

A Guide to the Anatomy of Indian Clubs



POMMEL
GRIP
A Guide to
the Anatomy of
Indian Clubs
BODY

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

POMMEL

GRIP

BODY

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*

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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

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POMMEL GRIP BODY BASE



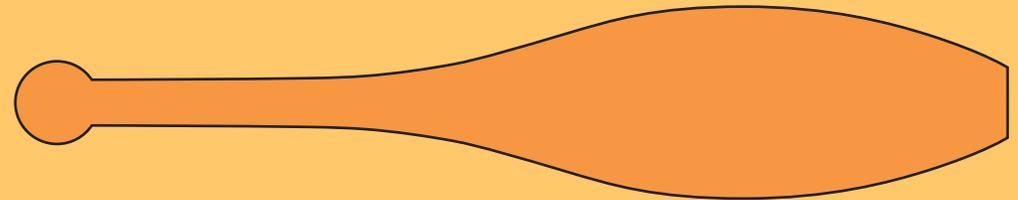
The **GRIP** is located below the *pommel* and is known by three names, *Grip*, *Handle* and *Neck* of the club

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

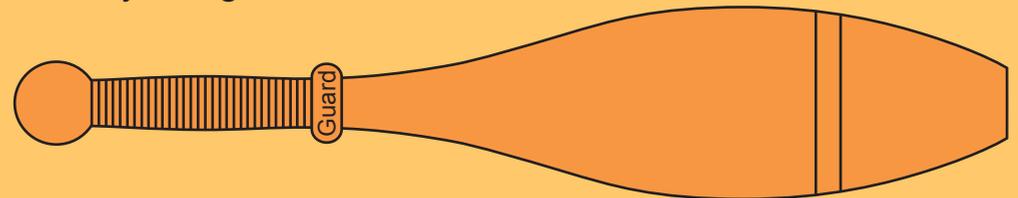
Together the *pommel* and *grip* are called the **HILT**, there are *five* ways to *hold* an Indian Club by the *hilt*, each has a different name, use and purpose

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

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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

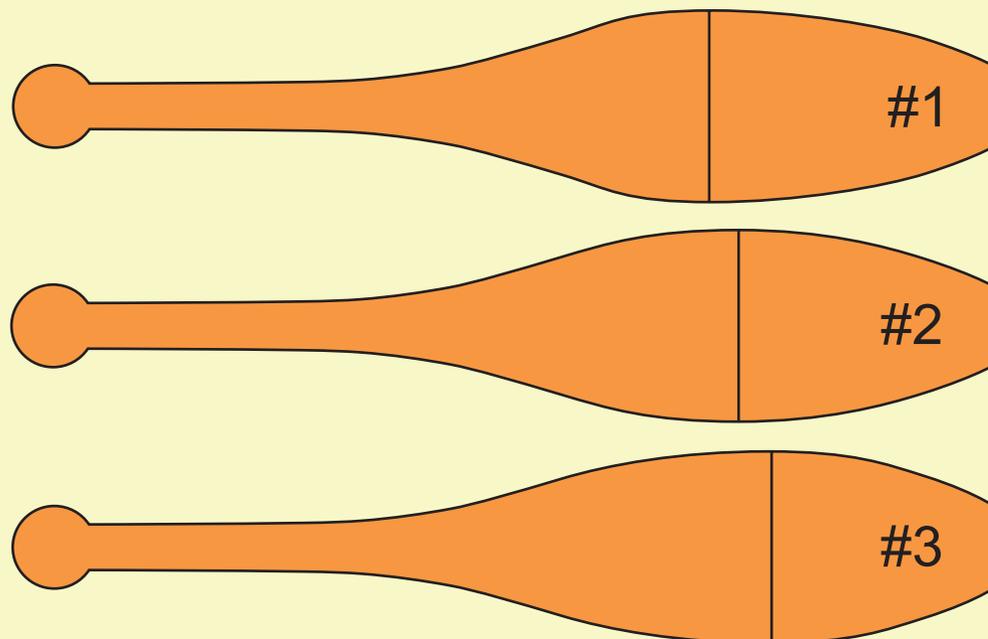
The illustration below shows three clubs of the *same length* and *weight*, each club is marked at the *widest* point to indicate the heaviest section of the *body*

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

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