



FLEX Clubs

Club Swinging Instructions

by Dr. Edward Thomas

These written instructions should aid you in beginning a club swinging program. However, if you have access to a VCR, we highly encourage you to watch the video included with your FLEX Clubs.

WARNING
Do not use in the presence of small children.
Misuse of these clubs may result in serious injury to yourself or others.
Please consult your physician before starting any exercise program.

Teeter Hang Ups presents *Club Swinging with Dr. Ed Thomas*. Dr. Thomas is a Fulbright Scholar, martial artist and physical educator with over 25 years of teaching experience at numerous schools, including the University of Iowa, Embry University, Northern Illinois and Troy State University. Dr. Thomas has helped build physical training programs for schools, nations and even the U.S. Army. When it comes to innovations in physical education, the “Thomas School” is in a class all its own!

Introduction by Dr. Thomas:

“Welcome to club swinging! This is an ancient art, thousands of years old. Historians believe it originated in India. I began studying club swinging in the mid 50’s in Davenport, IA, but the art was actually brought there by German gymnasts at the turn of the century. When I was a boy in the mid 1950’s, there were still plenty of teachers around. One of the more well-known families of club swingers was the Reuter family, and throughout the video tape I’ll show you some pictures of Hans Reuter swinging the clubs. You’ll also see some images from Fort Benning GA, where the soldiers are now using them.”



Body Position

The movements you’ll learn will be done from a static standing position. The heels are together, toes pointing outward at about 45 degrees. Tuck your pelvis, keep your shoulders back and your chest high, chin tucked, eyes pointing straight ahead. When you hold the clubs, wrap the little finger around the ball of the club. *Now let’s begin!*

Full Arm Circular Motion



A1



A2



A3



A4



A5

I’ll demonstrate with both arms, but you can also do these with single if you like. We’ll start with a very simple full arm circular motion, beginning at the top (A1). Come down (A2). You’ll notice here that the palms are facing downward. If you allow the palms to go upward, you’ll notice the clubs begin to go in the wrong direction. Club pointing to the ground, then cross (A3), directly out to the side again, then back up (A5). Let’s do eight of them, 1 2 3 4 5 6 7 8.

Now try the opposite direction (A5® A1).

As you practice, you may want to alternate left arm in the front, right arm in the front.



B1



B2



B3



B4



B5



B6

The next movement will be an alternating circular motion. 1 2 3 4 5 6 7 8... Now reverse direction (B6@ B1).

Figure 8's



C1



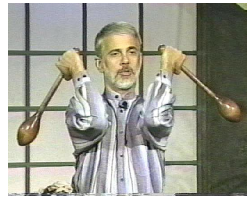
C2



C3



C4



C5



C6



C7

Start with both arms up (C1), drop arms with palms downward (C2). Now you'll cross the arms (C3) and bend the elbows (C4). As you bend the elbow, keep the clubs pointing out to the side. Stop here to make sure you are positioned correctly: clubs should be pointing away from the body. Look down to see that your wrists are straight, knuckles flat, with your little finger on the ball. Now without letting go of the clubs, bring your elbow in and drop the clubs (C5). Open the chest (C6). Now the bottoms of the clubs should be facing one another. Extend the arms (C7). And there's a grip change, index finger pointing out, down again. Let's do eight of these. 1 2 3 4 5 6 7 8... Now reverse direction (C7@ C1).

Circular (Inside / Outside)



D1



D2



D3



D4



D5



D6



D7



D8

One arm is going to go to the inside, outside, and the other is going from the outside to the inside. Let's bring them up this way (D1), down and around (D2-D4). In my case, my left hand is in the front and right hand in the back (D5). Drop the clubs (D6), point the elbows to the other side of the body (D7) and swing outward. In this case, I'm pointing the clubs to my right, my left hand in the back (D8). 1 2 3 4 5 6 7 8... Now, reverse direction (D8@ D1).



