

## Catalogue and Price List (March) Plus clubs in Stock

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### Clubs Left in Stock as of 18<sup>th</sup> April 2017



**Stubby Clubs:** 1.2 kg each.

Prices:

Stubby Clubs (1.2 kg each club) £70.00 plus P&P.

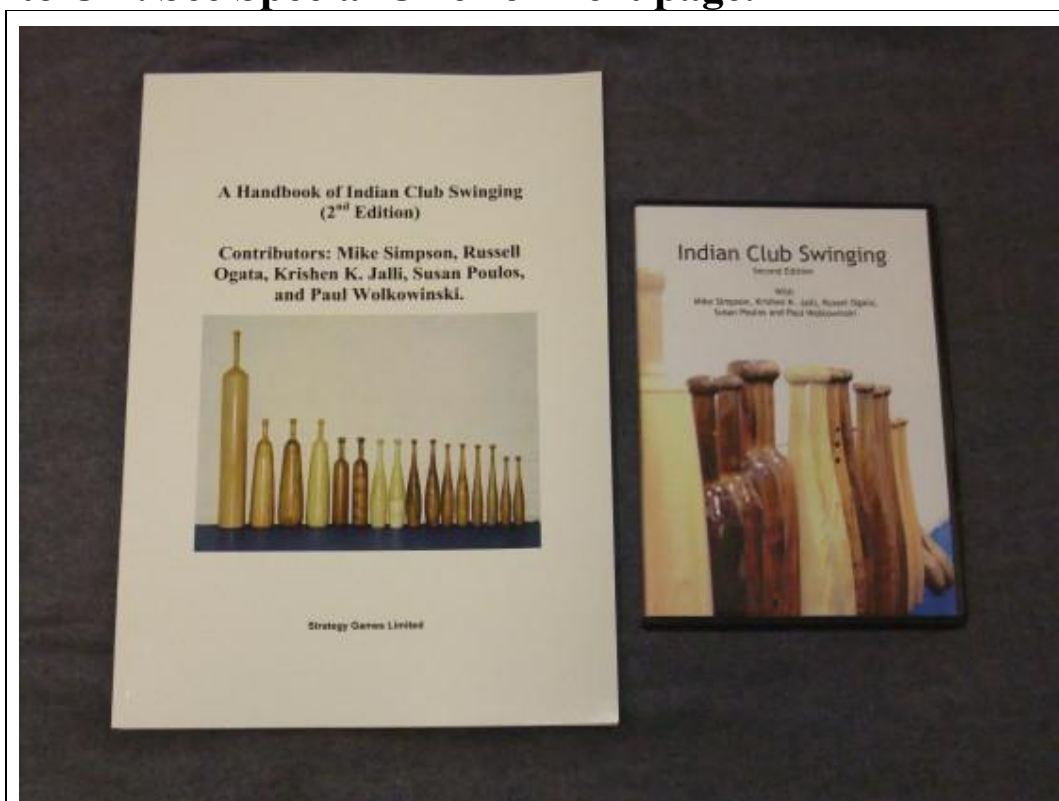
Please note P&P via parcel 48 is £20.00 packed in a good quality box.

Payment can be via bank transfer, or cheque.

The stubby clubs are small (16inches) and pack together for busy people travelling who still want to swing clubs. Only one pair left. No more after this.

Please contact us about your requirements. Tel: (0114) 2344480 or 07716516475 or via the web site: [www.indianclubswinging.co.uk](http://www.indianclubswinging.co.uk)  
Email: [m.simpson@sheffield.ac.uk](mailto:m.simpson@sheffield.ac.uk)

**Section 1. Handbook with 4 DVDs, Poster and DVDs  
Second Edition of Indian Club Swinging Handbook  
and 4 DVDs Collection. Only £25.00 including P&P  
to UK. See Special Offer on next page.**



This new second edition of the Handbook (96 pages) and 4 DVDs set shows you a huge range of moves starting with the basics with lightweight clubs (250g to 6 kg) and works through to really heavy clubs (up to 25 kg). Techniques include pendulums, circles, heart shaped swings, hand changes, wrist twists, throwing, tossing and flipping clubs, lunges and squats with clubs, combinations and routines and how to use the Gada/mace for swinging. There is also a section on the anatomy and physiology of Indian club swinging which explains, with detailed diagrams, how the shoulder and rotator cuff is exercised using Indian clubs. Contributors include Mike Simpson, Mr Krishen Jalli, Russell Ogata, Susan Poulos and Paul Wolkowinski. The First edition of the Handbook (56 page) is available as a free download on this web site.

