



Club Swinging for Physical Exercise and Recreation; A Book of Information about All Forms of Indian Club Swinging Used in Gymnasiums and by Individual (Paperback)

By William Jackson Schatz

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Excerpt: . By W. G. ANDERSON, M. D. Professor of Physical Education, and Director of Gymnasium, Yale University. AFTER a quarter of a century s experience teaching gymnastics I feel more strongly drawn than ever to the use of the clubs as a helpful and pleasing form of exercise. True, there are some objections to them from the so-called hygienic standpoint, but these objections are out-weighed by the factors in their favor. The arguments against the club movements may just as rightly be made against many of the movements given with the wands and bells, but as it is possible and probable that the exercises which bring the arms too much in front of the body are at once counteracted by circles that raise the shoulders and draw back the scapulae, I doubt much if any harm comes pleasing form of exercise. The time will...



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