

2019 Northeast Sumo Camp

Athlete Information

When: Saturday 25 May & Sunday 26 May (Schedule on reverse side)

Where:

Training at:
South Mountain Martial Arts
91 Main Street #3
Madison, NJ 07940

Official hotel:
*Make your own reservations
The Madison Hotel
1 Convent Road
Morristown, NJ 07960

Our Approach

The goal of this camp is to practice the principles of good sumo in all situations. Don't expect to learn rare kimarite, but do expect to step outside of your comfort zone with varied approaches, positions, and opponents. Whether you're an absolute beginner or experienced sumōtori, our four training sessions will be packed with live matches and practical coaching to instill strong fundamentals.

How to Prepare

We'll be saving our energy for the dohyo, so don't expect to do a lot of conditioning at this camp. However, you'll get more out of our training if you arrive flexible and well-conditioned. Visit our Facebook event page for some recommended exercises.

What will be provided?

- ✓ We will provide transportation between South Mountain Martial Arts and the Madison Hotel at the beginning and end of both training days.
 - ✓ On Saturday, we will provide transportation to and from Nagano Japanese Restaurant for those who wish to join us. (Dinner is not included.)
 - ✓ We will provide lunch at the gym on Sunday.
 - ✓ We will provide camp t-shirts.
 - ✓ We will provide small prizes for Sunday's tournament winners.
 - ⊗ We will not provide accommodations. We will not provide any food or transportation other than what is listed, so come prepared.
-

To register, please send \$75 to www.paypal.me/SumoEd. Include your full name, e-mail address, cell phone number, and t-shirt size.

2019 Northeast Sumo Camp Athlete Information

Saturday Schedule

9 AM	Shuttles Depart Madison Hotel → South Mountain Martial Arts
9:30 AM	Practice Session #1 Live matches and drills with a focus on yotsu-zumō
12:30 PM	Lunch Break & Watch Sumo Lunch will not be provided, but we can walk to a nearby restaurant. (All participants must pay for themselves.) While we digest, I'll project pro sumo matches on the big screen at the gym.
3:00 PM	Practice Session #2 Live matches and drills with a focus on oshi-zumō
6:15 PM	Shuttles Depart Shuttles depart South Mountain Martial Arts → Madison Hotel <i>Optional: Join us for an all-you-can-eat sushi dinner at Nagano Japanese Restaurant in Morristown, NJ. We'll provide rides to the restaurant straight from practice and drop you off at the Madison Hotel afterward. (All participants must pay for themselves.)</i>

Sunday Schedule

9 AM	Shuttles Depart Madison Hotel → South Mountain Martial Arts
9:30 AM	Practice Session #3 Sumo practice implementing drills and techniques from Saturday
12:30 PM	Lunch Break & Watch Sumo Lunch will be provided at the gym. We're serving turkey chili (better than it sounds), whole wheat pasta, and salad. While we digest, I'll project pro sumo matches on the big screen at the gym.
2:00 PM	Practice Session #4 Tournament & Open Mats
5:15 PM	Shuttles Depart Shuttles depart South Mountain Martial Arts → Madison Hotel