This is an ideal introduction to Indian Club Swinging for beginners, coaches, personal trainers and anyone interested in the art of Indian Club Swinging. Contact: [m.simpson@sheffield.ac.uk](mailto:m.simpson@sheffield.ac.uk)

## Wall Chart of Staff Sergeant Alfred Moss



This excellent wall chart produced in the USA by Old Time Strongman showing the basics of British military style Indian club swinging as taught by Staff Sergeant Alfred Moss, based at the Headquarters Gymnastics Staff in Aldershot, is now available in the UK and Europe for £15 (18 Euros) including postage and packing.

This wall chart/poster is based on Staff Sergeant Alfred Moss's 1905 booklet "Simple Indian Club Exercises" which is now a collectors' item and originally cost 9d (9 old pence) in the UK in 1905. Staff Sergeant Moss's book is available as a pdf file as a free download on this web site. Most of the techniques shown are based on large circles around the shoulder and smaller circles around the wrist/elbow and combinations of these basic circles to form complex club swinging patterns. There are 12 basic techniques but each is carefully explained and then each technique is developed into more complex movements that build into a complete club training system. There is advice on training and how to perform the techniques with simple step-by-step instructions and diagrams. The wall chart is 89 cm (35 inches) by 59 cm (23 inches), comes folded, and is ideal for your gym or bedroom wall. This is the ideal gift for the fitness enthusiast who has everything.

**Special Offer:** Buy the Handbook and DVD set and this wall chart for £35.00 (42 Euros) including P&P to the UK or Europe. Please contact us about your requirements. Tel: 07716516475

email: [m.simpson@sheffield.ac.uk](mailto:m.simpson@sheffield.ac.uk)

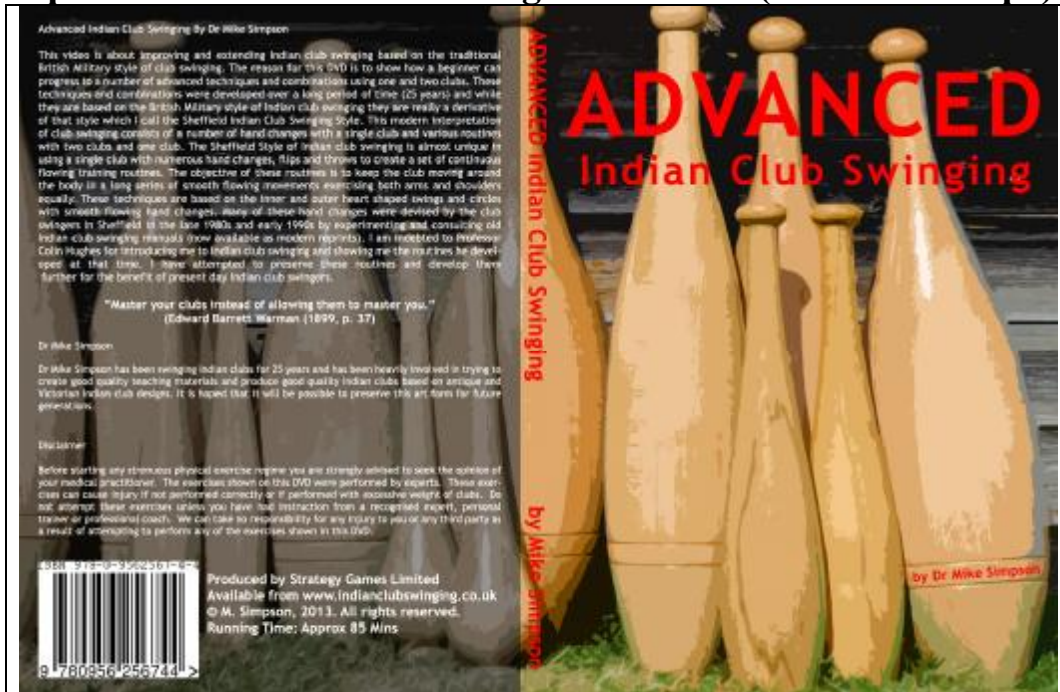
or via the web site: [www.indianclubswinging.co.uk](http://www.indianclubswinging.co.uk)

# Advanced Indian Club Swinging

By

Dr Mike Simpson

Special Offer £10.00 including P&P to UK (£3.00 to Europe)



## Advanced Indian Club Swinging By Dr Mike Simpson

This video is about improving and extending Indian club swinging based on the traditional British Military style of club swinging. The reason for this DVD is to show how a beginner can progress to a number of advanced techniques, combinations and routines using one and two clubs.

