

A Guide to the Anatomy of Indian Clubs



A Guide to the Anatomy of Indian Clubs

INDIAN CLUBS are designed to be used as an *extension* of your arm by adding a *load* or *weight* to your arm

POMMEL

GRIP

GRIP

GRIP

BODY

BODY

BODY

BODY

BASE

BASE



The **POMMEL** acts as an *anchor* to stop the club from sliding out of your hand

The **GRIP** is the narrowest part of the club, which you hold in combination with the *pommel* during Indian Club exercises

The **BODY** is the *widest* part of the club and contains the bulk of the *weight* that creates the *resistance* when you swing an Indian Club in *circular patterns*

The **BASE** is *flat*, so you can stand the club on the *floor*

A Guide to the Anatomy of Indian Clubs

POMMEL

GRIP

BODY

BASE



The **POMMEL** is located at the top the club, and is known by many different names like ***Pommel, Knob, Ball and Button***

The **role** of the **POMMEL** is to act as an **anchor** and stop the club from **sliding** out of your **hand** when you exercise by swinging the club in **circles** around the body

The **POMMEL** comes in many different shapes like a ***sphere, mushroom, egg 1, egg 2 and button***
See illustrations to the right >>>>>

As a guideline the size of a **POMMEL** should be roughly **twice the width** of the **handle** of the club

The most popular **POMMEL's** are the ***sphere, mushroom, egg 1 and egg 2*** each has it's own individual handling properties

The **button POMMEL** is unique because it is easier to pivot in your hand, than the others, which makes the club turn faster circles

Which **POMMEL** is **right** for you?

It should be the one that feels best when you hold a club in your hand

SPHERE

MUSHROOM

EGG 1

EGG 2

BUTTON

A Guide to the Anatomy of Indian Clubs

POMMEL GRIP BODY BASE



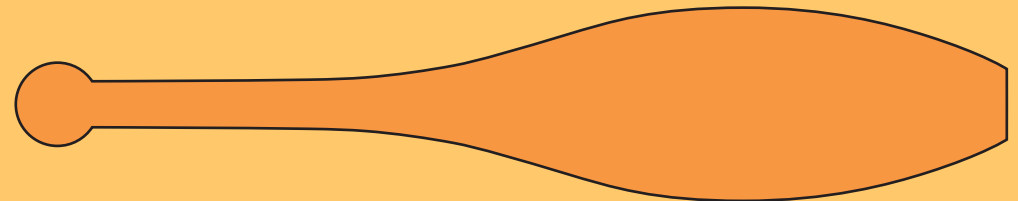
The **GRIP** is located below the **pommel** and is known by three names, **Grip, Handle** and **Neck** of the club

The **GRIP** is the **narrowest** part of the club, which you hold in combination with the **pommel** during Indian Club exercises

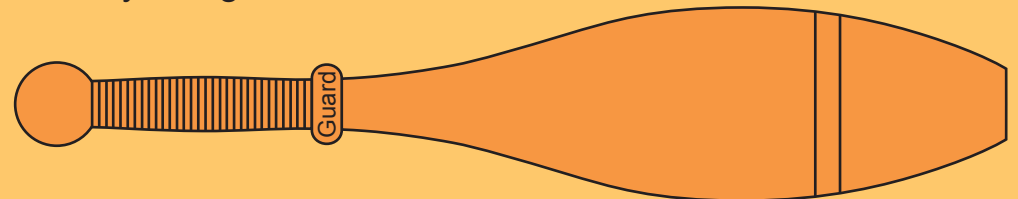
Together the **pommel** and **grip** are called the **HILT**, there are **five** ways to **hold** an Indian Club by the **hilt**, each has a different name, use and purpose

5 ways to hold an Indian Club, **HAMMER - SABRE - RING - CLAW - SNAKE**

There are **two** distinct types of **GRIP**, **tapered** and **shaped**



#1 - the **tapered grip** is most common and perfect for beginners intermediate and advanced users, the **tapered grip** is unique and specifically designed for Indian Clubs



#2 - the **shaped grip** is adopted from swords and sabres, the **grip** is thicker in the centre and tapers of towards the **pommel** and **guard** which can be used in complex manipulations and routines

A Guide to the Anatomy of Indian Clubs

POMMEL

GRIP

BODY

BASE



The **BODY** is below the **grip** and has three names **Body**, **Belly** or **Barrel**
The **BODY** is the **widest** part of the club and contains the **bulk** of the **weight** that creates the **resistance** when you swing an Indian Club in circular patterns

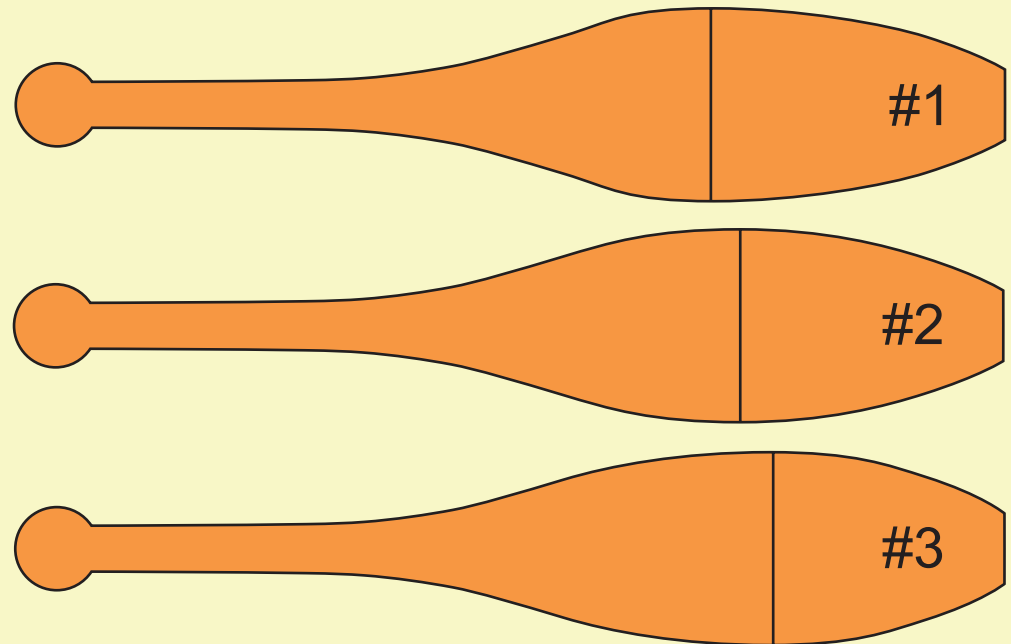
The illustration below shows three clubs of the **same length** and **weight**, each club is marked at the **widest** point to indicate the heaviest section of the **body**

The position of the **weight** (load) changes the way a club will **swing**

Club #1 will feel the **lightest** and **smoothest** when swung

Club #2 will feel **heavier** and more **responsive** when swung

Club #3 will feel the **heaviest** and **aggressive** when swung



SAFETY

The **BODY** of an Indian Club is the most **dangerous** part of the club, it can cause a lot of damage if swung or handled incorrectly

A Guide to the Anatomy of Indian Clubs