

# KARLAKATTAI SELECTION GUIDE – identify the right club for you



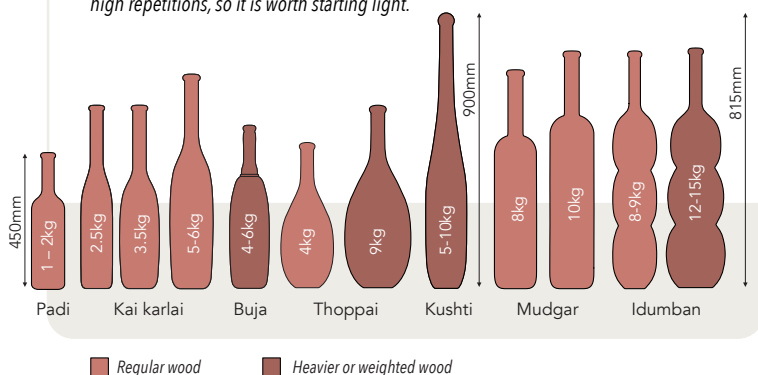
Karлакattai is an ancient form of training that began thousands of years ago in Southern India. It is an incredibly holistic practice, which includes bodyweight exercises, breathing techniques and club exercises designed to strengthen and condition the whole body. Traditionally, there are 7 key club shapes used within the practice. Each with a unique character, feel and purpose. Use the chart below to compare each of our Karлакattai-style clubs and identify the best shape for you.

SUITABILITY	Padi karlai 1 to 2.5kg	Kai karlai 2.5 to 3.5kg	Kai karlai 5.5kg	Buja karlai 3 to 6kg	Kushti karlai 7 to 10kg+	Thoppai karlai 4 to 5kg	Thoppai karlai 8 to 10kg	Pudi karlai 8 to 20kg	Other single/double handed, heavy club considerations			
									Mudgar * 7kg to 12kg		Idumban* 8kg to 15kg	
Beginner	✓	✓										
Intermediate (1 year experience)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Advanced		✓	✓	✓	✓		✓	✓		✓		✓
Pre/re-hab	✓	✓										
Strength	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Grip	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dexterity	✓	✓	✓	✓		✓	✓					
Meel-style swings		✓	✓					✓	✓	✓	✓	✓

\* These are not strictly traditional Karлакattai clubs. However, they are included as they can be used in a similar way as a single/double handed club.

## Selecting your first club

The traditional karлакattai selection equation is for men is to divide their bodyweight by 16 (eg 64kg bodyweight = 4kg club). For women, it is to divide your bodyweight by 8 then by 3 (eg 56kg bodyweight = 2.3kg club). However, this is often too heavy for most practitioners. Generally, a 2.5 to 3.5kg Kai karlai is suitable for men new to Karлакattai, and 1.5 to 2.5kg Padi or kai karlai for most women. Keep in mind, Karлакattai involves high repetitions, so it is worth starting light.



## Key tips for training with karлакattai clubs

Start with the basics, and build a strong foundation. Most of the clubs in karлакattai have thicker grips and this aspect alone makes them more challenging to handle than smaller diameter handle Indian clubs and Persian meels. Your first kai karlai should not exceed the length of your arm.

It is highly recommended that you find a teacher or guru to guide you in technique and breathing as there is so much more to it than just swinging a club. A typical workout would involve breath work with 4x108 'mei paadam' bodyweight exercises before picking up the club. This is the same for all practitioners, regardless of experience. There are over 14,000 mei paadam moves and 64 types of club techniques. Each of the 64 club moves have around 5 levels of complexity too, so it is wise having guidance, whether in person or online.

The clubs listed above can be found online at:  
[www.bodymind-fit.com/shop-all](http://www.bodymind-fit.com/shop-all)

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

- INDIAN CLUBS
- MEELS & JORIS
- GADA/MACE

All guides can be downloaded from  
[www.bodymind-fit.com/guides](http://www.bodymind-fit.com/guides)