



Sumo: A Pocket Guide

David Shapiro

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"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.

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