

Indian Club Swinging Workshop

Saturday 15th June 2024, 1.00pm to 5.00pm

This is an informal workshop with the intention of: (a) solving problems for Indian club swingers with helpful personal training and advice so bring any questions you have; (b) teaching windmills and figure of 8 swings; (c) helping club swingers to think about their club swinging so they can understand progression from foundations to the more difficult swings with awareness of how to optimise biomechanics and coordination. No prior experience is necessary, but it is useful.

There will be an opportunity to swing gada and try tai chi ball of various weights under instruction and safely in the Studio.

Instructors: Colin Hughes, Mike Eves, and Mike Simpson have been swinging clubs for a very long time and have developed unique expertise in this ancient exercise system.

Cost: £40 per person (cash is preferred or cheques in advance payable to: 'M. Simpson.'). Please register in advance.

Numbers will be strictly limited to 8 people for safety reasons.

- Bring your own clubs (light and medium weight – some light clubs will be available)
- Wear suitable clothing so that the arms are free to move but not so loose as the clubs can snag on clothing
- Bring some water and food (light refreshments may be available on the day – more information later)
- Ask any questions you want at the course or via email and we will give advice



Venue: Studio, Forge Valley School, Wood Lane, Sheffield. S6 5HG

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