography buffs alike will relish this rare glimpse of the inner circle where ritual, power, and bodies collide. -- Publisher's description

Black Belt ,2002-09 The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

Sumo Wrestling Sports Nutrition Journal Elegant Notebooks,2019-05-21 This Sumo Wrestling Nutrition Journal is perfect for the sumo wrestler who takes their training seriously in order to achieve success and get results. Diet and nutrition is a vital component of any training regime and keeps the sumo wrestler on track with performance goals. This log has daily tables to record weight, intake of macronutrients and water and to record the intake as a percentage of daily goals. This ensures that a nutrition plan is adhered to and that any changes to the diet can be fine tuned and recorded to optimize performance. It is compact enough to be carried around to aid ease of use. Ideal for a coach, dad, son or anyone that simply loves sumo wrestling and serious training. Makes a great Father's day, Christmas or Birthday gift. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper

You Are Your Own Gym Mark Lauren,Joshua Clark,2011-01-04 From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape For men and women of all athletic abilities! As the demand for Special Operations military forces has grown over the last decade, elite trainer Mark Lauren has been at the front lines of preparing nearly one thousand soldiers, getting them lean and strong in record time. Now, for regular Joes and Janes, he shares the secret to his amazingly effective regimen—simple exercises that require nothing more than the resistance of your own bodyweight to help you reach the pinnacle of fitness and look better than ever before. Armed with Mark Lauren’s motivation techniques, expert training, and nutrition advice, you’ll see rapid results by working out just thirty minutes a day, four times a week—whether in your living room, yard, garage, hotel room, or office. Lauren’s exercises build more metabolism-enhancing muscle than weightlifting, burn more fat than aerobics, and are safer than both, since bodyweight exercises develop balance and stability and therefore help prevent injuries. Choose your workout level—Basic, 1st Class, Master Class,and Chief Class—and get started, following the clear instructions for 125 exercises that work every muscle from your neck to your ankles. Forget about gym memberships, free weights, and infomercial contraptions. They are all poor substitutes for the world’s most advanced fitness machine, the one thing you are never without: your own body.

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