

FIG. 1.



FIG. 2.



FIG. 3.
KEY PLATE DIAGRAM.

FIG. 4.

The Text-Book of
 " **CLUB-SWINGING**

(Sixth Edition)

BY

TOM BURROWS

Champion of the World



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A FOREWORD.

THERE are several advantages in club-swinging. It is a combined exercise and amusement easily adaptable to the child, the strong man, or the retired city magnate. To adapt club-swinging to the strong man it is not necessary to use heavy clubs, by which I mean that a weight of $2\frac{1}{2}$ lb. for each club can meet the requirements of any ordinary man. By keeping the feet closer together and increasing the pace of swinging, the exercise can be steadily increased, and the whole body brought into action to produce a comfortable glow on a cold day in a very few minutes. Another advantage, of which I can only speak from personal experience, is the training of the muscles on the two sides of the body to work in co-operation. To appreciate this it is only necessary to try it. The different muscles moving the joints in various directions are constantly in action, but not sufficiently long in any one direction to produce fatigue too readily, while the free easy stretching and swinging keeps the joints lissom. I feel I can speak on these points from having been a pupil of Tom Burrows.

H. E. DEANE, M.D.,
LIEUT.-COLONEL, R.A.M.C. (*Retired*).

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Introducing the Author.

THIS book—of which the present is the Fifth Edition—is a practical treatise by a far-famed British expert on a very fascinating branch of athletics. As all such books should be, it is written without any sort of affectation of style. There are none of those dreary pages crowded with technical terms which one has to read three times before one begins to understand them, and which are so common in books on technical subjects. All such writing is a handicap rather than a help to the student, and Mr. Burrows gives us none of it.

The reason for his clearness of style is simple enough; he knows his subject through and through. He did not have to "cram it up" before setting to work on this book. His performances with Indian clubs have been among the wonders of the modern gymnastic world. When he wrote this book, he knew more, from actual experience, about swinging clubs than any other living man. Out of such a mastery of his subject came the masterly lucidity of his treatise.

In his preface to the third edition of this book he wrote as follows:—

I would like to tender my thanks to the various athletes who have from time to time recommended

the exercises set forth in Chapter VIII. of this book. These, which I believe I can claim to be entirely original, were specially devised for the purpose of training athletes in every branch of sport, and I am pleased to note that such world-renowned experts as Alfred Shrubbs, Jappy Wolffe, Arthur Saxon, Ernest Gruhn, Miss Sanderson, and others have been pleased to test them and to find them sufficiently useful to deserve their commendation.

Nor is it only in club swinging that Mr. Burrows has brilliantly held his own. The light-weight wrestling championship of Australia has been his; numerous boxing competitions have been won by him; he has proved himself a first-class swimmer, runner and jumper, and, like most men with British blood in their veins, has been useful to his side at cricket. He has not confined his performances in athletic competitions to any one distance or any one style. He has carried off championships at anything up to a mile and at standing, high, broad and hop, step and jump methods of covering distance.

He has visited many parts of the world and made himself famous in them, and has borne himself with credit through all sorts of exciting adventures, but nowhere is his name better known than at Aldershot, where a vast number of soldiers have passed through his hands, not in club swinging only, but in gymnastics generally, fencing, and the knowledge of anatomy and physiology. Consequently, when Lord Kitchener opened the college at Khartoum, what more natural than that he should specially engage Tom Burrows

to introduce physical culture, as we Britons understand it, into the land of the Pharaohs?

As trainer to Frank Slavin, Peter Jackson, Tom Williams, Tiger Smith, and a host of Army champions, Mr. Burrows has always maintained that club-swinging exercises are the finest preparation for all branches of athletics requiring stamina, agility, or speed. He invented nearly all the advanced developments of the art, and introduced to an astonished public at home and abroad possibilities of physical and moral endurance undreamed of until he demonstrated them with his favourite implements. Among the scenes of his triumphs have been cities as far apart as London, Dublin, Cairo, Cape Town, Montreal, Johannesburg, Wellington (N.Z.), and Buenos Aires.

SOME OF HIS FAMOUS CLUB SWINGS.

Born at Ballarat, in Victoria, on January 26th, 1868, he won the Club-swinging Championship of Australia in 1889, winning a £50 purse and medal for the best ten minutes' display. His first long swing, the first on record, was put up at the Headquarters Gymnasium, Aldershot, in October, 1893, when he swung a pair of 3 lb. clubs for six hours. At the same place he swung a pair of sharp battle-axes, weighing 7 lb. each, for two hours, making 125 distinct combinations, each combination being continued for one minute. On September 28th, 1894, he broke his previous record with 2 lb. clubs, swinging 8 hours 15 minutes.

Soon after this he won the Sportsman Championship belt by swinging a pair of 2 lb. clubs for 24 hours without a stop, making 86,000 distinct swings.

At Cairo, in September, 1895, he won a trophy and purse presented by Lords Cromer and Kitchener, by swinging for 26 hours 15 minutes without a stop.

In April, 1896, at the Dublin Gymnastic Display, he put up another record by swinging 100 different combinations (each four times) inside 14 minutes. This he lowered in December of the same year, at Cairo, by swinging a pair of 3 lb. clubs in 400 distinct combinations, making 3,000 revolutions in all, inside 18 minutes, and on the same night swung a pair of sharp axes, 8 lb. each, in 100 distinct combinations (four times each) in $7\frac{1}{2}$ minutes.

A fresh record came in May, 1897. At the National Sporting Club he swung a pair of 2 lb. clubs for 30 hours without rest or stop. This went by the board at the Alhambra Music Hall, Cape Town, where a 36 hours' record was put up. Next he put up a 40 hours' record at Cape Town, to be followed by a 42 hours' swing soon afterwards.

Journeying to Montreal, Canada, he swung a pair of 14 lb. clubs in that city for 43 hours 6 minutes, averaging 120 swings a minute, making altogether 420,330 full circles, containing 180 distinct combinations.

In November, 1904, at St. George's Hall, London, 47 hours became the record for 2 lb. clubs, achieved of course by Burrows, to be lowered in wonderful fashion by him at Southend, when after swinging eight hours a day for eight days he went on to establish a 48 hours' record without rest or stop.

Going back to South Africa in 1905, he met Frank Lloyd, who lasted out 54 hours against him, only to be beaten easily on points for quality of swinging.

Next year he went to Buenos Aires and swung for 61 hours without a stop, giving striking evidence of his extraordinary powers of endurance by engaging during the final two hours of his marvellous swing, in a contest with the South American champion, McRea, at fancy club swinging, and winning easily. This feat being with 4 lb. clubs, set up a world's record.

His next record was 61 $\frac{1}{4}$ hours put up at Olympia, in January, 1907. Burton lasted out with him, but lost easily on points for variety and rapidity of movement.

Afterwards Burrows swung clubs at Wellington (N.Z.) for 62 hrs. 2 min., at Auckland for 62 hrs. 7 mins., at Christchurch for 62 hrs. 11 mins., and at Dunedin for 65 hrs. 10 mins.

He has held, in addition, all sorts of other fancy records for number of combinations to the minute, heavy club-swinging, sword-swinging, and six-day spells of eight, ten, and twelve hours per day.

He gave a still more extraordinary display at the Empire Palace Theatre of Varieties, in Johannesburg, where he and Frank G. Lloyd swung clubs without a pause for 66 hrs. 15 mins., and at the end Burrows was still as fresh as a daisy, putting in a tremendous finish, his clubs flashing round in a most brilliant style, as though to demonstrate that he could easily have lasted another four or five hours had arrangements permitted.

During this display, lasting nearly three successive days and nights, Burrows, the veteran, and Lloyd, his younger rival, opened and ended their battle on the stage of the theatre, but moved about a good deal during the rest of the exhibition, travelling round the various

circles and lounges in order to yield the stage to other "turns" introduced in order to break the monotony. Considering the tremendous strain imposed, it is really remarkable that neither man missed one swing, even in ascending or descending the staircases, or during the taking of the necessary refreshment. Burrows was declared the victor on points by 1,055 to Lloyd's 949. The latter is said to have confined himself chiefly to long and short circles above the head, while Burrows, as usual, indulged in every possible combination. The speed was wonderfully fast all through. Indeed, the minimum number of swings was declared to have been 100 to the minute!

But it was in April, 1913, that Burrows reached the climax of his career, putting all previous records in the shade by swinging continuously for 107 hours, 5 minutes at Aldershot—a wonderful feat of prolonged endurance.

The majority of readers of this book will have no ambition to emulate these sensational performances. All they will desire is to master the art of club swinging sufficiently to secure its physical benefits rather than its championship glories. But there is no reason to decry such record-breaking feats as those we have been chronicling. On this point Mr. Burrows himself offers the following very sensible observations:—

"Where is the use of it?" you may ask. Well, where then is the use of any sort of athletic record? I think I may claim to have first established a real searching inquiry into the capacity of the human frame to endure a long-drawn out continuous spell of exertion. Surely knowledge in that direction is worth having. Even supposing the

study of Indian clubs to possess no other virtue (and it possesses numerous others) this is one of which its advocates may well be proud.

Confident that our readers will be in full agreement with this opinion, we will now interpose no longer between them and Mr. Burrows himself.

CHAPTER I.

The Superiority of Club-Swinging to all other Methods of Physical Development.

THE heading to this chapter may at first sight appear to ascribe too much credit to the benefits of club-swinging, but I trust that I may be able so to express myself in these pages as to convince you that I have no small warranty for making the assertion.

Some of you will remember that prior to my becoming so closely associated with Indian clubs, I played some small part in the boxing, wrestling, swimming, fencing, gymnastic, running, and rowing worlds, and that a fair proportion of my career has been devoted to the training and general preparation of athletes for one or other of these branches.

It is not my province here to touch on these experiences of mine, and I have indeed only alluded to them for the purpose of emphasising the fact that they compelled me to devote very serious attention to the discovery of what was absolutely the best system not only of improving the muscular development of my charges, but of increasing their activity, without in any way endangering their health, and above all, so improving their stamina and powers of endurance as to enable them to emerge successfully from the longest and most severe contests.

Developer and expander exercises in general use I found to be more adapted to the development of physical proportions than to the cultivation of either real strength, activity, or endurance. Big muscles could certainly be cultivated by this method of training, but the muscles, though bulky, were lacking in quality.

