THE CARTOON BOOK OF

CLUB SWINGING



AERIAL / JUDGED / ACTION

SPORT ON EARTH

Sport on Earth Books · The Olympic past Family

Original illustrations · No characters were copied in the making of this book

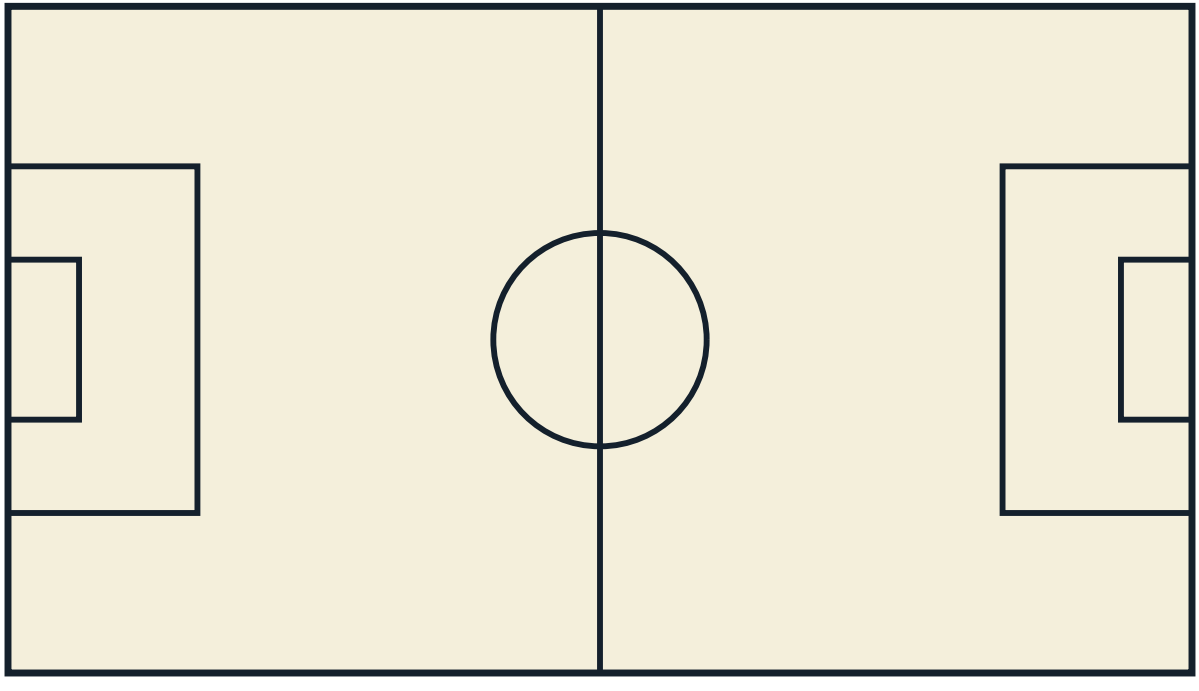
Meet Club Swinging!

Gymnastic club routines at the 1904 and 1932 Games.



Where It Is Played

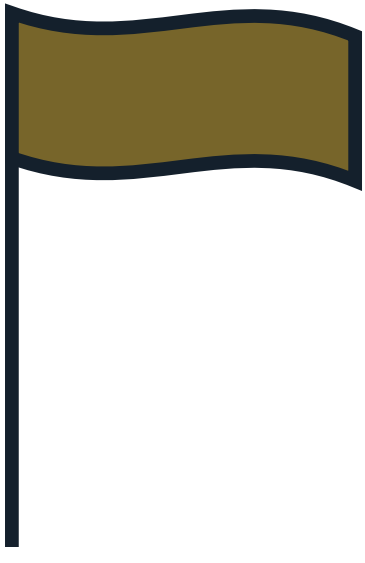
A gymnasium floor with clear space around the performer — enough to swing the clubs in full circles without striking walls or other gymnasts.



The Gear

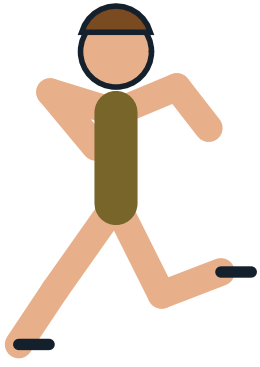
A pair of wooden Indian clubs — long (about 24 in) or short (about 18 in), typically 2-4 lb each for beginners.





How It Starts

Begin with light clubs (2-3 lb), heels together and clubs held loosely but securely, and learn Exercise I — a single full circle in front of the body with each arm — before attempting combined movements.