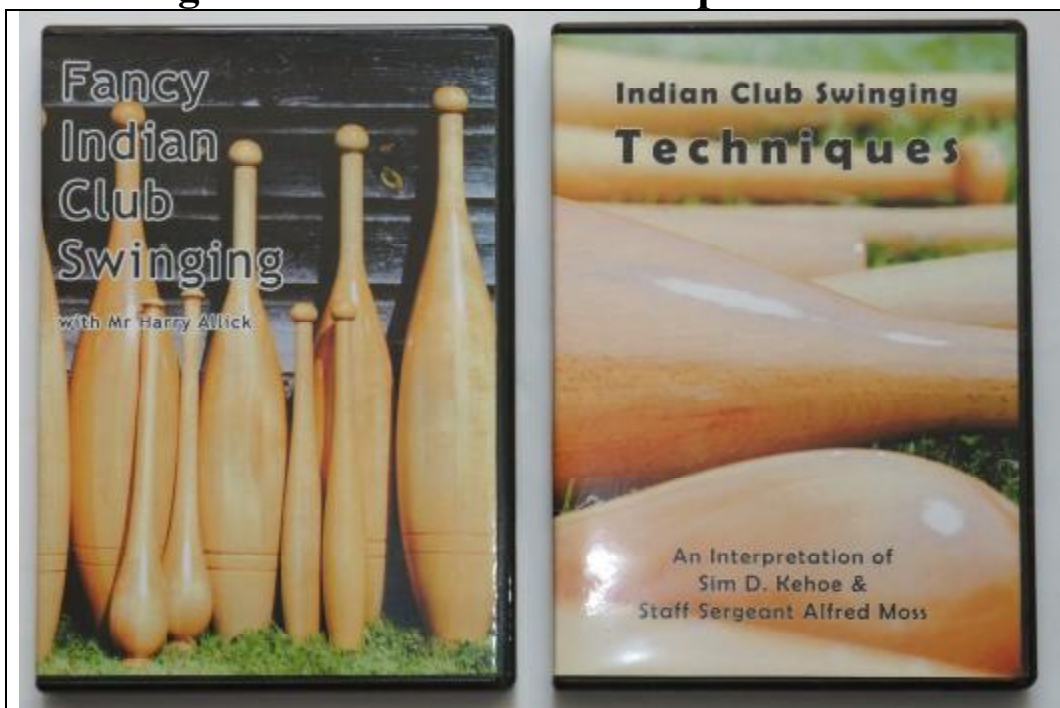
The objective of these routines is to keep the clubs moving around the body in a long series of smooth flowing movements exercising both arms and shoulders equally. The single club techniques are based on the inner and outer heart shaped swings and circles with smooth flowing hand changes. Many of these hand changes were devised by the club swingers in Sheffield in the late 1980s and early 1990s by experimenting and consulting old Indian club swinging manuals (now available as modern reprints). Approximately 85 minutes duration.

Please contact us: Tel: 07716516475

email: [m.simpson@sheffield.ac.uk](mailto:m.simpson@sheffield.ac.uk)

or via the web site: [www.indianclubswinging.co.uk](http://www.indianclubswinging.co.uk)

**Videos Special Offer £12.00 (20 Euros) for both DVDs including P&P to the UK and Europe.**



**Fancy Indian Club Swinging**

This DVD features Mr Harry Allick also known as Lakelandviewer on YouTube. This is the result of our journey to Cumbria to meet with Harry and record some of his Fancy Indian club swinging routines. Harry was originally taught by his father in 1944 and has been practicing for many years and is an expert fancy club swinger. This disc is approximately 65 minutes in length.

There is a bonus disc of approximately 45 minutes free with this DVD made by Harry himself in response to YouTube viewers' questions on how to perform certain techniques. The best clubs to use for this style are the tear drop clubs.

Price for this DVD and bonus disc is £8.00 to UK and 14 Euros to Europe including P&P.

