

# app reals bet

&lt;p&gt;Sport of Sumo&lt;/p&gt;

&lt;p&gt;To many people unfamiliar with sumo wrestling, it is just a sport where

two large men charge into &#127820; each other.&lt;/p&gt;

&lt;p&gt;However, this could not be further from the truth.&lt;/p&gt;

&lt;p&gt;Being a sumo wrestler requires long hours of training, technique, a &#1

27820; strong sense of discipline, and a total commitment to the lifestyle.&lt;

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&lt;p&gt;Sumo is a very competitive and physical sport that originated &#127820;

around 1,500 years ago.&lt;/p&gt;

&lt;p&gt;The basic idea is to force the other wrestler to either step outside of

the &quot;dohyo&quot;(circular ring) &#127820; or touch the floor with somethi

ng else besides the wrestler&#39;s feet.&lt;/p&gt;

&lt;p&gt;A majority of the time the matches only last a &#127820; few seconds,

however, matches can last longer depending on the technique, strength, and skill

of the two wrestlers competing.&lt;/p&gt;

&lt;p&gt;This seems &#127820; like a simple task, but a lot of training and pro

ficiency is required to become a successful wrestler.&lt;/p&gt;

&lt;p&gt;Life as a &#127820; sumo wrestler is highly structured, with rules lai

d down by the Sumo Association.&lt;/p&gt;

&lt;p&gt;Professional sumo wrestlers are required to live in &#127820; dormitor

y-type residences known as sumo training stables.&lt;/p&gt;

&lt;p&gt;Everything is controlled from who eats first, wears what clothes, and p

erforms the more &#127820; mundane tasks to maintain the &quot;heya&quot;(stabl) Tj T\*

&lt;p&gt;While I had a brief stay at Chuo University, I was able to join the &#1

27820; sumo team for practice and observe them train.&lt;/p&gt;

&lt;p&gt;When we first walked into the heya, it was warm and humid.&lt;/p&gt;

&lt;p&gt;We sat &#127820; down off to the side on a hardwood floor and began to

observe the team practice.&lt;/p&gt;

&lt;p&gt;The sensei (instructor) sat on &#127820; a pad, drinking cold ice tea

in which you could see the condensation on the outside of the glass.&lt;/p&gt;

&lt;p&gt;As the &#127820; wrestlers trained, they would not speak unless the se

nsei shouted a brief message to correct their technique.&lt;/p&gt;

&lt;p&gt;However, there were times &#127820; when an individual wrestler seemed

to be summoned to the sensei and almost reprimanded for making a mistake.&lt;/p

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&lt;p&gt;During practice, three &#127820; main training techniques are used; ch

allenge matches, &quot;sanban-geiko&quot;, and &quot;butsukari-geiko&quot;.&lt;/

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&lt;p&gt;Challenge matches: These matches take place after warming up.&lt;/p&gt;

&lt;p&gt;They are very &#127820; similar to the way wrestlers fight in a tourna

ment which is often regarded as the best form of training.&lt;/p&gt;

&lt;p&gt;This also &#127820; serves as an opportunity for less experienced wres