How to Play

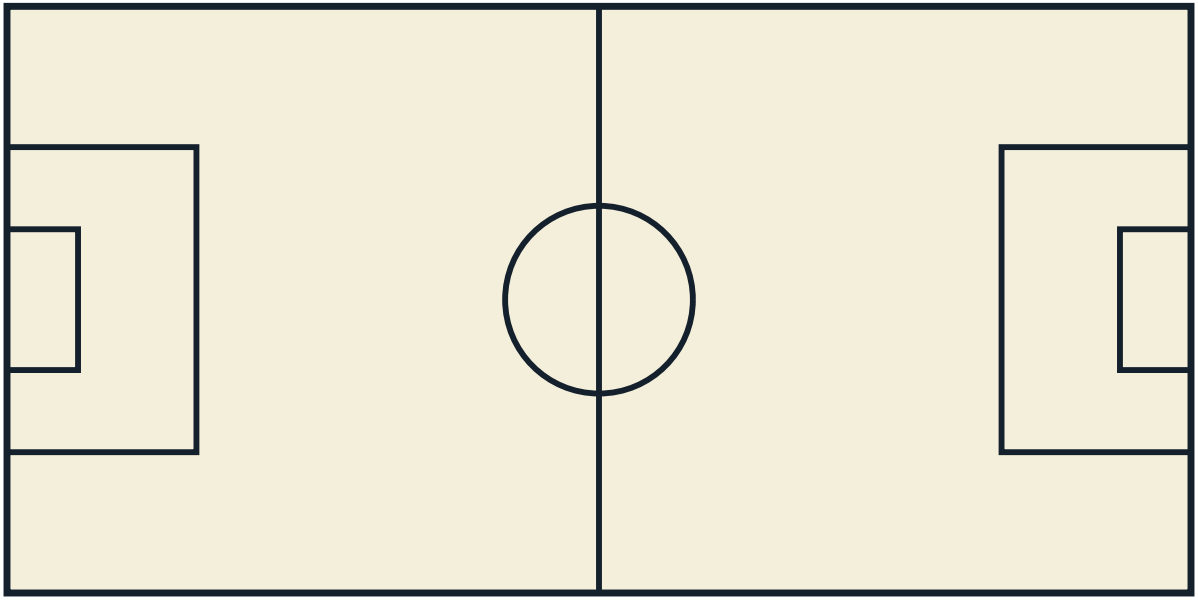
- Format: the performer swings a pair of bottle-shaped Indian clubs in continuous, choreographed circular patterns around the body — an exercise discipline, historically performed as a judged gymnastics routine rather than a race or game.
- There is no scoring by distance or goals: historically, performance was judged on the precision, regularity and grace of the swinging — free from jerks and stoppages.
- Two sizes are distinguished: long clubs about 24 inches long and short clubs about 18 inches long.
- Weights: short clubs need never exceed 4 lb each; the most useful weight for long clubs is 4 to 10 lb each according to the performer's strength, and clubs heavier than 10 lb may be used with both hands.

More of the Game

- Beginners should always use light clubs (Brown advises 2 to 3 lb) and only take heavier clubs once a movement is fully mastered.
- As a rule all exercises are done first with the right arm, next with the left, then alternately, and then with both arms simultaneously.
- In swings the arm is kept as nearly straight as possible; in twists the hand stays as nearly as possible in the same place; movement must be even and smooth and the clubs must keep accurate time with each other.
- Competition judging historically required judges at the sides of the competitor as well as in front, because the point of each club must stay in its proper plane — checked by practising before a mirror or wall.

The Shape of a Match

A solo gymnast performs continuous routines swinging two Indian clubs in circles, wheels and heart-shaped motions, judged historically on precision, regularity and grace.

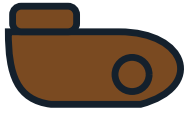


More of the Olympic past Family

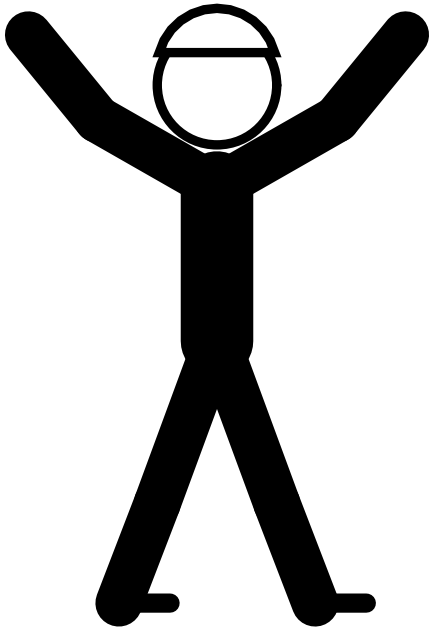
- Tug of War — Olympic medal sport from 1900 to 1920.
- Roque — American croquet variant played in 1904.
- Plunge for Distance — Diving event decided by distance glided, held in 1904.

A Note on the Rules

Club swinging is a historical discipline (Indian clubs swung in choreographed patterns — a 1904 Olympic event and a staple of Victorian military gymnastics) preserved today by heritage fitness communities. It has no modern governing competition code. No documented rule change is carried for club swinging.

