

Thomas Zabel Biography
for
AmericanSumo.org web page

Sumo since 1987
Life Member #11 – U.S. Sumo Federation

Japan Experience

Competed on Misawa City Team, Aomori Prefecture, Japan for 6 years (87-88 and 94-98)
2X - Kantosho Award (Fighting Spirit) at Hachinohe tournament (94, 95)
Assistant instructor for American sumotori – 4 years (94-98)
Earned Sho-dan rank from Nihon Sumo Reimei (Nov 97)

U.S. Experience

Earned Ni-dan rank from USSF (Nov 04)
Current rank of San-dan from USSF (Nov 07)
Current USSF President
4X – Medalist at U.S. National Sumo Championships (04, 05, 10)
5X – Texas State Sumo Champion (04, 05, 07, 09, 10)
Current President of Lone Star Sumo
2010 U.S. National Team Coach, World Sumo Championships, Warsaw, Poland
Primary Instructor for Lone Star Sumo
Constructed outdoor dohyo (04)