Light dumb-bell drill, though in many ways thought to be as good as in club-swinging exercises, is, as a matter of fact, far inferior to them. If the light dumb-bells be *always* swung or pushed conscientiously with full intent to get the utmost value out of the movements, then they will perhaps provide almost equal benefit from the point of view of muscle-contraction. But honestly, I do not believe that anybody ever does *always* exercise with them in that way. And in no event can the light dumb-bells compare with the club for expansion value, grip exercise, or wrist and finger development. They will not develop agility, activity, balance or body carriage to anything like the same extent. They are not nearly so interesting, so artistic, or so beneficial from a health point of view.

Heavy weight-lifting, again, which has been condemned by many authorities as being liable to cause serious strain, especially to the heart, is an exercise specially suitable for those who propose distinguishing themselves either as weight-lifters, pure and simple, or on the wrestling mat. Hackenschmidt, for instance, recommended practice with heavy weights as being the only system by which a man can acquire *great* strength, and his opinion is certainly one which commands respect. Nevertheless, it must be evident that it is by no means an exercise to be lightly undertaken. Nor should it on

any account be undertaken save under expert supervision. Without skilful supervision the weight-lifting novice, or even one who may have attained to some degree of proficiency will almost certainly attempt to proceed too fast, endeavouring to lift weights heavier than his muscular system has been sufficiently developed to cope with.

But when all is said and done, while I am prepared to admit that heavy weight-lifting exercises are possibly the best method for initial training for a wrestler, owing to the great physical development acquired thereby, I would by no means recommend them as suitable preparation for either the cyclist, boxer, swimmer, runner, fencer or the gymnast, nor indeed for any form of outdoor athletics. I would even maintain that while all these forms of exercise will assist a weight-lifter, pure and simple, in his training, yet an expert in any branch who may subsequently take up heavy weight-lifting will do so at some sacrifice of his proficiency.

Nor is weight-lifting itself an essential form of practice even for the wrestler. The necessary strength can be acquired by other means, and club-swinging, combined with exercises with the clubs, will endow a man with all the speed, agility, balance, and stamina required.

For every form of outdoor physical recreation, and with the above two exceptions, indoor forms as well, club-swinging must be regarded as an absolutely unrivalled form of training or preparation, while as an exercise for the preservation of health or for obtaining an ideal development and a supple, graceful erect carriage for either sex, it stands entirely alone.

But, my readers may well ask, if club-swinging possesses all these advantages, why is it not universally practised, and why does it not form a branch of every Physical Culture system?

The simple answer is that there exists a general impression that it is a highly complicated form of exercise, needing lengthy and careful study and practice if one is to arrive at any degree of proficiency. This impression, strange to say, has been and is fostered by the majority of club-swingers, even by experts, who have hindered their own progress and that of their pupils by a totally unnecessary classification of the various movements, twists, circles and swings, wearying and puzzling themselves by the needless attention and study which they devote to what they imagine to be divergent movements, but which are, in reality, only varying combinations of the *two* solitary swings which alone comprise the whole art of club-swinging.

CHAPTER II.

The Simple Principles of Club-Swinging, including its "Four-Finger" Exercises.

As already stated, club-swinging appears an extremely difficult art to the average beginner, and certainly one at which it would be impossible to become expert without the aid of an instructor.

As a matter of fact, the Indian clubs are probably the only implements for either exercise or display which an intelligent man can learn to handle skilfully and successfully without any outside assistance or instruction, once the very simple theory of the art of club-swinging is grasped.

True, more rapid progress may be made when lessons are taken from an expert, since by so doing one is able readily to observe the more advanced combinations and to discover without protracted study the methods by which they can be practised. Nevertheless, the only advantages gained from outside instruction are just this avoidance of trouble, and, possibly, the stimulation of keenness.

Anyone who cares to devote attention to the subject can readily teach himself all that there is to know about club-swinging.

All that the beginner has to realise is that there are only two distinct "circles," or "swings," viz., the

"outer" and the "inner" swing, and that all the pretty and effective, but seemingly intricate and apparently distinct movements and circles are but varied combinations of these two.

The key diagram facing the title-page will best illustrate what these two swings are, and the variations by which they are made to appear so complicated.

Every possible movement of flexion, extension, or rotation of the upper arm, shoulder joint or wrist is made by one of these two "swings," according to the varying positions assumed by the arms.

"THE OUTER" SWINGS.

In order to simplify matters, I will use the words "swing the arm" (or "arms") in my instructions throughout, to denote that limb with the club in the hand, and will also use the word "swing" for all movements instead of the words "circle" or "twist." At the same time it must be understood that all "swings" must be complete circular movements, with the arms held in various positions, as described, and that any swing with both arms is a combination.

The key plate facing the title-page will illustrate the method, the starting point, and the direction which the arms are to take.

I have marked the figures, so that the "outer" and "inner" swings can be mastered with the minimum of study and practice, and I would strongly recommend the beginner to first learn the movement without the clubs, as he will thus avoid all risk of discouragement or annoyance caused by possible collision between his

clubs before he has thoroughly accustomed himself to their evolutions.

For the "outer" full front swing, raise the clubs as in Fig. 1, and practise swinging *down* with each arm alternately (commencing with the right), keeping the arm straight all the way, crossing the lower line between the legs, and describing a circle back to the starting-point. All "outer" front swings are made in this direction, the variations being obtained merely by alterations in the position of the arms. It is therefore most important that the direction should be thoroughly mastered. Not until that has been done should practice be commenced with the clubs themselves.

These should be held with the knob resting against the outside of the little finger, with a firm but not too tight grip on the handle, while the wrist should be exercised as much as possible in all movements.

On no account grip the "knob" of the club, as to do this will render the movements utterly useless either for exercise or for development.

The "back shoulder" swing is merely a short variation of the "outer" swing, the clubs crossing the imaginary line points downwards, behind the back.

Start from Fig. 2 on the key plate, keep the upper arm in the position shown, bend the elbows and twist the wrist outwards and downwards. Particular attention should be paid to this elbow movement, as it will greatly assist the forearm and wrist action in all swings.

When you have mastered the back shoulder swing, start again from the position in Fig. 1 and combine the front "outer" and back shoulder swings, first

with each arm separately, then with both together, and then alternating *i.e.*, with the left arm performing the back shoulder while the right describes the front "outer" and vice versa.

When you can do this with ease, accustom yourself to performing variations of outer swings with the arms held in different positions, viz., bent in front of the chest in all imaginable directions, horizontal on both sides, over the right and left shoulders behind, with arms bent alternately so that one or other swings up inside the other, as near the armpit as possible, with the arms straight by the side, and crossing in front of the shins.

You may then think out combinations whereby all these outer swings may be interchanged, each arm making a separate movement; and thoroughly accustom yourself to each.

You will not improbably experience some little difficulty at first in persuading or rather educating both your sympathetic groups of muscles to act in opposite motions, and your antagonistic groups to work in co-ordination; but perseverance will enable you to obtain the necessary control in a surprisingly short time, and once this has been acquired the most intricate and complicated combinations can be carried out with the greatest ease.

THE "INNER" SWINGS.

The "inner" swings are merely the "outer" swings reversed, or they may perhaps be described more simply as swings which commencing from the position shown

CLUB-SWINGING.

on the key plate in Fig. 1 (facing the title page) move *upwards*, crossing the line *above* the head first. Thus the fuller "inner" front swing will first cross the line above the head, and then secondly move *down* across the lines drawn horizontal to the shoulders and perpendicularly between the legs.

The lines drawn across the body, however, although necessarily crossed in any full "swing," are mainly intended as guides for horizontal swings.

Remember only that the clubs swing *down* across a line for an "outer" swing, and *up* across one for an "inner." The whole art of club-swinging is made up of variations or combinations of these two "swings," and once this simple difference is thoroughly understood, the beginner should experience but little difficulty in performing all the exercises detailed in this treatise, or any others which he may either hear of or see performed.

It is important thoroughly to practise simple combinations and variations of outer and inner swings before advancing to any fresh stage; and the following may be suggested as a very useful series.

Combine the outer front and back shoulder swing, make two successive front and one back, then two successive back and one front.

Change to inner swings and repeat outer combinations (taking care to keep the arms straight for the full front swings).

Combine front outer swing and back alternately—two successive front and back alternately.

Reverse this to inner, and run through as for "outers."



FIG. 1.
TOM BURROWS ABOUT TO BEGIN A BACK AND FRONT SWING.

THE OUTER LOWER BACK SWING

is commenced from the position shown in Fig. 3 on key plate, swinging the arms behind the back, across the lower line, and as the clubs come up, bending the elbow, so that the back of the hand is on the hip in line with the waist, the shoulders and elbows coming to the front as the club emerges from behind the body to continue in a lower front swing. It will be found easier, in fact, to alternate between front swings and these lower back ones, as otherwise the frequent repetition of the latter would be found to impose a rather severe strain on the wrist.

Fig. 4 on the key-plate represents the starting-point for "parallel" or for "windmill" swinging, that is to say, for movements in which one arm follows another in its progress, in imitation of the sails of a windmill.

Windmill swinging, or rather the more effective combinations arising therefrom, belong, properly speaking, to a more advanced stage of club-swinging, but some simple exercises may be practised by beginners.

Starting from Fig. 4 on the key plate, swing full "outer" front swings round to first position. Reverse and swing full "inner" swings, taking due care in both instances to preserve the relative positions of the clubs.

These may be varied with front bent arm swings, both "outer" and "inner," but it is inadvisable at this stage in one's practice to introduce variations and crossings, such as the interpolations of back shoulder and simultaneous lower back swings into one's early "windmill" practice. These are liable to cause confusion until one has become fairly proficient.