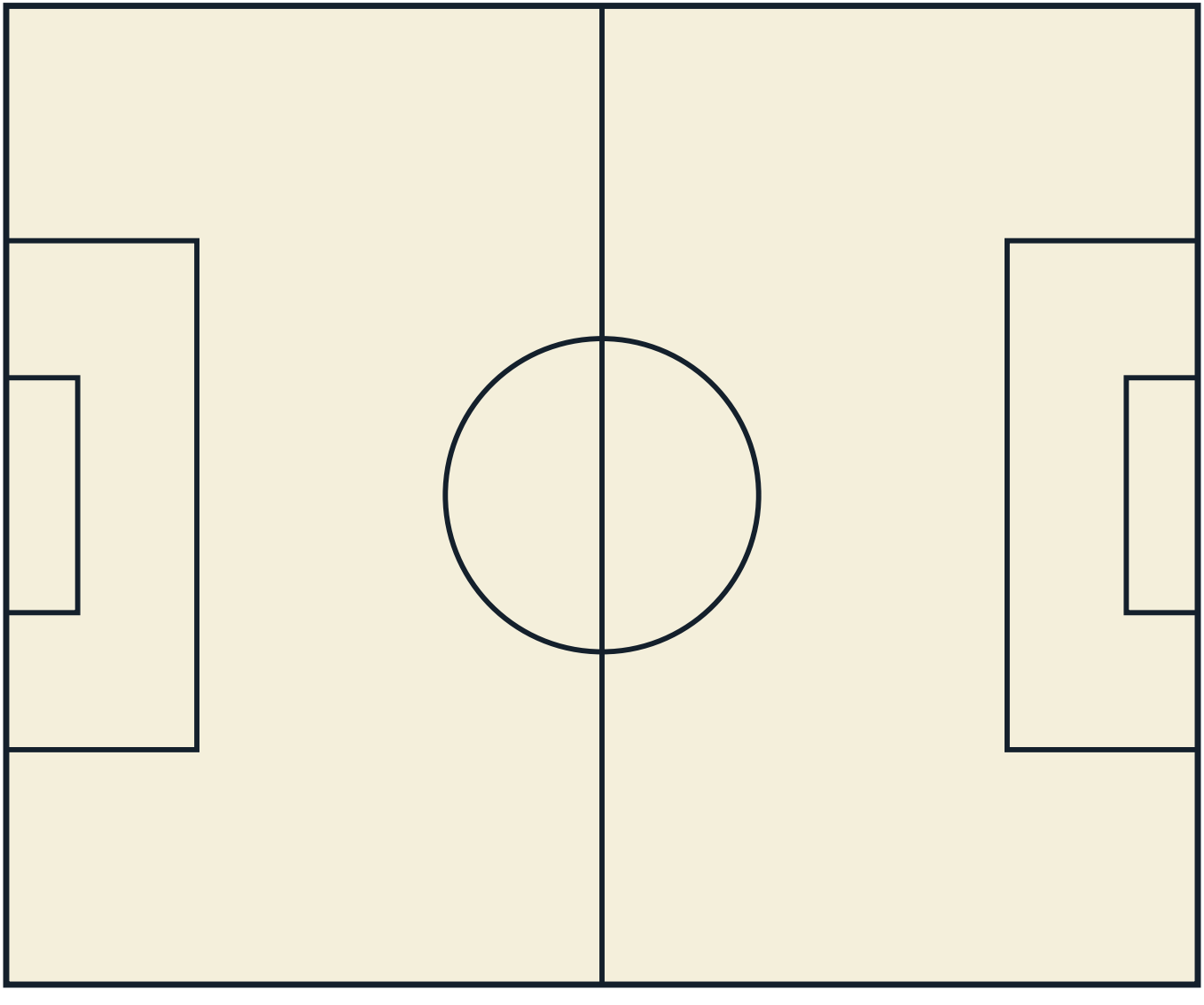


Colour the Action

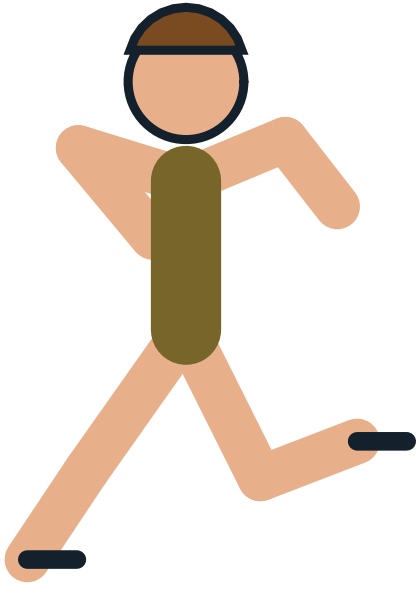


Psst — this page is a colouring page!

