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## PHYSICAL EDUCATION AND SPORT

### DEVELOPMENT OF SUMO IN THE WORLD AND IN UKRAINE

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The article discusses the formation and development of sumo wrestling in Japan. The names of the first Sumo fighters are given.

The Ukrainian Sumo Federation was founded in 2001. Thanks to this over the past 27 years, sumo has become a popular sport in Ukraine. Ukrainian amateur athletes are among the strongest in the world, along with the Japanese.

In ancient Japan (III-VI centuries BC), sumo was widely distributed.

The first Sumo fight is a battle between two warriors Naminasukune and Taimanokhaya in Yamato in the Suynin era (30 BC – 70 AD). Naminasukunè won, was deified and became the ancestor of sumo.

In the “Japanese Chronicles” (Nihonsokki) is experienced as Emperor Kogyoku in 642 AD. received the envoy of the country Kudara (the present southern part of the Korean peninsula). He collected the best warriors and arranged a Sumo competition in his honor.

In the early Middle Ages, in the era of Nara (710-794 gg.) Sumo tournaments are arranged in the Imperial Palace. At this time, rituals appear on the special places of the emperor and his entourage, as well as the output of wrestlers and judges. Even then, there was a ritual of division of wrestlers on the left and right (located on both sides of the emperor). Each fighter spent about 20 fights. The fight was conducted on the court, unrestricted and won by the one who threw the opponent on the ground. With equal points, two fighters had an additional fight between them.

The judge (idey) was alone, and if the outcome of the match was doubtful to the emperor, then at his instruction a repeated fight (Torinoxi) was conducted.

At this time, there already existed a tournament ritual and outfits of sumyabit (loincloths of tosa). Before the opening of the competition, wrestlers on top of the bandages wore a kariginu (ceremonial kimono), on the head – ebosi (pointed headdress of a crow's color). The judge made sure that the wrestlers kept the preparation before the fight, the starting position (nerai) and the restart (sikirinohosi).

In modern sumo, competitions begin to be held regularly since January 1953, four official competitions per year.

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Since January 1985, the first official tournament is held in the new Kokukikan – sumo court in the Ryokoku district of Tokyo.

In November 1988, on the last day of Novybry competitions, Ekodzuna Onokuji stops Ekodzunu Shivonofudzi having won 53 victories in succession.

In September, Ekodzuna Shivonofudzi receives a national award. Then the concept of false start is introduced.

In March 1993, Akebono Taro, the first non-Japanese, was promoted to the rank of ekozuna.

Currently sumo in Japan is both sport and show and the national idea of Spirit-Body.

In Japan, annually hold up to 50 amateur tournaments, as well as the championship of schools, universities, etc.

Of course, a European who does not know the language, customs and traditions of sumo is difficult to understand.

The founder of the Estonian sumo school F. Reinipma in 2001 invited the master of sports S.V. Korobko from Ukraine to participate in the sumo tournament. He became the first sumo player in Ukraine, who took part in European competitions.

The historical roots of the famous Ekodzuna Koki Taiho come from Ukraine, from the Kharkov region, where the Ukrainian Sumo wrestling federation was born in 2001. Over the past 27 years, sumo has become a popular sport in Ukraine and continues to develop intensively.

In the history of sumo, only 69 rikishi (sumotori) managed to rise to the highest level of the wrestling hierarchy. But the record of Taiho Koki has not been beaten by anyone yet. To date, Taiho remains the most titled wrestler sumo – 32 won tournaments and 8 of them in a row.

Thanks to hard work on the development of sumo (holding annual national championships, training camps, an annual international tournament with the participation of leading wrestlers in Bulgaria and Poland), the Sumo Federation of Ukraine has a leading position in world sumo. Athletes of Ukraine have repeatedly become champions and prize-winners of peace and Europe of different years, and the national team is a part of world teams – leaders of this sport.

International competitions and amateur tournaments are held in four weight categories: light (up to 85 kg), medium (85-115 kg), heavy (over 115 kg) and absolute (athletes regardless of their weight participate in fights). Women-sumoists have the same categories: light (up to 65 kg), average 65-80 kg, heavy (over 80 kg) and absolute. Amateur competitions are held both in individual and team competitions.

Currently, the strongest sumoists amateur in the world – except for the Japanese themselves – are fighters from Ukraine, Poland, Bulgaria, Mongolia, Brazil.

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