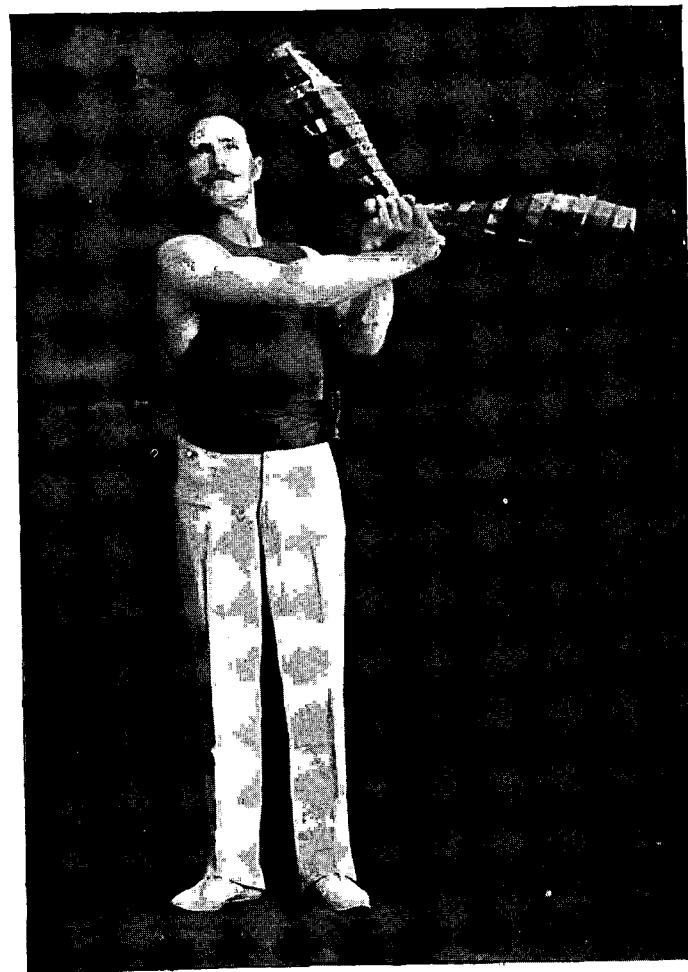


FIG. 2.
SIDE WRIST SWINGS.

In club-swinging, as in all other athletic pursuits, the most certain and rapid progress is made by graduated practice. *Festina lente*—hasten slowly—is a precept which should be studiously regarded.

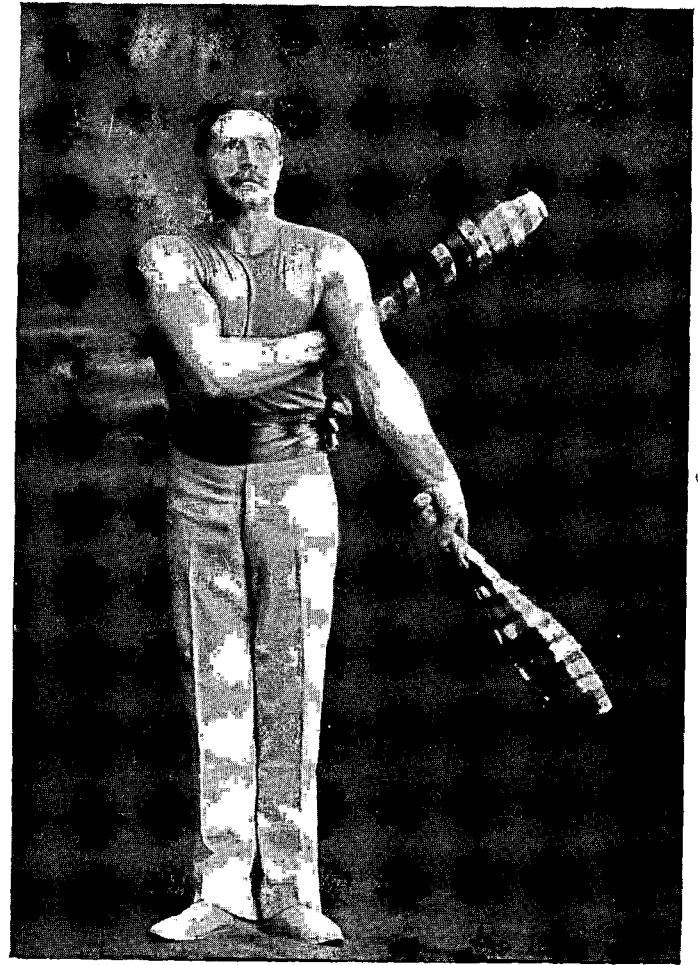


FIG. 3.
SWINGING UNDER THE ARMPIT.

CHAPTER III.

Outer Combinations.

WHEN the novice has thoroughly mastered the simple swings detailed in the last chapter as following on from the starting points shown in the key diagram, he will be ready to take up more complicated exercises, but I would wish most strongly to impress on my readers the great importance of becoming thoroughly practised in these key exercises to commence with.

They must look upon them as being the "scales" exercises of club-swinging, and every whit as important for preliminary practice as are the ordinary "scales" to an instrumentalist. In practising the different exercises which belong to a more advanced stage, the student will do well to learn the names ordinarily in use to describe the various combinations, as this knowledge will not only assist him in understanding his work but will also prompt him to invent new exercises.

I have described this chapter as dealing with "outer" combinations, but it must be understood that by merely reversing them, that is to say by first swinging *up* instead of *down*, they are converted into "inner" combinations.

I have also numbered the accompanying plates explanatory of the exercises, as starting afresh from Fig. 1, but it must not be imagined that Figs. 1, 2, 3 and 4 have any connection with the position similarly numbered on the key plate diagram.

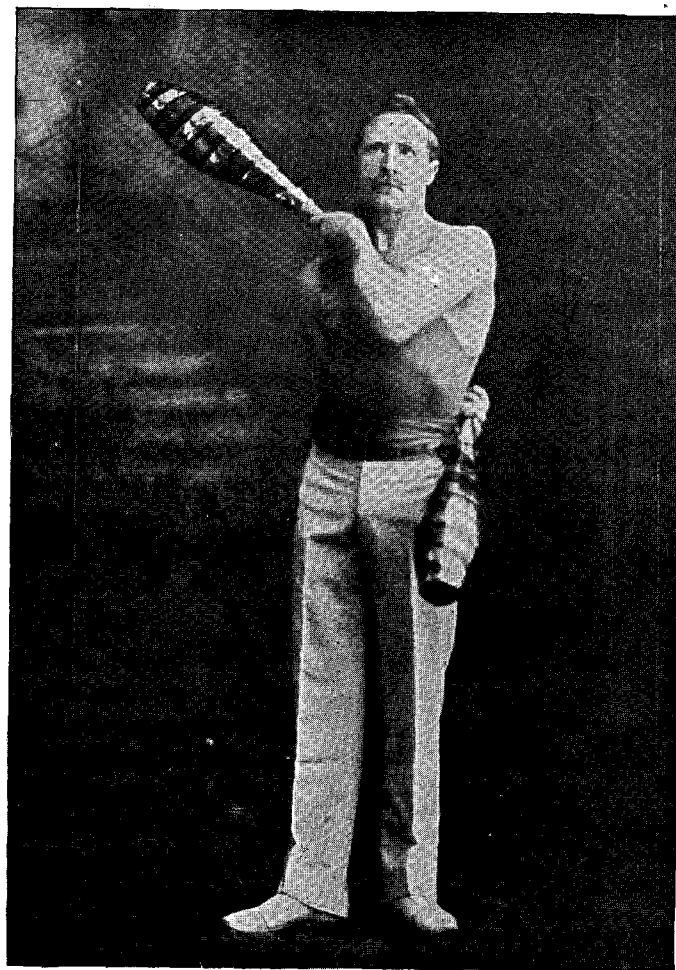


FIG. 4.
A HIP AND SHOULDER SWING.

EXERCISE I.—Lower front swing, lower back swing two full front and back shoulder swings.

EXERCISE II.—Lower back swing, front bent arm swing, as in Fig. 1, continue with front full swing—left arm over right shoulder—right arm under left arm-pit and *vice versa*.

EXERCISE III.—Left arm lower front swing, front bent arm wrist swing with right, lower back swing with right, side wrist swing with left.

EXERCISE IV. (see Fig. 2).—Side wrist swings, both arms on the left or right sides, right wrist swing over left forearm and under, left and right side swings.

EXERCISE V.—Two successive lower back swings with right, simultaneously with two successive full front swings with left.

EXERCISE VI.—Lower back swing with right wrist on left hip, lower front swing with left round under right arm.

EXERCISE VII.—Full front swing simultaneously with both arms, front left arm swing, right bent arm swing under left-arm pit as in Fig. 3, full front swing and lower back swings. Change and reverse, left arm under right arm-pit.

EXERCISE VIII.—Repeat last exercise with addition of lower back swing.

EXERCISE IX.—Wrist swings, with left arm straight out, right arm straight above the head and *vice versa*.

EXERCISE X.—Full front swings, both arms, turn half left, swing left arm straight behind and full front swing with right, full front swing with both arms.



FIG. 5.
PARALLEL SWINGING.

EXERCISE XI.—Reverse last exercise, full front swings, turn half right with left full front swing and right straight behind, full front swings, both arms.

N.B.—This forms an ideal exercise for chest expansion.

EXERCISE XII.—Back shoulder swing left arm, front bent right arm swing, simultaneous lower back swings with both arms, back shoulder swing, right and left front bent arm swing.

EXERCISE XIII. (see Fig. 4).—Lower right arm swing over left hip and left arm swing over right shoulder.

EXERCISE XIV.—Lower left arm swing over right hip and right swing over left shoulder.

EXERCISE XV.—Back shoulder swing right arm, reverse and swing over left shoulder to the front, full front and bent arm front swing with left, repeat and *vice versa*.

It would occupy far too much space to detail here all the possible variations and combinations of these simple exercises, but once the student has mastered them all, with one-arm swings first and subsequently with both arms moving together, as "outer" combinations, he should reverse them and practise them as "inner" swings, by the simple method of remembering that, commencing, as he should, from any one of the four starting positions in the key plate, his arm should swing in an upward direction, or right arm to the left and left arm to the right to perform an "inner" instead of an "outer" swing.