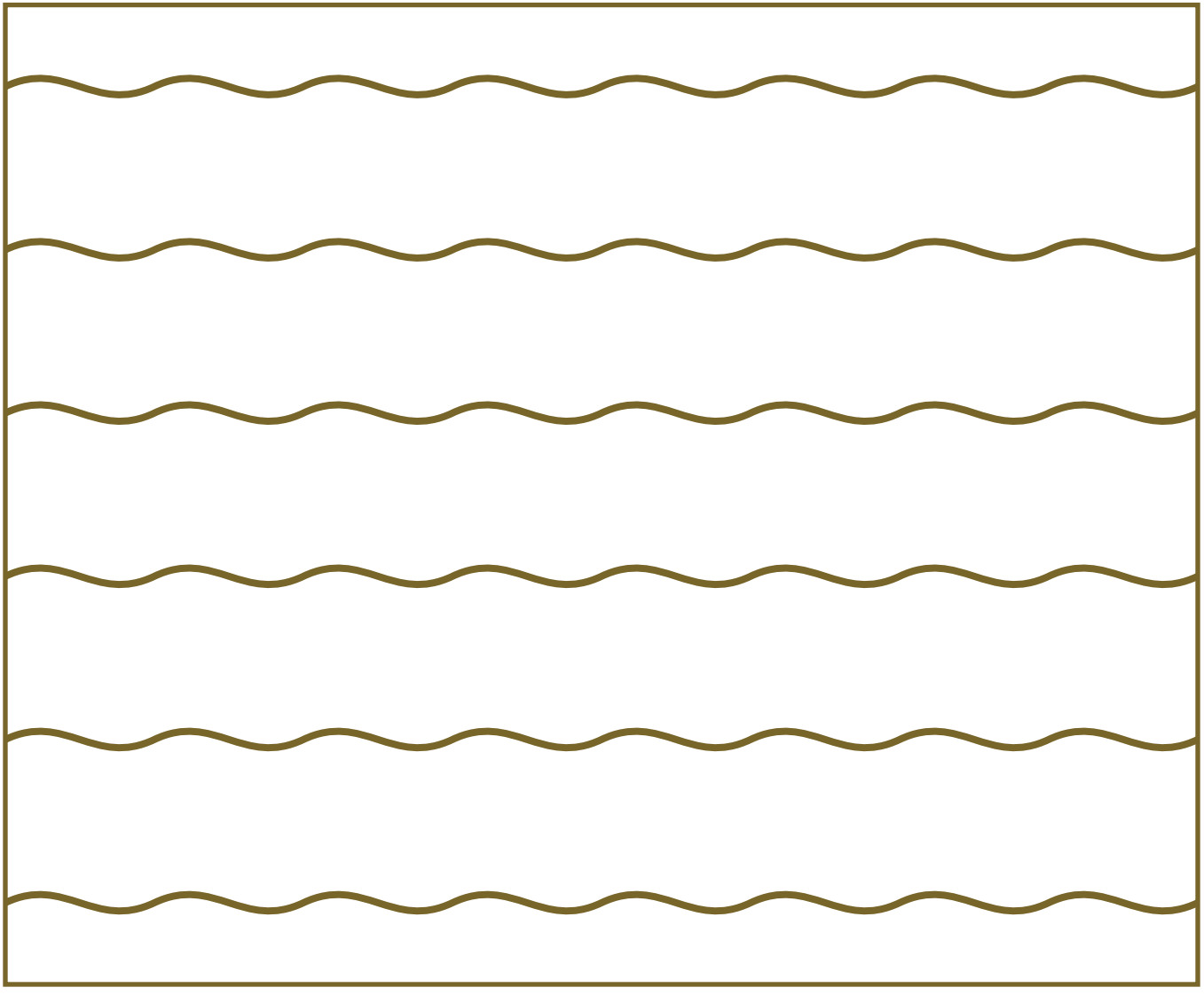
The Sport Today



At School and College



Play It Near You



Through the Year

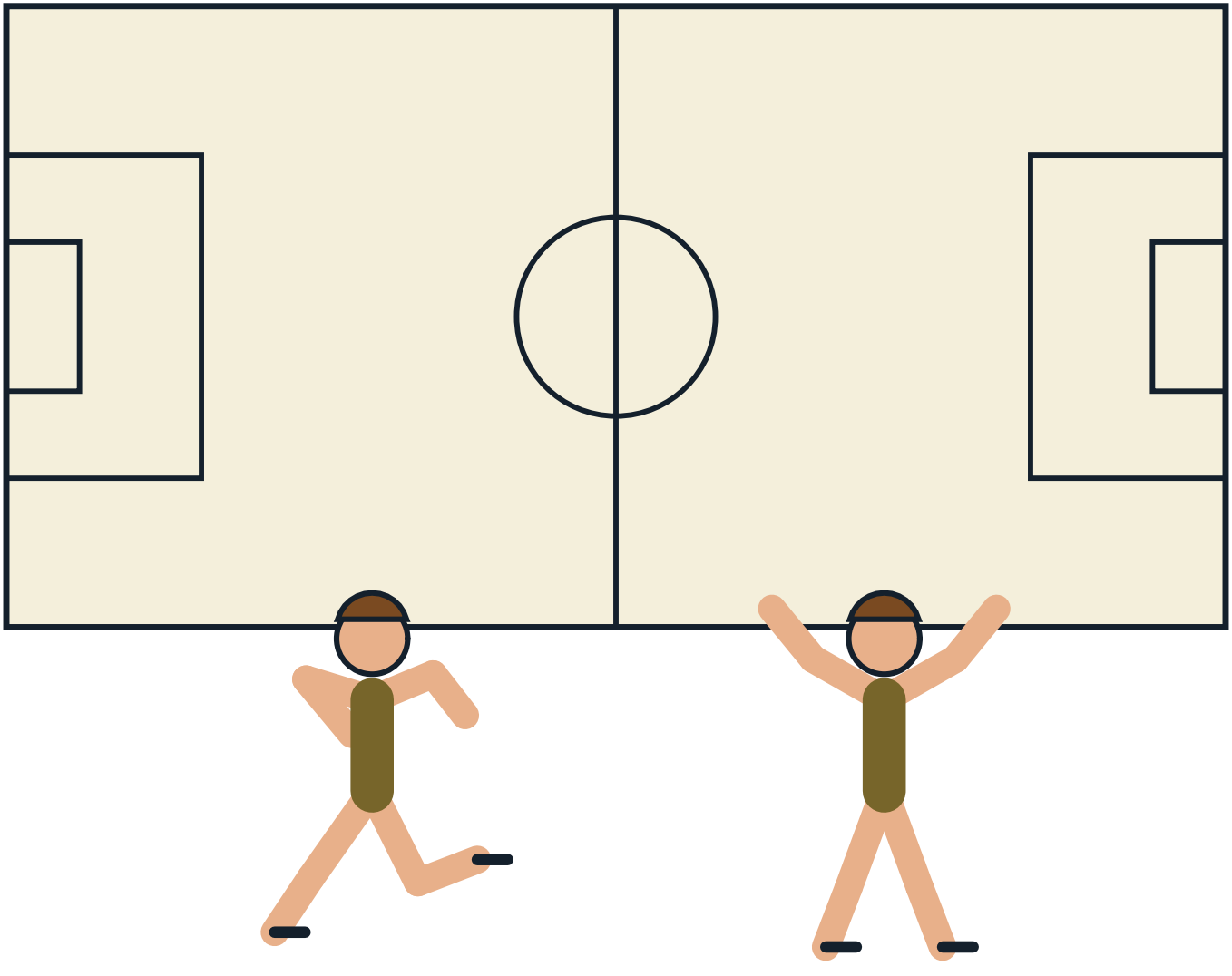


The Olympic past Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Tug of War — Olympic medal sport from 1900 to 1920.
- Roque — American croquet variant played in 1904.
- Plunge for Distance — Diving event decided by distance glided, held in 1904.