E1



E2



E3

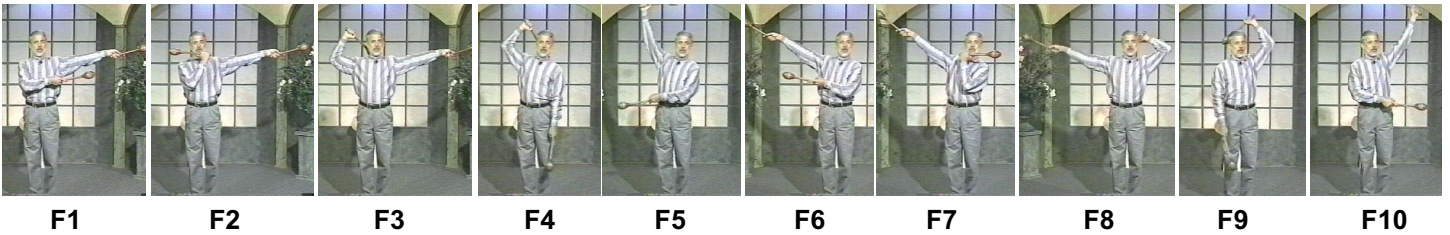


E4

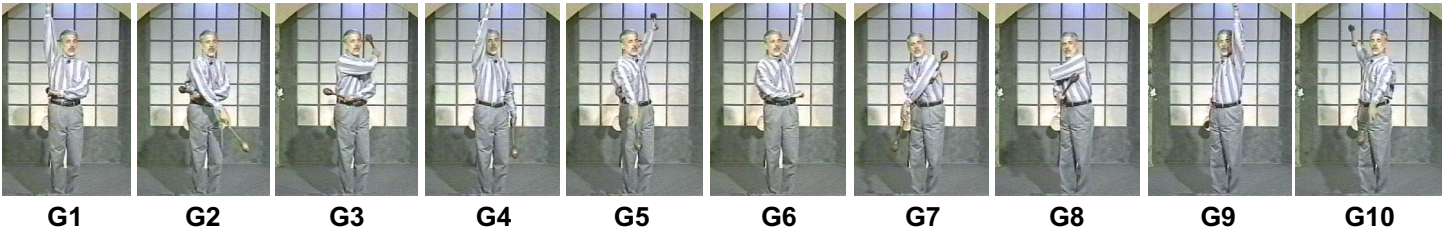


E5

This is a little variation of the D-series. I'm starting to my left. Come around, everything looks the same (E1). But here, the hand in the front is going to take off a little early (E2), and so for a moment, they'll be straight opposite (E3) and now they catch up (E5). 1 2 3 4 5 6 7 8... Now reverse directions (E5@ E1).

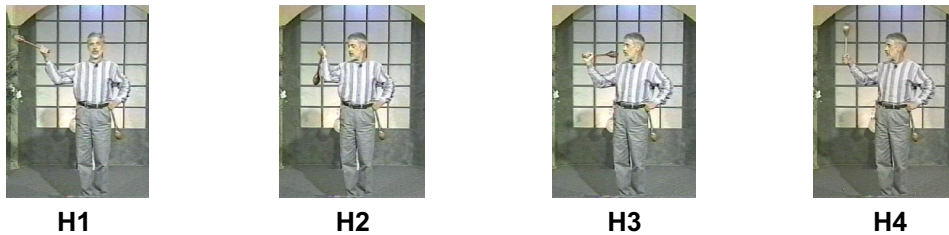


Now, we'll revisit Series C – the first of the Figure 8's. Look what happens when we begin to alternate arms. We start out here to my left (F1). The right hand in the front (F2), put it behind (F3). Swing the other one downward (F4-F5). You're half-way finished (F6). Drop the left club into place, put it behind (F8), swing it over (F10). You might have a tendency to move the body, but as you gain skill, hold steady. 1 2 3 4 5 6 7 8...And now the opposite direction (F10@ F1).



The final arm movement will be a front to rear Figure 8. So let's learn it by taking one hand over head and tuck the other to the opposite side (G1). The hand that's up on top, slightly turned in, bring it down diagonally (G2) all the way to the rear (G3), all the way to the front. Just about at the top, drop the other one out the back (G4). One to the front, one to the rear (G5). Tuck the first arm to the opposite side (G6) - you're half-way finished! Rotate diagonally down (G7), open the arms (G9), Down, behind, tuck (G10) and repeat. 1 2 3 4 5 6 7 8... You may feel awkward, but work on making this one smooth motion.

Wrist Movements



Point the club away with the palm up (H1), drop it (H2), bring it around in a continuous circle (H4). The club stays behind the arm throughout the movement. You might also notice that my elbow is moving back and forth. The club points down, directly to the side and away from the body. You'll also see an upward and downward movement of the shoulder. This takes a little practice but once you've got the basic idea just keep doing it until everything falls into place. Try both directions, both wrists.



The second part of this wrist pattern: When the club comes to the top, as it moves forward, take the thumb and wrap it to the other side of the ball (J1) and let the club fall. As the club comes back up on the outside of the thumb, the club wraps around again and the club goes to the rear (J2). The thumb moves back and forth. When the club is in the front, it goes in front of the thumb, when the club goes to the rear, it's wrapped around. When you've gained skill in one hand, then you can try it with both (J3-J5).



K1



K2



K3



K4



K5



K6



K7

And now, with a single club, let's practice at waist height. Point up (K1), around. Point straight down (K3) and up. In order for the club to come straight up and straight down, you must rotate the arm and create a circle. 1 2 3 4 5 6 7 8...And we can try it with both hands. Let's do it at the same time, but you can also alternate.



L1



L2



L3

Now I'm going to turn around and show you one of the more complicated movements. This is a rear wrist circle. Coming up (L1), point the fingers out (L2), down and around (L3). You might be familiar with a Hammer lock, that's what it looks like. It takes a little practice.



M1



M2



M3



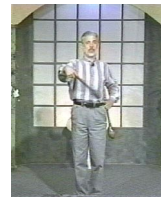
M4



M5



M6



M7

The next movement is a Figure 8 with the arm in the front, which can eventually move to the side. But simply hold the club at shoulder height (M1). If you can't do it at shoulder height, lower it a bit. Bring it out away from the body and move it in a counterclockwise position to begin with (M2). Grab it with the palm facing away. Bring it up (M5) and around (M6) and drop it again (M7).

The opposite way, clockwise with the right hand, you'll have to turn the palm up. Do the upward circle and palm downward. Once you gain skill you can combine these two. Be careful if you decide to bring it up over the head - if your arms don't go up high enough you'll hit yourself in the back. You can also do some slight turning movements.



Finally, you can add some basic footwork. Now it's up to you. Go back and master the skills one by one. Good luck with your training!

Teeter Hang Ups
Ph: (800) 847-0143, (253) 840-5252
Fx: (800) 847-0188, (253) 840-5757
9902 162nd St. Ct. E, Puyallup, WA 98375
www.teeterhangups.com



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