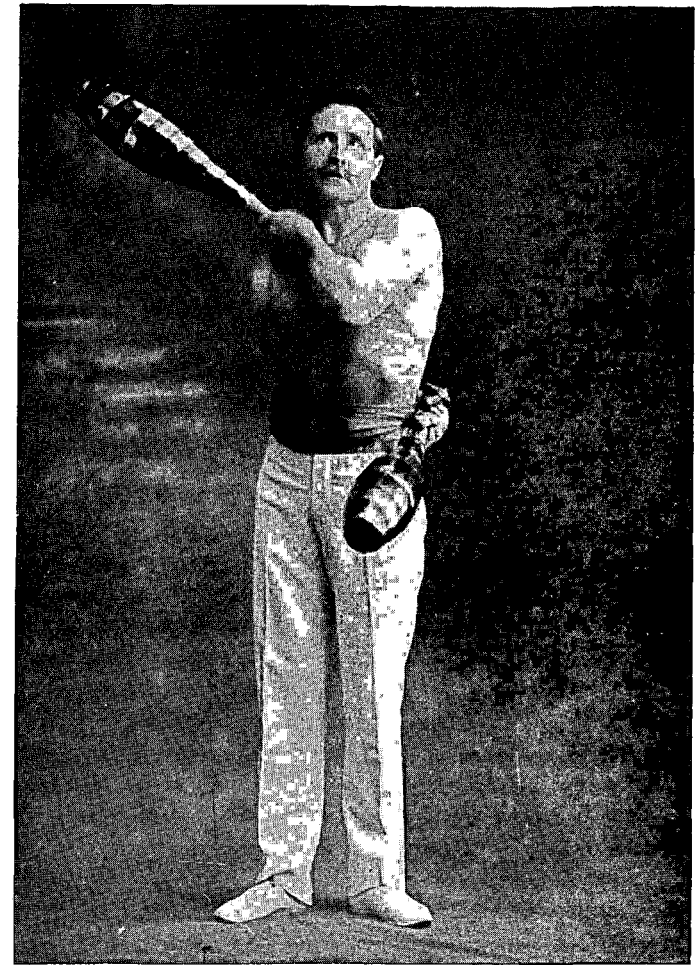


FIG. 6.
ANOTHER PARALLEL SWING.

CHAPTER IV.

Parallel Swings.

THESE are combinations of "outer" and "inner" swings giving ample scope for a great variety of movements, and may be said to form the initial stage of Advanced Club-swinging.

Before, however, one can attain to any really great proficiency in them, one must be able to perform all the previously detailed exercises, with equal facility on both the right and left sides, from right to left as well as from left to right, diagonally or at the side. It is, therefore, imperative to pay very careful attention, and to devote considerable practice to the exercises described in the last two chapters, however dull and uninteresting they may appear, in order to qualify oneself for the successful performance of parallel swinging.

In this branch of the art, the clubs swing in the same direction, and consequently the cross wrist, under and over the forearm, side wrist, and other swings open up a most extensive and at the same time a most beautiful field of variations and combinations.

The key plate should again be studied, and supposing the student to decide to start from the first figure shown thereon, he must remember to set off with an "inner" or upward swing of either arm, simultaneously with his commencing an "outer" or downward swing with the other.

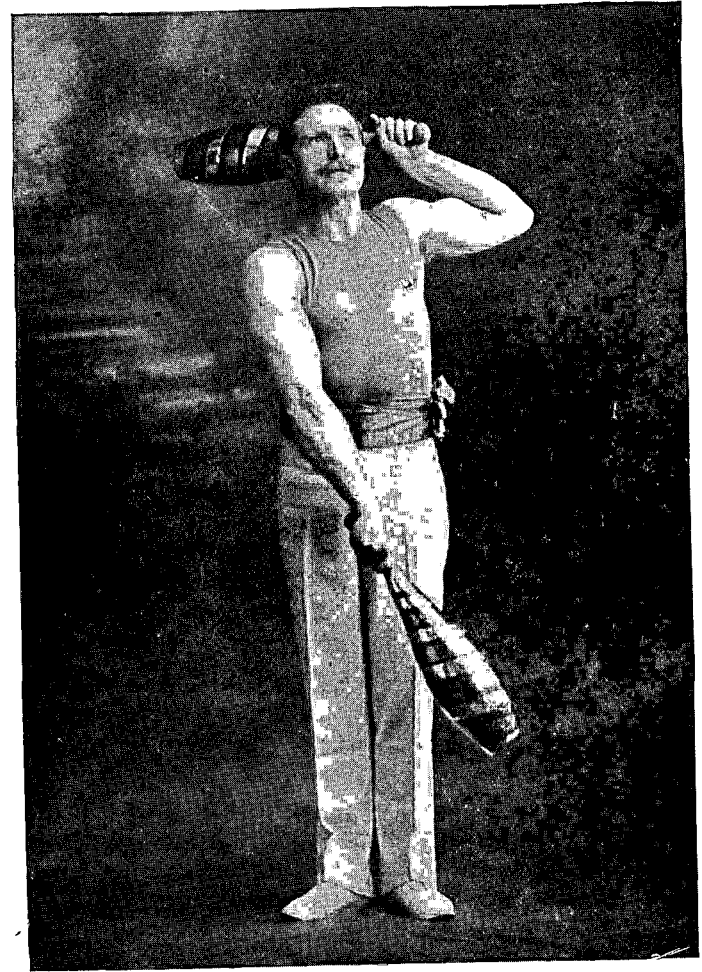


FIG. 7.
THE WINDMILL.

The pupil can easily evolve exercises for himself without much trouble, and I will merely confine myself to suggesting a couple of simple exercises in simple parallel swinging, either of which will form a most effective combination, and which can both be elaborated to almost any extent.

Fig. 5 illustrates a combination from a front parallel swing, simultaneous lower back swings, and both arm swings over right or left shoulder.

Fig. 6 shows another combination of lower front parallel swings, back shoulder swings, front bent arm swings, left arm swing over right shoulder, right arm over left hip behind.

N.B.—In order to avoid knocking the clubs together in these parallel movements, keep the arms the full width of the shoulders apart at all points of the swings. And in order to obtain the full benefits offered for development of the abdominal muscles by these movements, each front swing should be a full extension movement, especially in swinging the arm above the head.

THE WINDMILL.

The Windmill is one of the most effective movements in club-swinging, and is also one which can be introduced as a variation into every known combination. Fig. 7 provides a good example of this movement. As in parallel swinging, the arms swing in the same direction in describing a "windmill" swing, with this difference, viz., that whereas in parallel swings the clubs are almost in line throughout, in "windmill" movements one arm follows on behind the other.

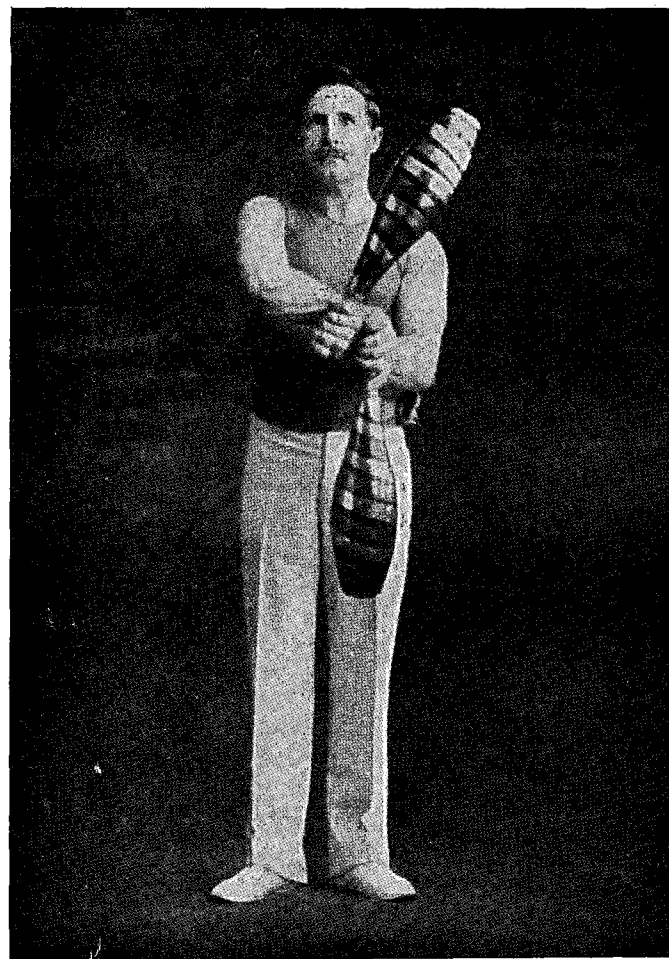


FIG. 8.
THE WINDMILL AGAIN.

Turn back to the key plate, Fig. 4, and you will see the position exactly, the simplest "windmill" exercise being one which I included in my list of "four-finger" exercises.

Remember, of course, also, that in windmill swinging from the right, the left arm swings in advance, and from the left, the right arm; and that in the interpolation of variations, back shoulder swings, lower back swings, under or over the shoulders or in or on the hips, must be combined in order that the arms may cross, as in Fig. 8, to enable a resumption of the windmill.



FIG. 9.
TWO GLIDES FROM "OUTER" SWINGS.

CHAPTER V.

Fancy Club-Swinging.

ROLLS AND GLIDES.

IN this section I propose dealing with a series of movements of which I may claim to have been the inventor.

From the time when the idea of thus manipulating the clubs first occurred to me, I put in a good proportion of the following three years in practising and perfecting the movements involved before I ventured to display them in public.

I am, however, free to confess that I do not consider the labour to have been ill-expended, seeing that these variations have proved the most attractive items in my exhibitions.

You see, they *look* so fearfully complicated and difficult, whereas they are really wonderfully simple. The labour involved in perfecting them was really chiefly devoted to their simplification.

The "glide," for instance, can be introduced as a variant to either a front swing or a lower back swing, the whole secret consisting in the holding of the club. All that is needed to "glide" either one or both clubs

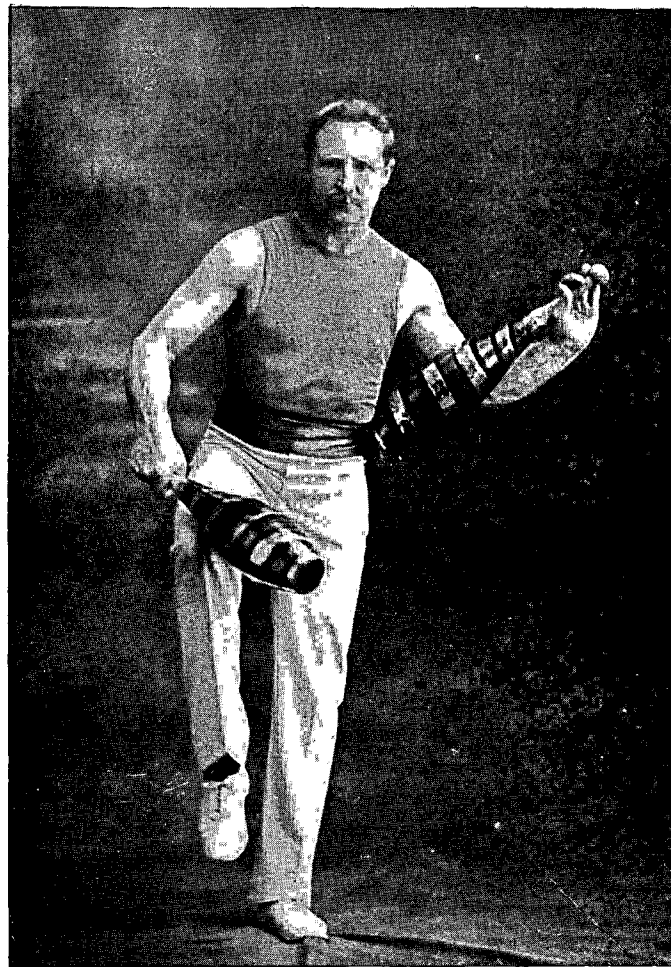


FIG. 10.
A "LEG ROLL" AND "BACK GLIDE."

is to relax the grip with the little and fourth fingers, to turn the palm of the hand to the front, with the elbow bent, and to slide the club horizontally in the direction which your combination is taking. Fig. 9 illustrates a lower back glide and a lower front glide (under the leg) from "outer" swings.