Game Day!

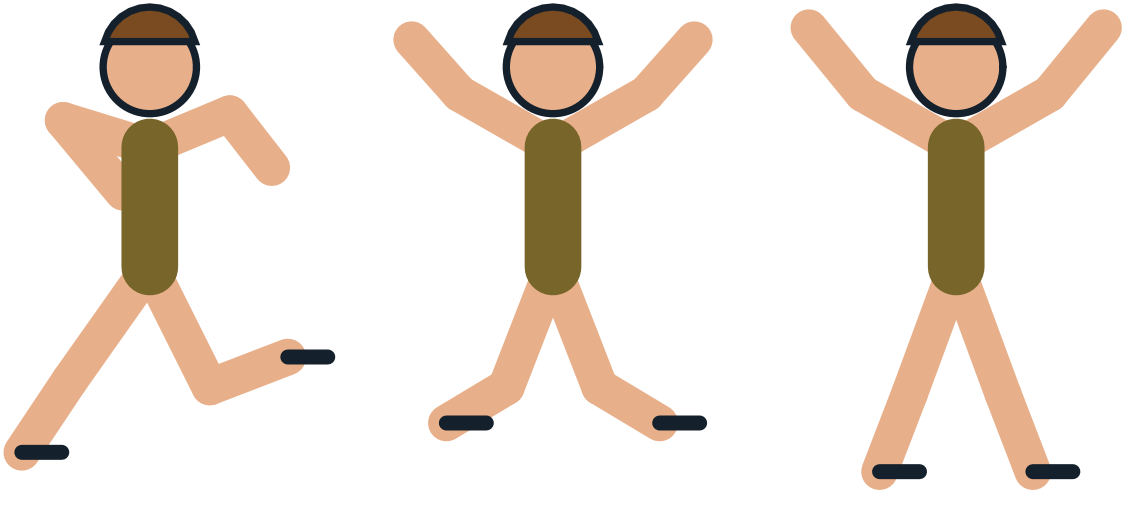


The Sport on Earth Mark

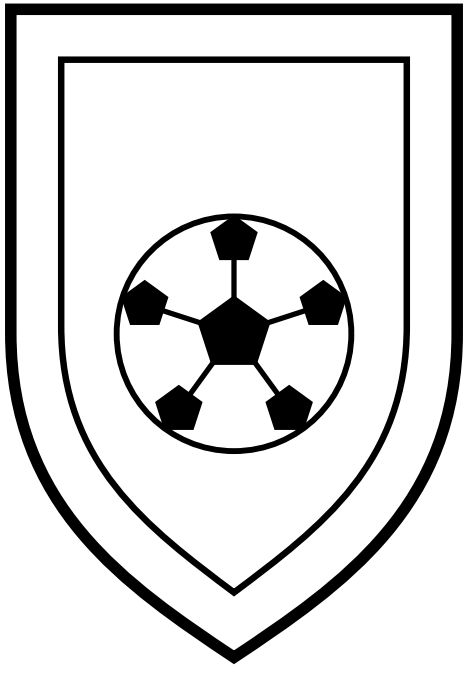
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game



