

# A Handbook of Indian Club Swinging

## Second Edition

This second edition of the Handbook and DVDs builds on the successful first edition with even greater explanation of techniques, more video footage of various expert practitioners and illustrates with photographs the fascinating art of Indian club swinging. This Handbook provides a series of Indian Club Swinging routines starting with the basics with lightweight clubs (250g to 6 kg) and working through to really heavy clubs (up to 25 kg). This is an ideal introduction to Indian Club Swinging for beginners, personal trainers and anyone interested in the art of Indian Club Swinging.

The accompanying four DVD set shows how to perform these techniques starting with basic stances, pendulums and circles and moving to more advanced techniques such as the 'heart shaped' swings, hand changes, combinations, throwing and flipping clubs, squats, lunges, use of the mace (Gada) and of course training with heavy clubs.

These DVDs cover well over 100 different Indian club swinging techniques and numerous swinging routines performed by experts. In combination with the handbook there are clear explanations and demonstrations of how to perform these techniques.

**Contributors:** Mike Simpson, Russell Ogata, Krishen K. Jalli, Susan Poulos, Paul Wolkowinski.



**Pendulums**



**Hand changes**



**Heart shaped swings**

Produced by:  
**Strategy Games Limited**  
13 Goodison Rise,  
Sheffield  
S6 5HW  
UK  
Contact: (0114) 2344480  
Or 07716516475  
Email: [m.simpson@shef.ac.uk](mailto:m.simpson@shef.ac.uk)  
[www.indianclubswinging.co.uk](http://www.indianclubswinging.co.uk)

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