The "roll" can be introduced into any combination, since its various forms of "head roll," "leg roll," and "cross arm roll" blend well with one or other of every conceivable variation of "swing."

For a "head roll," from an outer swing, as the arm comes in line with the shoulder, drop the club on to the shoulder and "roll" round the neck and close over the opposite shoulder, then continuing the swing.

"Leg rolls" and "cross-arm rolls" follow on much the same lines, only, of course, being carried out on the corresponding sections of your anatomy.

Perhaps the most effective combinations are secured by the simultaneous performance of a "roll" and a "glide," examples of which are shown in the accompanying illustrations.

Fig. 10, for instance, illustrates a "leg roll" and back "glide" from outer swings, and I may here draw attention to the advantages offered by this branch of club-swinging in the development of "balance," a quality which will prove of inestimable benefit not only to the club-swinging, but also to the fencer, boxer, wrestler, Ju-Jutsuan, and even to the weight-lifter.

Fig. 11 shows a double leg "glide" from parallel swings, under the thigh, round the front of the leg and over the thigh.

Fig. 12 describes a cross arm "roll and glide," these

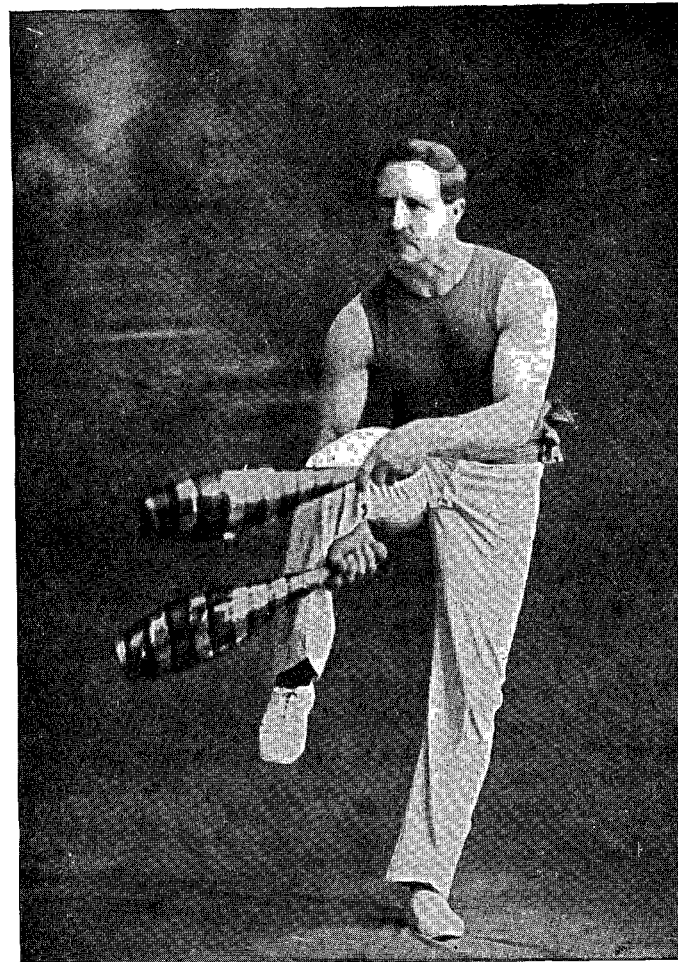


FIG. 11.
A DOUBLE LEG "GLIDE."

forearm rolls introducing a most effective variation to "windmill" swings.

Of course, the variations and combinations of the movements are practically infinite. I should not like to have to enumerate off-hand how many varieties I am in the habit of practising myself. They seem to follow on naturally, and I am sure that any reader who cares to devote a modicum of study to the positions will soon find himself able to invent a practically inexhaustible list of new and interesting combinations.

A pretty variant of the "head roll" may be practised with, say the right arm, by dropping the club back on the forearm as in the fencing "grand salute," and rolling it back round the head, before continuing the swing. As already stated, however, the variations possible are simply innumerable.

FANCY SWINGING WITH FOUR CLUBS.

The only reason I can imagine why I should be practically the only club-swinger to give displays with more than one pair of clubs, is that no one else has troubled to find out how to hold either two or three in each hand. And yet it is not difficult. The accompanying photographs show exactly how the grip is taken. To swing with four clubs one of each pair should be held mainly with the fore-finger and thumb and the other between the palm and other fingers. The knobs should just about touch in the middle of the closed fist.

The great value of four-club-swinging consists in its excellence as an exercise for wrist and grip development, superior (as I think) to any special grip appliance in existence, save, of course, exercises with six clubs.

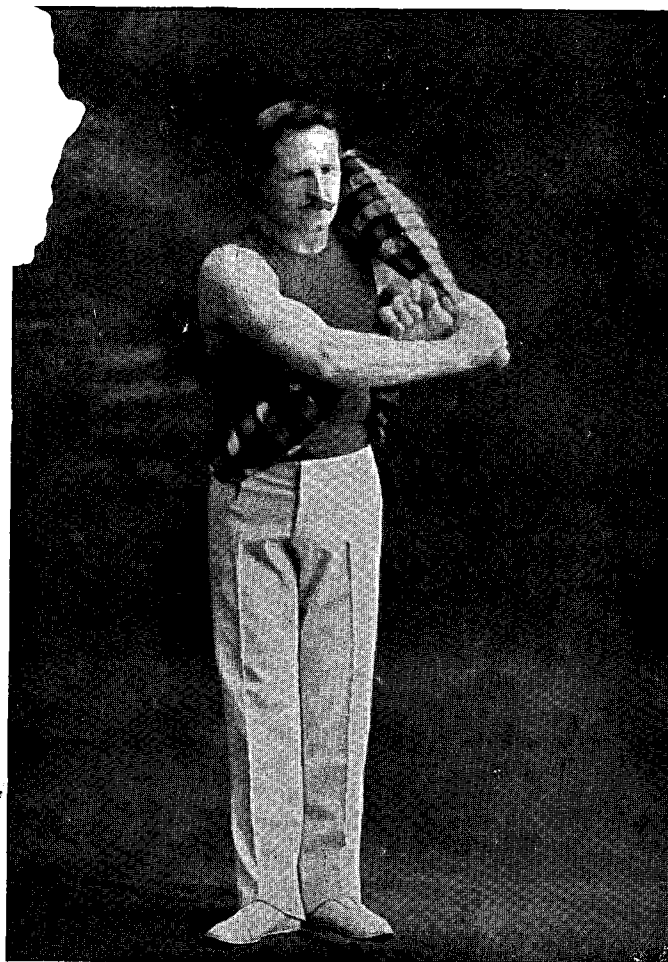


FIG. 12.
A CROSS ARM "ROLL AND GLIDE."

I would not recommend any reader to take up the four and six club movements until he has thoroughly mastered club-swinging proper, and has devoted special attention to those club exercises which I shall detail in another chapter as being specially adapted for strengthening the wrists and fingers.

Then, with two clubs in each hand, practise the first simple movements, such as the full front "outer" and "inner" swings, until these can be easily performed without any collisions between the clubs. Proceed slowly and gradually, as recommended to the beginner, with each variation and combination, until you are able to complete a master of four clubs as you are of two.

You will then find that every movement possible with two clubs can be performed just as easily with four, and, in addition to the development to be gained from so valuable an exercise, you will be able to introduce a most attractive item into any display which you may propose giving.

To carry out the combination shown in Fig. 13, swing outer front and back shoulder swings alternately, a simple variation which, with four clubs instead of two, will appear far more difficult and complicated than it really is.

The star combination, shown in Fig. 14, illustrates a cross front combination, with the clubs straight in each hand, the right arm crossing the left forearm from "outer" swings.

Fig. 15 illustrates a back shoulder swing with the left arm and a leg roll with the right from either "outer" or "inner" swings.

Some slight difficulty may be experienced in manipu-



FIG. 13.
A FOUR CLUBS SWING (NOTE THE GRIPS).

lating the four clubs, when practising the rolls and glides, since it becomes necessary at times to bend one or other of the clubs slightly by an alteration of the grip, but the development of power in the wrists and fingers through the simpler exercises will soon endow the swinger with all the needful strength.

SWINGING WITH SIX CLUBS.

Having thoroughly mastered all the variations and combinations with two clubs in each hand, the club-swinger will have so developed his wrist and finger strength as to render the manipulation of another pair comparatively easy.

The student must first acquire the knack of holding the four clubs between the fore-finger and thumb and the palm and little and third fingers as rigidly as he can when employing the whole of his hand. The introduction of a third club between the second and third fingers of each hand will then be found not to entail such severe extra exertion as one might at first imagine. The fingers themselves will hold it quite rigid, and the first requisite of a successful six club-swinger will be found to consist of the necessary strength of grip to hold the two end clubs firmly with the modicum of hand left for that purpose.

As with four clubs, so also with six, every conceivable variation can be executed that is possible with two. That this is so will be readily seen by reference to the three accompanying illustrations, which show in Fig. 16 an outer star combination obtained in very similar manner to the corresponding one with four clubs.



FIG. 14.
THE STAR.