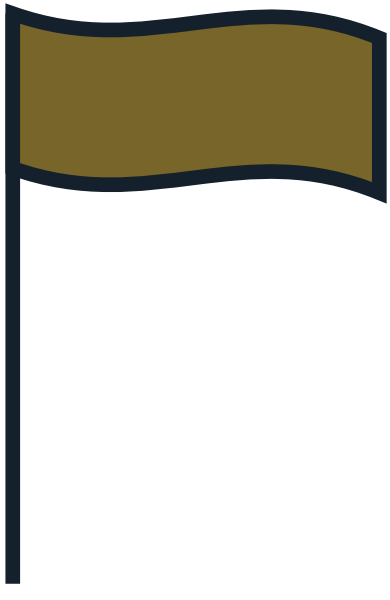
Design a Badge



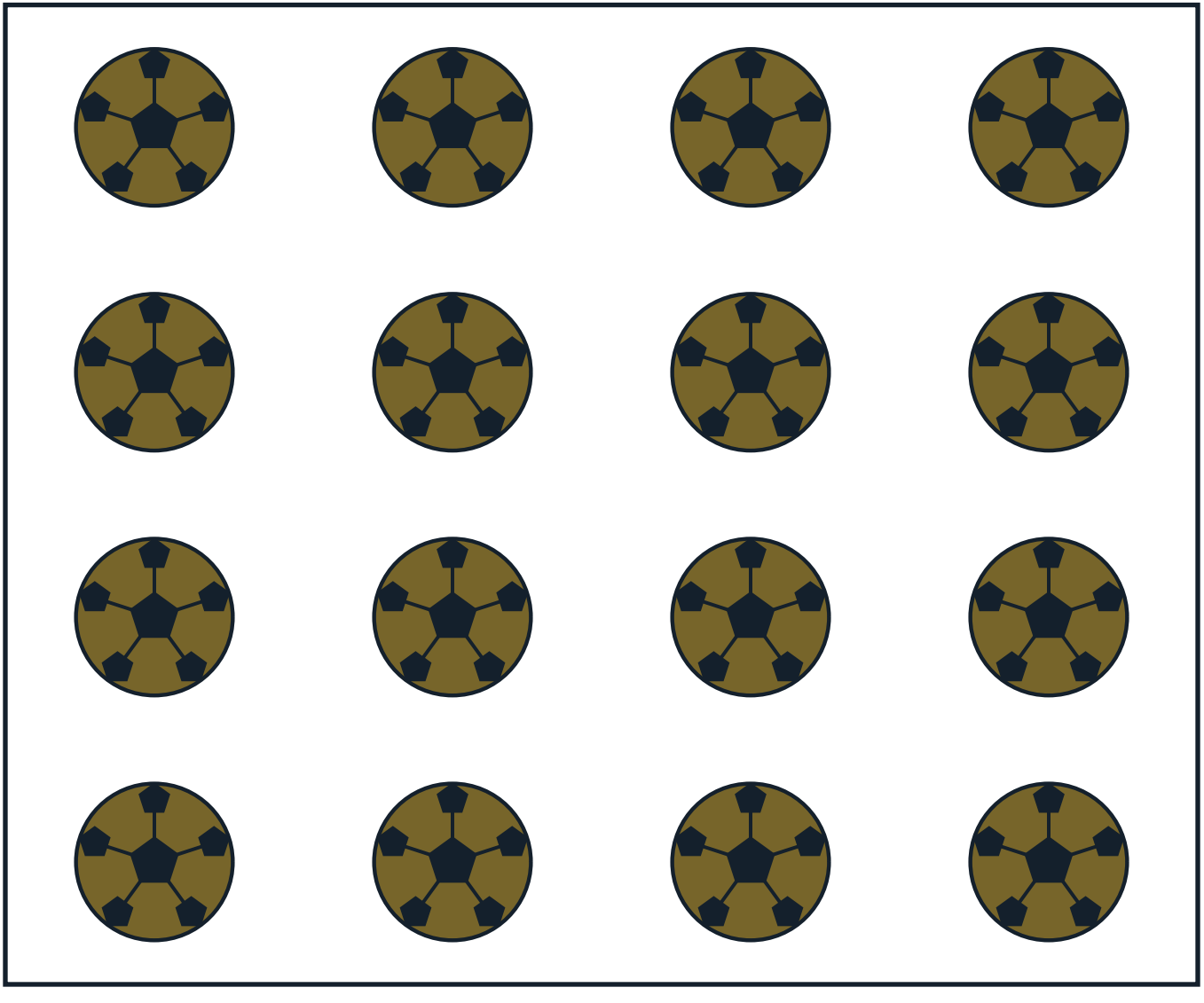
Draw and colour a badge for your own team.

