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

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

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.

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

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.

The **SAFETY** of 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.