

INDIAN CLUBS SELECTION GUIDE – identify the right clubs for you

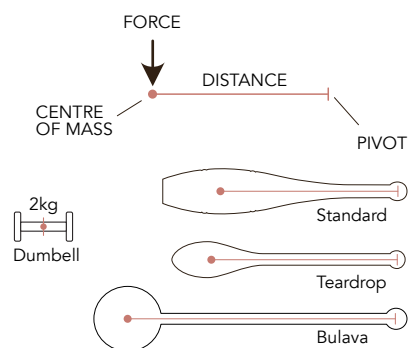


Indian clubs are highly effective tools for improving coordination, strength and mobility throughout the upper body. They originate from ancient training practices dating back hundreds of years, and are recognised by contemporary fitness professionals as an effective form of strength and conditioning. Our Indian clubs are designed to balance shape, length, ergonomics and weight. It is the subtle variations between these factors that creates different club shapes for different needs. Please use the chart below to find the best clubs for you.

SUITABILITY	300g Light Teardrop	550-750g Medium Teardrop	500-600g Starter	650g Victorian Starter	1kg Standard	500g Spalding ES1 Light	900g Spalding ES2 Medium	1.4kg Spalding ES3 Large	1.5kg SDK sword grip	4-5kg Sim D Kehoe	2-2.5kg BD-X crossover	2kg bulava	4kg bulava
Beginner	✓	✓	✓	✓	✓	✓	✓				✓		
Intermediate	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓
Advanced		✓						✓	✓	✓	✓	✓	✓
Pre/re-hab	✓		✓	✓		✓							
Strength					✓			✓	✓	✓	✓	✓	✓
Grip		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Dexterity	✓	✓	✓	✓		✓	✓						
Meel swings										✓*	✓*	✓*	✓*

* Some of our larger Indian clubs are also suitable for Persian meel style casts. These clubs should only be considered for use in Indian club style swinging after you have practiced and consolidated your techniques using lighter clubs.

Torque



The diagram shows how distance of mass from the pivot point, as well as weight, affects rotational force. A dumbbell shows the pivot and centre of mass is in the same place and therefore generates less rotational force than a club of the same weight.

Key tips for selecting your clubs

Always start off with a pair of 500g to 1kg (1lb-2lb) clubs, regardless of your current level of strength and fitness. Most men would suit a 600 to 750g club. Most women would suit a 500 to 600g club. Even if your main goal is to build strength, it is important to consolidate your foundational motor skills and techniques (such as different grips and wrist rotations) before using heavier clubs. Remember that Indian clubs are very different to dumbbells, and the heavier and/or longer the club is, the more torque (rotational force) is generated as you swing them. See diagram (left).

- Start light (for most people 500g to 1kg is ideal)
- The length should be between 40 to 51cm
- Choose your clubs based on your own needs and goals
- Learn from an experienced practitioner from the outset
- Practice regularly to consolidate movements
- Increase reps before increasing weights (gradually)

The clubs listed above can be found online at:
www.bodymind-fit.com/shop-indian-clubs

Please see other selection guides in this series for information on:

- PERSIAN MEELS
- KARLAKATTAI
- GADA/MACE

All guides can be downloaded from
www.bodymind-fit.com