

## **Please keep in mind following precautions when you visit sumo stables.**

1: A sumo stable is not a facility for tourists. Sumo wrestlers are practicing very hard and seriously every day. So please don't forget to show respect to the stable master and wrestlers.

2: Please watch the practice quietly and do not move around in the stable.

3: Please do not talk in the stable. Even your whispering voice may disturb the wrestlers.

4: Please don't stand on the ring or on the sandy ground. The ring is the sacred place for the wrestlers.

5: At the entrance of the stable, please take off your shoes and step onto the tatami floor (rush mat floor). Then sit on the floor (without a chair).

When you sit on the floor, please cross your legs and don't stretch your legs toward the ring. It is considered impolite to show the soles of feet to the wrestlers.

6: Please take off your hat and sunglasses inside the stable.

7: Inside the stable, you are not allowed to eat or drink or smoke. So please keep in mind "No food, no drink and no chewing gum and candies."

8: You can take photos during the practice but you are not allowed to stand up or move around.

Please do not use flash more than necessary and do not use cameras with a loud motor and shutter sound.

9: Please turn off your mobile phone.

10 :Once you start watching practice, you are supposed to stay until the wrestlers finish their practice. So please try not to leave the stable during the practice.