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# Indian Club Swinging And Juggling



## Synopsis

The object of this book is, first, to introduce a simple nomenclature for club-swinging and club juggling; second, to present the work in such a way that it can be given on the gymnasium floor; third, to provide exercises for those that care to practice advanced club-swinging and juggling. The physical director will find a basis for drills in class-work in the 5th, 4th, 3d, 2d, and 1st grades. Club-swinging as a part of calisthenics has not the place in our regular class-work that it should have. This is probably due to the fact that there has been no simple and comprehensive nomenclature for club-swinging, and that it is considered by many to be too complicated and difficult for ordinary class-work. For classwork, do not limit yourself to exercises for arms and chest only, but use the clubs, as you would a pair of dumb-bells, and exercise lower limbs and trunk. I do not insist that this arrangement of the subject of club-swinging is absolutely correct, but I believe that I am near the truth, and hope that the book will at least serve as a basis and starting point for a better treatise of the subject in the future. I have tried to explain and arrange the work so that a novice might take up club-swinging and juggling from the very beginning. This book contains exercises which I have taught to my pupils and practiced myself. It can be relied upon as practicable. The mistake is often made of using clubs that are too heavy. My experience has convinced me that clubs weighing one pound and a half each are heavy enough for the best results in class-work, and those weighing one pound each are heavy enough for solo swinging. A pair of hollow clubs 18 inches long, with round knobs 4 inches in circumference, and with body 12 inches in circumference at the thickest part, and 6 inches in circumference at the ends, make very finely shaped clubs which are nicely balanced for club-swinging. The weight of each club should be from one to one and a half pounds. German silver, light copper, brass, or tin, cut in the shape of diamonds, stars, or bands around the clubs, adds greatly to their appearance. No exercise is prettier than club swinging, and none is more interesting. For old and young its value needs no comment. By giving one hour each day for two years to the practice of club-swinging and juggling one can become quite an expert, and, as there is no limit to the number of movements and combinations that can be made, one may make up original movements and combinations.

## Book Information

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