The parallel bunch combination shown in Fig. 17 is, of course, a position obtained in parallel swings. "Rolls" and "glides" can, of course, be introduced into six-club-swinging with as much ease as into four-club-swinging, and in Fig. 18 I have shown simultaneous head and leg "rolls" with six clubs. It must, however, be borne in mind that, with the extra pair, the slight deviation from the "straight," necessary in four-club-swinging for these movements (*i.e.*, rolls and glides) will be found even more difficult to manipulate, owing to the very slight hand surface now available to direct the alteration.

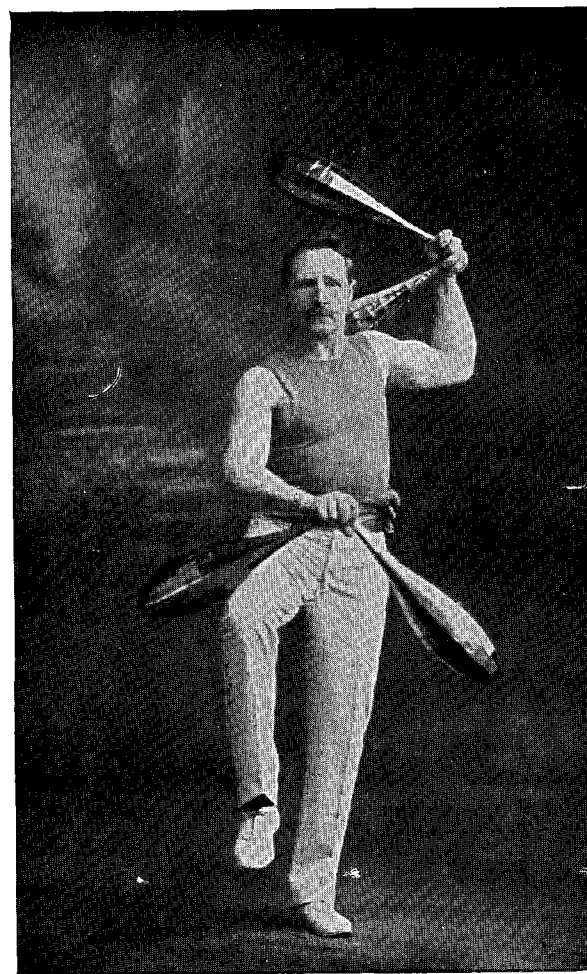


FIG. 15.
A FOUR CLUBS SWING.

CHAPTER VI.

Hints on Display and Endurance Swinging.

It will, I think, be generally acknowledged that a good club-swinging display forms by no means the least attractive item of any Physical Culture Exhibition, and that where the club-swinger is able to introduce such fancy items as "rolls" and "glides," to say nothing of four and six club manipulations, the beauty of such an item is greatly enhanced.

It is therefore advisable for the student to practise thoroughly all the exercises described in the last chapter, as they will not only add enormously to the attraction of any exhibition which he may give, but will also very agreeably vary the monotony of the ordinary combinations.

He may also practise the swinging of cavalry swords or of battle-axes, which, although they may appear difficult, will be found quite as easy to manipulate as the ordinary clubs, once these have been thoroughly mastered.

Hollow glass ciubs with a small electric battery inside may also be used. They have a very pleasing effect.

But whatever tools be used, the greatest care should be taken that these are *accurately balanced*. Balance indeed is of vital importance, and I would like to warn



FIG. 16.

A SIX CLUBS STAR COMBINATION (NOTE THE GRIPS).

all my readers against using, whether for ordinary club-swinging or for the club-swinging exercises hereafter described, either sceptres or badly balanced clubs.

A well-balanced club is even more important to a club-swinger than a well-balanced bat, racquet, or foil is to the cricketer, tennis player, or fencer. Some idea of this may be gathered from the fact that while I was in South Africa many of the prominent cricketers used to come to my quarters for the purpose of running through exercises and movements with a view to the special development of their wrist play. Prominent tennis-players and fencers have frequently acknowledged to me that they found their proficiency in these pastimes greatly improved by swinging *my* clubs, which I have always had specially manufactured for me.

These clubs are from 22 to 24 inches in length, and from 16 to 18 inches round the bowl. The weight, of course, varies according to requirements, and the clubs themselves are either ornamented (for display), hollow, or solid (for squad work). For ordinary practice I would recommend a weight of about $1\frac{1}{2}$ lb. each for ladies, and about 2 lb. each for men.

The weight must be properly distributed throughout, and that is just where the average Indian club maker fails. In fact, in spite of most careful instructions, I always experienced the greatest difficulty in obtaining suitable shape, finish, and balance, until I went to Messrs. Ayres, who have given me such invariable satisfaction that I feel myself compelled to pay them this tribute.

Certain authorities have seen fit to decry long-drawn-out tests of endurance, and have instanced the *apparently*

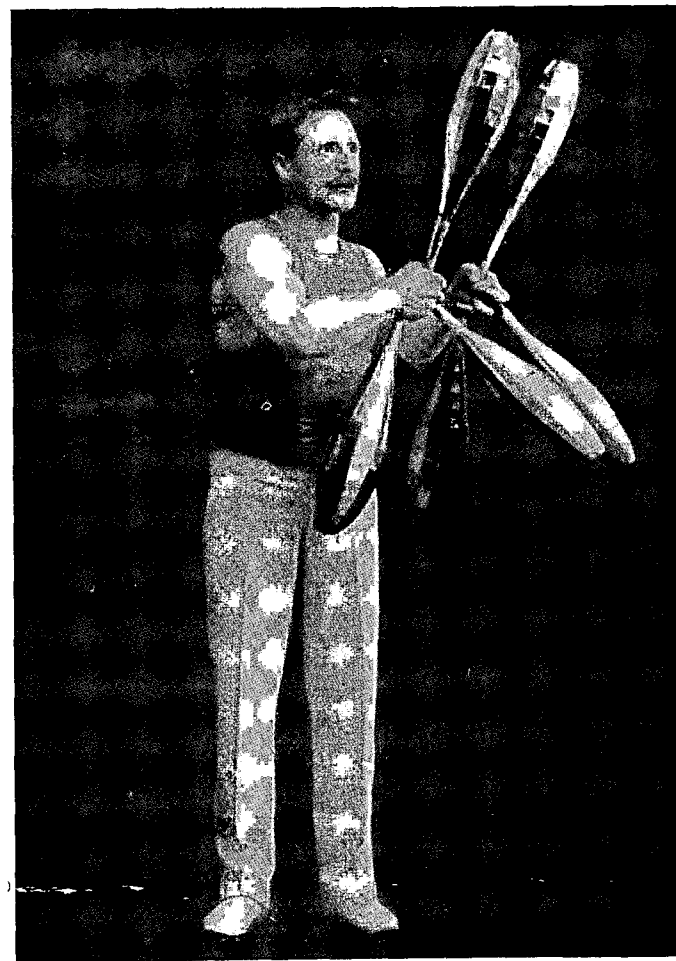


FIG. 17.
A PARALLEL BUNCH COMBINATION.

lamentable condition presented by cyclists at the conclusion of certain seven-day rides. But I really don't see why a physically sound athlete should not demonstrate how long his stamina will hold out. The subject of Physical Endurance will always possess a special interest for humanity, and having put up some pretty tough propositions in this line myself, I may say that, so far from feeling any evil effects from my long-drawn-out spells, I am strongly disposed to think that my health has really benefited thereby.

Of course one must be thoroughly sound and fit before commencing a really long feat of endurance, and considerable attention must be paid to one's digestive apparatus during its continuance. For one has to take nourishment during the process, and in club-swinging feats especially, no rest is allowed during which to swallow it. I keep up a series of back-shoulderswings as a rule while my trainer puts the food in my mouth, but these can be varied with lower back-swings if desired, and it must be confessed that there are not many foods which can be properly assimilated while one's arms are continually revolving.

Hard-boiled eggs are all very well, but I have found myself unable to manage more than a few of these, and chocolate, though sustaining, soon begins to cloy. The dietary which, from my own experience, I would most strongly recommend to anyone seeking to establish a new club-swinging record would consist of two or three hard-boiled eggs as a start, and afterwards a variation of chocolate, biscuits, and Bovril. Personally, I rely chiefly on the last mentioned item. It contains the maximum of nourishment, and has, in addition, the

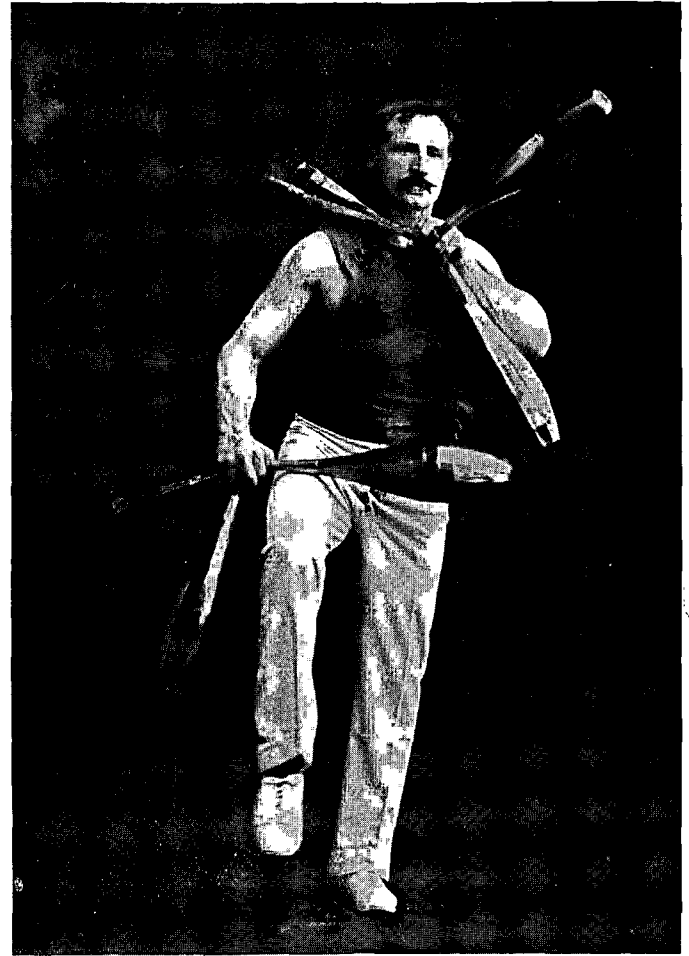


FIG. 18.
TWO SIMULTANEOUS THREE-CLUB "ROLLS."

virtue of being the most easily digested. There is little or practically no waste, besides which, in my own case, I have always found it to exert so stimulating an influence that, when giving a long exhibition, I always take an extra strong, hot cup of Bovril in the early morning in preference to one either of strong tea or coffee, which I do not find capable of pulling me together again nearly so well, after the long and dreary night.