The Gear Parade

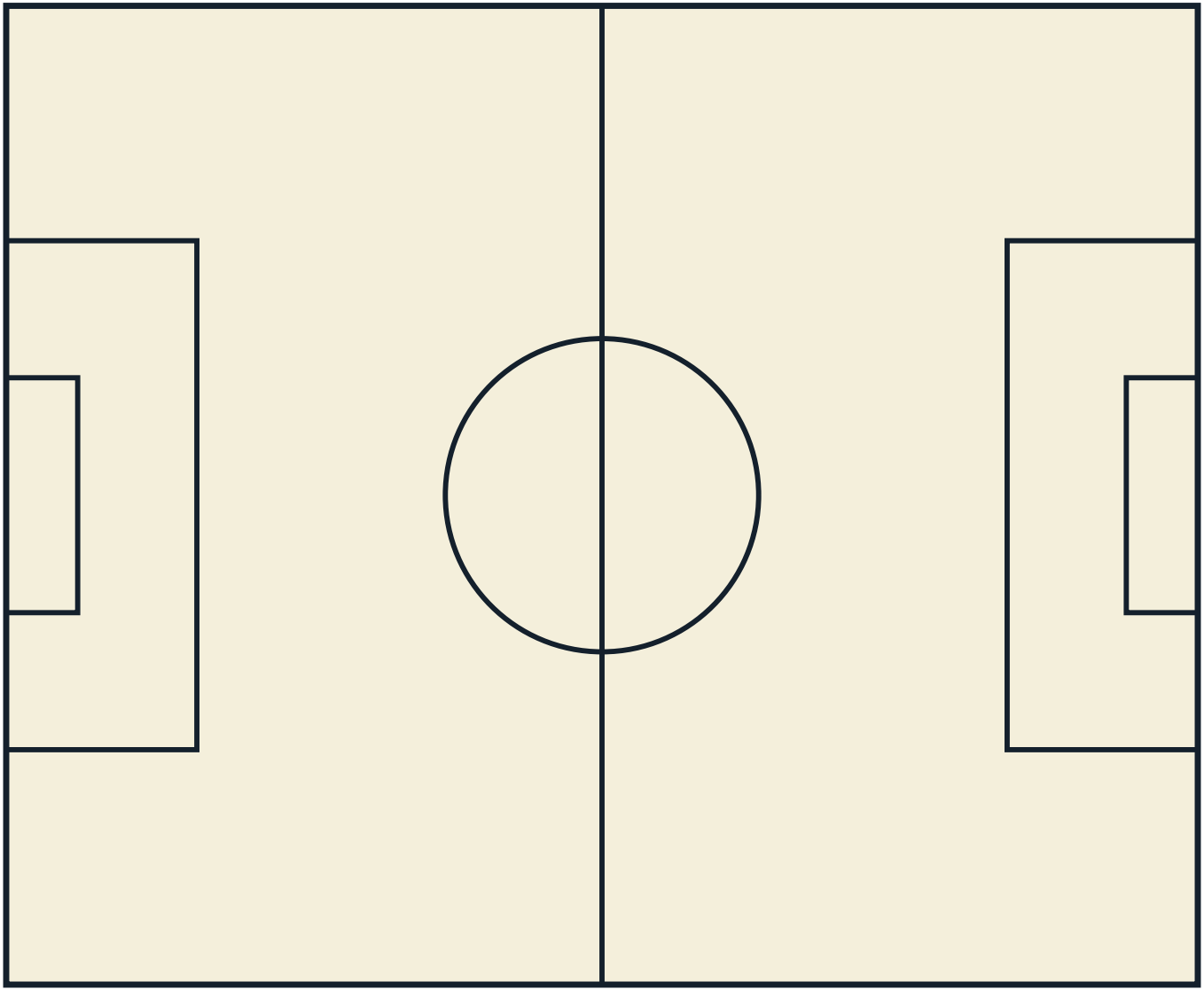




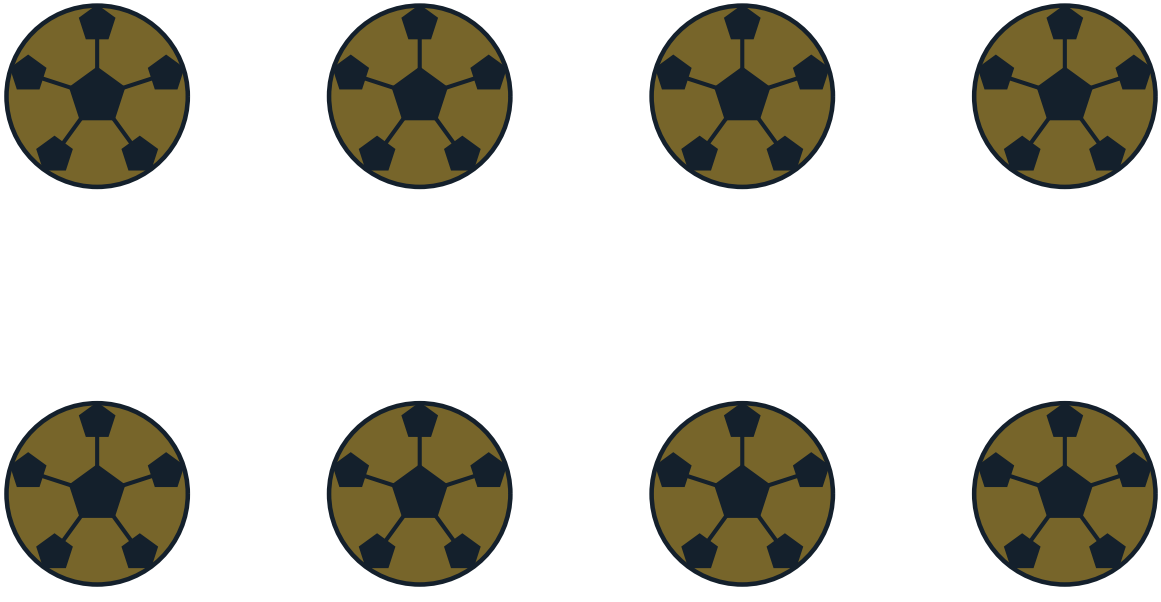
Pattern Play



The Arena From Above



Count the Balls!



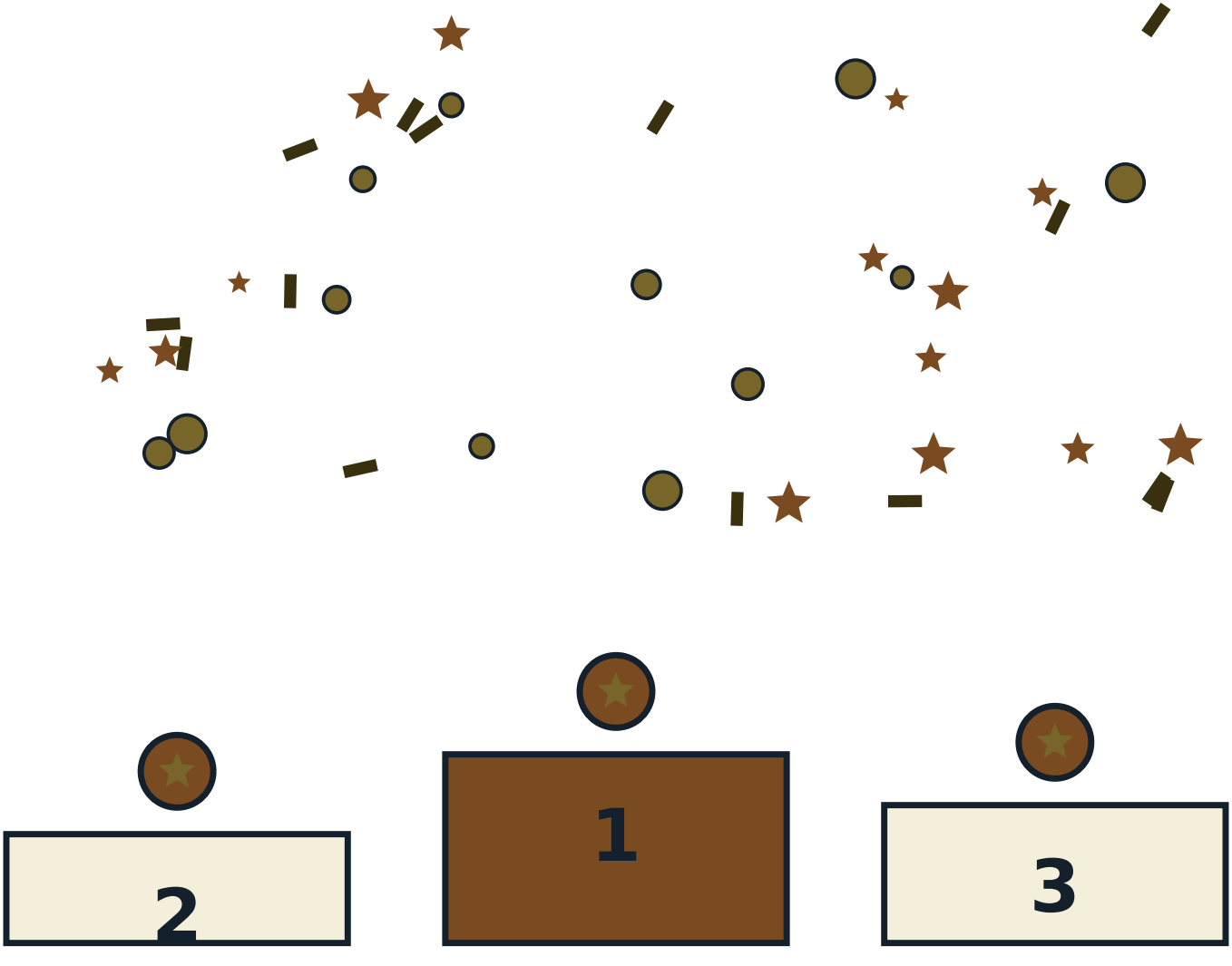
How many can you count? Write the number here: _____