**An Interpretation of Sim D. Kehoe and Staff Sergeant Alfred Moss Indian Club Swinging Exercises**

This DVD features Dr Mike Simpson swinging clubs using the original methods of Sim D. Kehoe (circa 1866) in his book "The Indian Club Exercise" (available as a modern reprint) and Staff Sergeant Alfred Moss (circa 1905) in his book "Simple Indian Club Exercises". Staff Sergeant Moss's book is available as a pdf file as a free download on this web site and also as a wall chart/poster in this catalogue. This DVD shows how these movements are performed in practice and brings to life once again the techniques of old style Indian club swinging.

Price for this DVD alone is £8.00 to UK and 14 Euros to Europe including P&P. With the wall chart £20 UK, or 30 Euros.

**So get up to date and practice the old styles of Indian club swinging!**

## **Section 2. NTSC Versions of the DVDs**

**For Indian Club Swingers in the USA we are now producing NTSC versions of all our DVDs.**

**All enquiries should be made via email to:**

**Email: [m.simpson@sheffield.ac.uk](mailto:m.simpson@sheffield.ac.uk)**

**Mobile: +44 (0) 7716516475**

**Also please make use of the free downloads on the web site.**

## **Postage Costs to UK, Europe and USA**

**Single DVDs P&P is £5.00 to USA**

**Handbook and DVDs P&P is £12.00 to USA**

**Or as stated in the catalogue above.**

### **Section 3. For Personal Trainers, Interested Groups and Special Demonstrations**

**Instructional courses can be arranged here in Sheffield or at any suitable venue. Please contact us via email or via telephone for details and a discussion of your needs. Prices of individual instruction and/or coaching will depend on your specific needs. Contact details:**

**Mike Simpson**

**Tel: 07716516475**

**Email: [m.simpson@sheffield.ac.uk](mailto:m.simpson@sheffield.ac.uk)**

**Check our web site ([www.indianclubswinging.co.uk](http://www.indianclubswinging.co.uk)) or contact us directly for any information on these products or the courses we are running.**

**For heavy Indian club swinging and Gada swinging we can put you in contact with Mr Krishen Jalli, Steve Angell or Marcus Quijas.**

### **Free Downloads**

**For those individuals and groups interested we are also producing Free Downloads which will have other information, contacts, articles and descriptions of other Indian club swinging techniques not covered in the DVDs or Handbook. These will be placed on the web site at intervals and will be free to download.**

## Order Form

QTY	Description	Price per item	Total Price
	<b>Sub Total</b>		
	<b>Plus Postage</b>		
	<b>TOTAL</b>		

I enclose a cheque/postal order payable to 'M. Simpson' for: £\_\_\_\_\_

<b>Ordered by</b>	<b>Delivery Address (if different from ordered by)</b>
<b>Name:</b>	<b>Name:</b>
<b>Address:</b>	<b>Address:</b>
<b>Post code:</b>	<b>Post code:</b>
<b>Daytime Tel:</b>	<b>Evening Tel:</b>
<b>Email:</b>	

### Payment Details

We can accept cheques (payable to 'M. Simpson'), direct bank transfer, PayPal or postal orders.

**Contact details:**

**Mike Simpson**  
**13 Goodison Rise,**  
**Sheffield,**  
**South Yorkshire**  
**S6 5HW**

**Tel: 07716516475 or Email: [m.simpson@sheffield.ac.uk](mailto:m.simpson@sheffield.ac.uk)**

**Intl: +44 (0) 7716516475**

**Note that cheques (checks) in other currencies are acceptable from the USA, Canada, Australia and all European Countries. We also have PayPal.**



### Postage and Packaging rates for UK

<b>A Handbook of Indian Club Swinging and accompanying DVDs unless stated otherwise.</b>	<b>£3.50 each</b>
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### Returns Policy

If any items are found to be defective, we will give a full refund or replace the item. You may return unwanted items within 7 days, and provided the item is 'as new' we will refund you minus a 15% handling and administration fee.

### Delivery Details

We hope to deliver all orders within 14 working days. Most items are made to order. We will keep you informed of progress via email or telephone if there are any problems. Please allow 5 working days for cheques to clear.

### Terms and Conditions

While every effort is made to ensure accuracy of information, product specifications can change from time to time and we cannot be held responsible for any inaccuracies in this catalogue. Prices are subject to change without notice and all goods are sold subject to availability.

Please do not hesitate to contact us if there are any problems with your order.

**Tel: 07716516475 or Email: [m.simpson@sheffield.ac.uk](mailto:m.simpson@sheffield.ac.uk)**