Then, again, there have been times when I should certainly have broken down but for a few timely doses of Phosferine. The tonic "winds me up" in a manner of speaking, increases my powers of endurance magnificently, and enables me to withstand the effects of fatigue surprisingly well. Both before and after any one of my feats Phosferine has always exerted a wonderful beneficial effect, and I am convinced that without a dose or two of the tonic I could never have got through some of my big displays.

It would, I think, be as well for some recognised authority to lay down a series of rules for club-swinging matches. These would obviate all danger of unseemly disputes as to whether one or other of the contestants were really "swinging" and not merely confining his efforts to the keeping of his clubs in motion—pendulum swinging, as it has been called.

This move is frequently adopted, although I have never seen the advantages of it. It may be less fatiguing just to keep the clubs swaying slightly, but I simply could not stand the monotony of it. I doubt if I could hold out unless I kept up an endless progression of variations and combinations. The muscles then move in perfect rhythm without a false or discordant move-

ment. I do not know whether this prevents their feeling tired, but I really believe that this is the true secret of such success as I have attained, and I have rarely finished a match without feeling that I could have kept going for at least another twelve hours, a fact which alone points to the virtues of club-swinging as a means of developing health, strength, and stamina.

CHAPTER VII.

Indian Club Exercises for Health and Muscular Development.

In the previous chapters I have dealt solely with club-swinging as it is ordinarily understood; that is to say, for display work and as an agreeable form of exercise. I propose in this chapter to deal with a branch of the art which has escaped the attention of most experts, namely, the extraordinary advantages possessed by ordinary Indian clubs over all other appliances for endowing their users not only with an all-round muscular development, but with a stimulating action on all the involuntary muscles concerned with the digestive, respiratory, and circulatory processes, thereby practically ensuring freedom from illness, and consequently the perfection of health.

I will assert without hesitation that anyone who conscientiously practises the exercises dealt with in this chapter will be practically immune from all the ills attendant on indigestion and constipation, and that supposing him to be subject to either or both of these maladies, he will, after slight practice, be able to free himself speedily from his troubles. He will also be able to secure a perfect blood circulation, a clear complexion, and an easy, graceful carriage of the

body. He will, moreover, supposing him to engage in any other branch of athletics, experience vast improvement in his skill in his favourite sport or pastime by devoting special attention to some one or more of these exercises, which have been adapted to the development of the special muscles therein employed.

I will not claim that the practice of these exercises and of these exercises alone will be sufficient to build up a sufficiency of mighty muscle to enable a man to cope successfully with a champion wrestler or a champion weight-lifter, or indeed in any species of feats requiring giant strength. In order to acquire *huge* muscular development a man must necessarily apply to some qualified instructor for instruction in heavy-weight lifting. He will, however, find these exercises a pleasing variant to his more arduous exercises, while as training for rival sports requiring speed, agility, and endurance, he will certainly find them unrivalled.

In arranging these exercises I have devoted special attention to freedom and looseness of movement and the strengthening of each separate group of muscles to withstand any lengthy strain. I have also taken the greatest pains to secure that none of the movements shall impose any strain on the heart, but that they shall be calculated, on the contrary, to strengthen that organ.

As will be observed, very particular attention has been paid to the muscles of the loins, and to the extensor muscles of the back, so as to secure an erect, easy carriage. Similarly the frequent expansion of the chest, combined with sympathetic leg movements, will be found to develop and improve the action of the lungs to a really remarkable degree.

Should any reader be suffering from any slight physical malformation, or from local weakness due to neglect or illness, I shall be most happy to send him particular and special advice, on his applying to me at the offices of *Health and Strength*. Particular attention paid to certain of these exercises, and a regulated course of life and dietary, will, I have proved by experience, cope with almost any physical trouble.

In carrying out these twelve exercises, all that is necessary is a pair of light Indian clubs, say, from 1½-lb. (for ladies) to 3-lb. (for men) each in weight. The exercises themselves should be performed daily, preferably in the open air, or at all events in front of an open window. The best time is in the morning, just before one's cold tub, and the dress worn should be as light and loose as possible. In all exercises the clubs should be tightly gripped.

All the exercises should be commenced from and finished in the position of "Attention," that is to say, with the heels together, knees straight, chest raised and forward, shoulders back, head erect and arms hanging by the sides with the clubs gripped in the hands.

EXERCISE I.—For chest expansion, balance and leg development.

Attention. *One.* Raise the arms to the front above the shoulders. *Two.* Extend them right and left, forcing the chest well forward, at the same time lunging well to the rear with the right foot as in Fig. 1 on exercise chart, bend the left knee, balancing your weight on the left foot. Attention. Repeat exercise, lunging to the rear with the left leg. Continue exercise, alternating legs from ten to fifteen times.

FIG. 1.



FIG. 2.

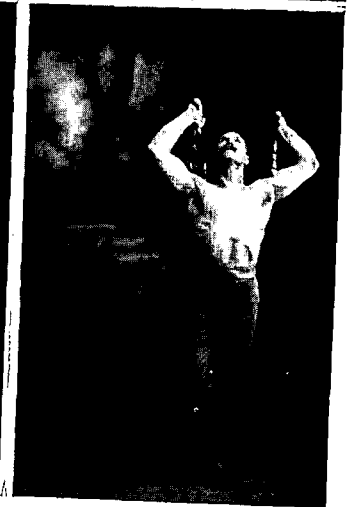


FIG. 3.

FIG. 4.

EXERCISE CHART.

EXERCISE II.—Waist and arm exercise, acting chiefly on the external and internal oblique muscles and on the biceps and triceps.

Attention. *One.* Raise arms fully extended to right and left in line with the shoulders. *Two.* Slowly bend the right elbow until the position in Fig. 2 on exercise chart is assumed, bending well over to the left side. Attention. Extend and lower the right arm, raising the left arm and bending elbow to a similar position as that formerly occupied by the right arm, bending trunk well over to the right side. Grip clubs well and repeat movements, alternating ten times.

EXERCISE III.—Trunk exercise, for the loin and lower back muscles.

Attention. *One.* Raise arms fully extended, right and left in line with the shoulders. *Two.* Keeping the legs straight and close together, turn the body slowly to the left, until the shoulders are square to the left, as in Fig. 3, on the exercise chart. *Three.* Turn slowly back and round to the right until the shoulders are square to the right. Continue exercise ten to fifteen times.

EXERCISE IV.—Exercises for developing the shoulder and thigh muscles, acting chiefly on the biceps femoris and the extensor muscles of the thigh and trunk.

Attention. *One.* Raise the arms to the front until they are straight above the head, at the same time bend the right knee and raise the heel to the rear until the muscles are fully contracted, bend the elbows, dropping clubs behind shoulders and arching back, as in Fig. 4, on exercise chart. Attention. Change. Repeat exercise, raising the left heel. Continue exercise, alternating, ten times each leg.

FIG. 5.



FIG. 6.

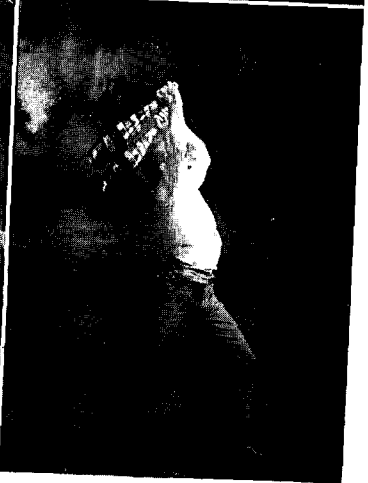


FIG. 7.

FIG. 8.

EXERCISE CHART.

EXERCISE V.—Biceps and triceps development.

Attention. *One.* Gripping the clubs as firmly as possible, so as to contract the muscles fully, extend the arms right and left in line with the shoulders, with clubs raised perpendicularly. *Two.* Bend the right arm as in Fig. 5 on chart. *Three.* Force back right arm and bend left to similar position. Continue the exercise fifteen times. Care must be taken not to bring the elbows forwards, and to maintain the erect position of the clubs, thus strengthening the hand and wrist muscles as well as the biceps and triceps.

EXERCISE VI.—For developing the leg and shoulder muscles and for practising an accurate balance.

Attention. *One.* Raise right leg, well bending the knee, at the same time bringing the clubs up under the arm-pits, bending the elbows and raising the shoulders sharply to the fullest extent. *Two.* Thrust arms down to full extent, fully extending the leg forward, as shown in Fig. 6, without touching the ground. Change. Repeat exercise ten times with each leg.

EXERCISE VII.—Chest expansion and balance exercise.

N.B.—A good exercise for swimmers.

Attention. *One.* Balance weight on left leg. *Two.* Strike out as in the breast stroke in swimming, arms in front to full extent and clubs together. *Three.* Move arms back sharply as in breast stroke, striking out well to the rear with the right leg, as in Fig. 7 on chart. Change. Repeat exercise, striking out with left leg. Continue movements alternately ten times with each leg.

EXERCISE VIII.—For developing the trunk and leg muscles.

FIG. 9.

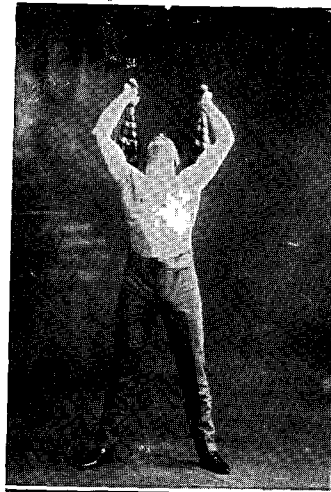


FIG. 10.

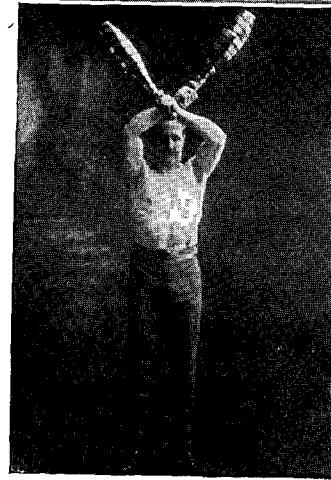


FIG. 11.