My Favourite Part of Club Swinging

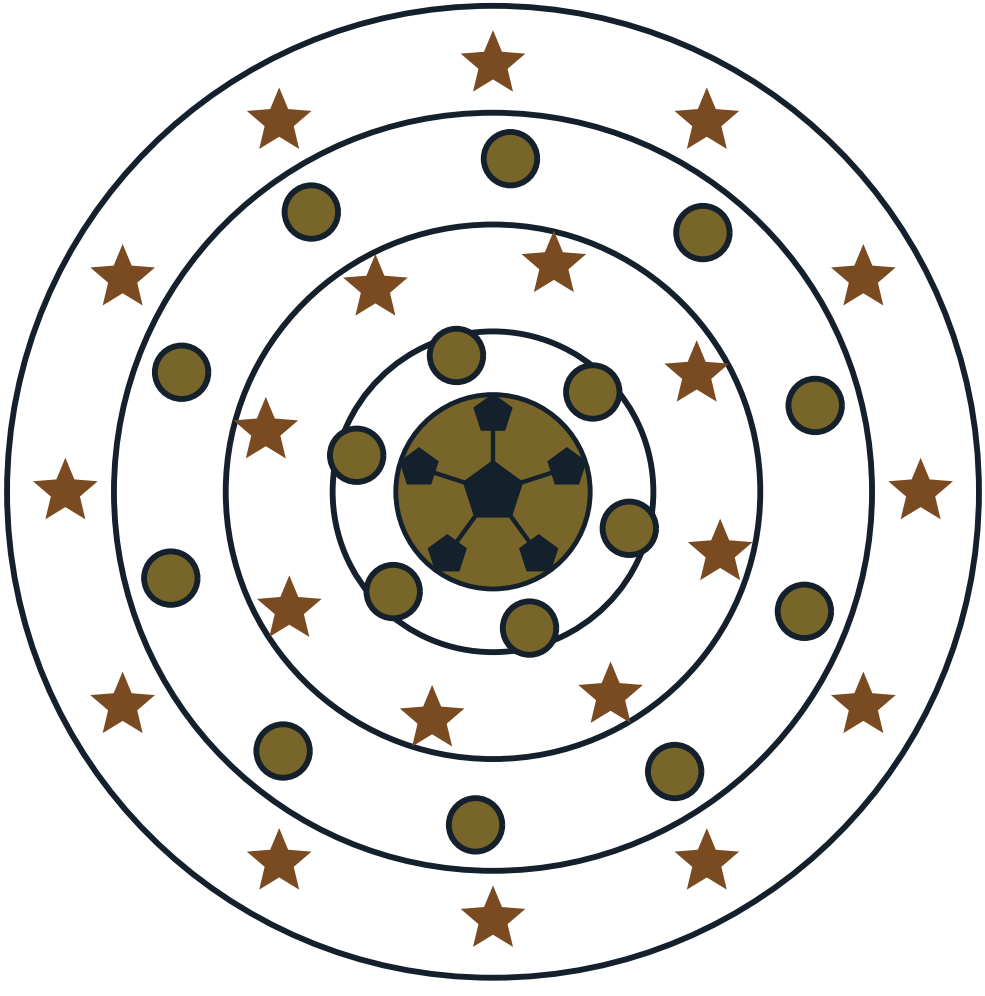
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: None — historical discipline with no current governing body. Laws edition the site's rules file follows: Dick's Dumb-bell and Indian-Club Exercises (William Brisbane Dick, 1887) — historical reference edition. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Tug of War
- The Cartoon Book of Roque
- The Cartoon Book of Plunge for Distance
- The Tug of War Colouring Book
- The Roque Colouring Book
- The Plunge for Distance Colouring Book

My Notes

Club Swinging

The Cartoon Book of Club Swinging — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

