

# **Indian Club Swinging Course**

## **Saturday 16<sup>th</sup> September 2023, 1pm to 5pm**

### **Details**

The course will consist of an introduction to club swinging using the British Military Style and developments from that to single and two clubs swinging. Single club hand changes and routines will be taught. Some other styles will be explained and used to bring in additional techniques for a variety of training. No prior experience is necessary, but it is useful.

There will be an opportunity to swing gada of various weights under instruction and safely in the Studio.

**Instructors:** Mike Simpson and Mike Eves. We have been swinging clubs a long time and have developed unique expertise in this ancient exercise system. Mike Eves will look at the cross-over to kettlebells and Gada too.

**Cost:** £40 per person (cash is preferred or cheques in advance payable to: 'M. Simpson.'). Please register in advance.

**Numbers will be strictly limited to 8 people for safety reasons.**

### **Please note:**

- Bring your own clubs etc., (light and medium weight).
- Wear suitable clothing so that the arms are free to move but not so loose as the clubs can snag on clothing.
- Bring some water and food (light refreshments).
- Please declare any medical conditions in advance by email or phone
- Ask any questions you want at the course or via email.
- Free downloads are on: Web page: [www.indianclubswinging.co.uk](http://www.indianclubswinging.co.uk)

### **Venue:**

**Studio,  
Forge Valley School,  
Wood Lane,  
Sheffield  
S6 5HG**

### **Contact Details:**

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