FIG. 12.

EXERCISE CHART.

Attention. *One.* Lunge to the left with the left leg, swinging both arms to the left and above the head, as in Fig. 8 on chart. *Two.* Return to attention. *Three.* Lunge to the right, swinging arm to right, above the head. Repeat exercise ten times.

EXERCISE IX.—For developing the abdominal muscles, chiefly the rectus-abdominis, obliquus abdominis, externus and internus and the muscles generally of the lumbar region.

Attention. *One.* Stride out well right and left with both legs. *Two.* Swing arms forward above the head, hollowing the back as in Fig. 9 in chart. *Three.* Swing arms down in front outside the legs, bending the body well forward so that the abdominal muscles are fully contracted. Repeat exercise ten times.

EXERCISE X.—Arm, leg, trunk, and thigh development, acting chiefly on the rectus femoris, biceps femoris, vastus externus, gluteus maximus, soleus, gastrocnemius, etc.

Attention. *One.* Place the clubs on the ground well to the front, keeping a good grip on the handles, balancing the body on the left foot and extending the right leg fully to the rear. *Two.* Slowly bend the left knee, body stooping well forward, as in Fig. 10 on chart. Attention. Repeat exercise, balancing on right foot and extending left leg to the rear. Continue, alternating each leg ten times.

EXERCISE XI.—For chest development, acting chiefly on the pectoral and trapezius deltoid muscles. Attention. *One.* Stride legs apart slightly, and swing both arms to full length above the head, arms stiff, rise on toes, and then stiff. *Two.* Swing a full front, slow "outer"

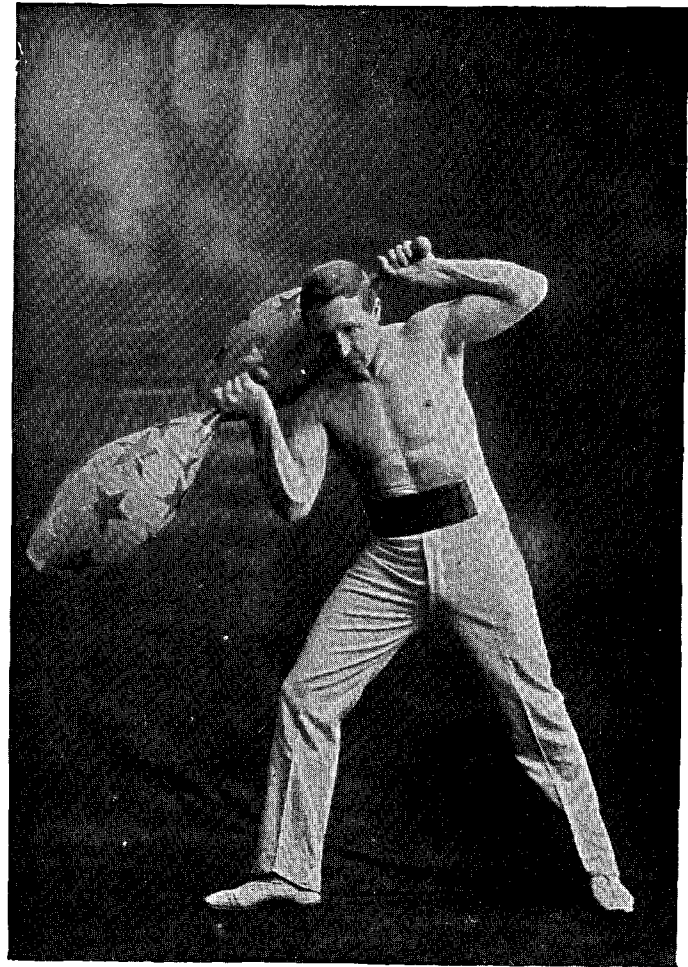


FIG. 19.
HEAVY CLUB SWINGING.

swing, as in Fig. 11, back to first position, keeping the chest well forward. Extend the arms to full stretch, particularly when above the head. Repeat exercise ten times.

EXERCISE XII.—For arm, leg and trunk development.

Attention. *One.* Place the clubs about 12 inches to the rear, preserving a firm grip of the handles, bending the right knee. *Two.* Raise the left leg straight to the front, lowering the body until the abdominal muscles are fully contracted, as in Fig. 12 on chart. *Three.* Return to attention. Change. Repeat exercise on left leg with right extended to the front. Continue alternately, ten times each leg.

HEAVY CLUB EXERCISES.

Heavy club exercises are the only club-swinging ones from which big development can be confidently anticipated, and are the ones which I should recommend as a variation to heavy-weight lifting exercises, their effect being practically the same. They are of course sheer strength exercises, and will be found to develop the back, shoulder, arm, and wrist muscles with astonishing rapidity.

To the beginner first taking up heavy club work, I would recommend clubs weighing only 10-lb. each to commence with. Later on, as he becomes more practised, the weight can be increased up to 20-lb. each, but a man must not imagine that because he can shift a very heavy dumb-bell with ease he can regard lightly a club of even 10-lb. in weight, without some practice. Heavy clubs are very awkward implements to handle.

Practically any and every swing will be found useful,

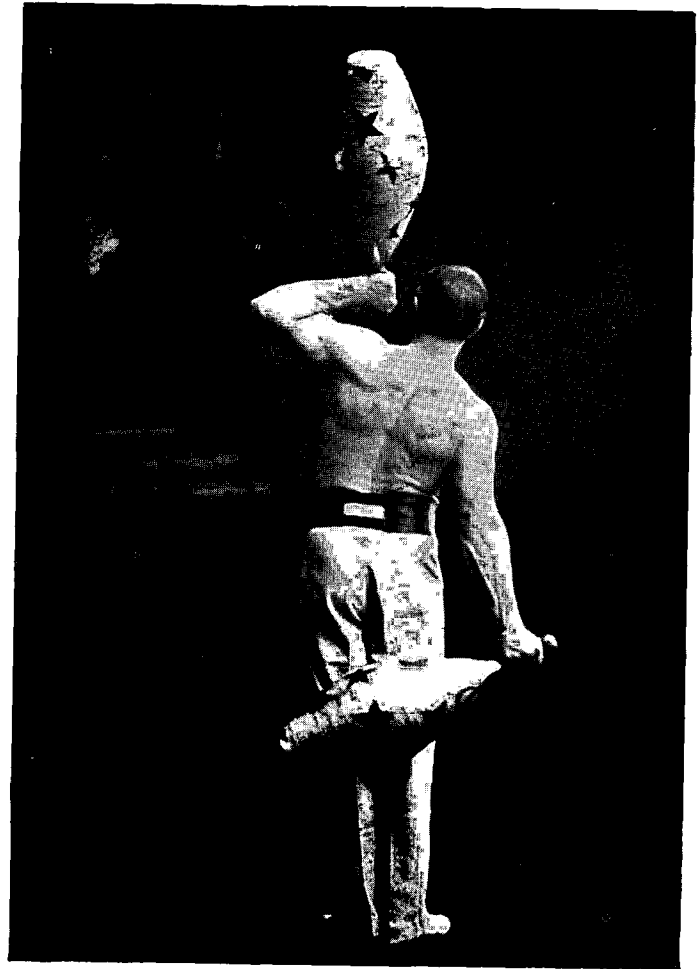


FIG. 20.
A HEAVY CLUB SWING WITH REVERSED GRIP.

and there is little need for me to prescribe any particular movements, but in the combination illustrated in Fig. 19 (following on parallel swings with a lunge) and in Fig. 20 (which is particularly adapted for the chest and arm development), I have shown a combined lower back and back shoulder swing with reversed grip, which will demonstrate to the experienced physical culturist the muscular benefits to be derived from practising with heavy clubs.

For early work it would be well to confine one's practice with heavy clubs to simple combinations of "outer" and "inner" front swings, as otherwise one may gather several totally unnecessary headaches.

It will be well to take the same precautions with heavy clubs as previously recommended in Chapter VII. Indeed it is most essential that all the exercises dealt with in this chapter should be performed with well-balanced clubs, wherein the weight is well distributed. "Burrows" clubs are the pattern which should be followed.

CHAPTER VIII.

Hints for Instructors.

As a rule, the average lady or gentleman in charge of an Indian club squad is too fully conversant with her or his work to call for any labours of mine in writing this chapter, but since I have noticed that club exercises form by no means a usual item of the curriculum, say of a ladies' school (wherein they would be most beneficial), nor are indeed patronised to anything like a suitable extent in boys' schools, I have ventured to jot down a few notes which may be of some slight value to those teachers who, having acquired an idea of the value of club-swinging from this treatise, are anxious to impart their knowledge to the pupils under their care.

TO OPEN OUT A SQUAD.

Form the pupils in two ranks, with the smaller ones in the front and the taller in the rear rank.

Number off front rank from right to left. (The rear rank will take the same numbers as those called out by those immediately in front of them.)

The following orders should then be given :

Front rank, three paces to the front. March. Both ranks, left turn. Odd numbers one pace to the right. Evens one pace to the left. March.

The squad is reformed as follows :

Odd numbers one pace to the left. Evens one pace to the right. March. Front, turn. Rear rank three paces to the front. March.

Another method can be adopted as follows :

Form up the squad as before. Number off the front rank in pairs, *i.e.*, one, two, one, two, and so on to the end of the line. Then—Front rank three paces to the front. March. Number ones one pace to the front, number twos one pace to the rear. March.

To reform squad :—Number ones one pace to the rear, number twos one pace to the front. March. Rear rank three paces to the front. March.

With the squad in position, the instructor should face the class first fully illustrating and explaining each movement, at the same time pointing out the muscles employed, thus adding to the pupils' interest in the work in hand, and concentrating their mental powers on the muscular group to be developed.

The best order to adopt with the simpler combinations would be as follows :—Full front "outer" swings. Full front "inner" swings. "Outer" back shoulder swings. Inner ditto. Alternate these thus, full front "outer" right, inner back shoulders left, and so on. Side, bent arm, front of the chest and horizontal, "inner" and "outer" swings. Then lower back swings. Follow these with parallels and windmills, but in all cases, as each fresh swing is introduced, mix it up as a combination with each of those previously practised.

The pupils will thus acquire a thorough all-round knowledge of the whole principles of club-swinging, and be incited to think out fresh and more interesting combinations for themselves.

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