

## Warming Up Before Swinging

Warming up is an essential aspect of safely learning to club swing. Although it is tempting to go straight to the equipment, invest in a short time to loosen up before any practice session and you will gain the benefits in terms of:

- Faster progress
- Reduced chances of sprains and strains
- Greater reach and suppleness
- Better tonality of the ligaments and muscles
- Improved fitness

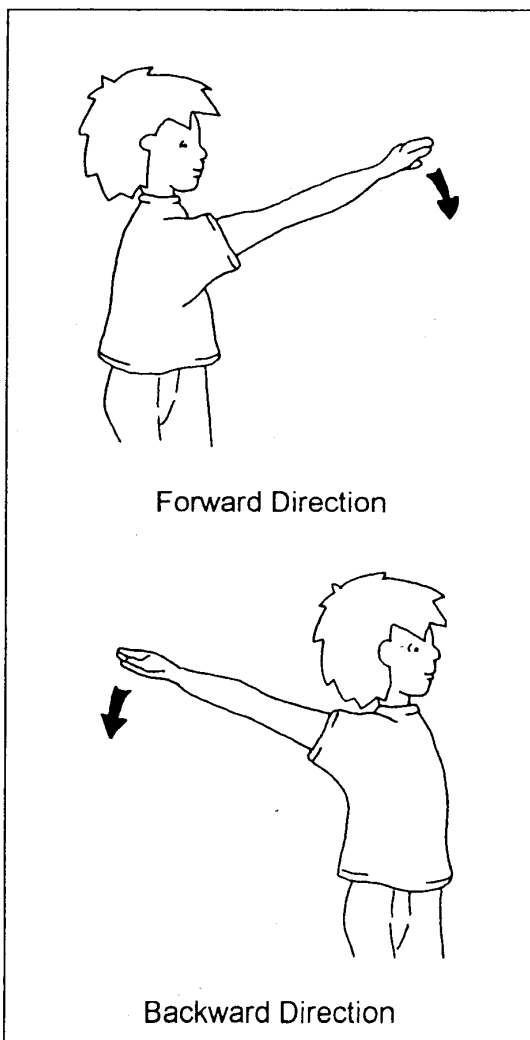
Moving without the clubs is worthwhile, since it focuses on the basic pre-requisite of graceful swinging - *flexibility*.

Wear loose and comfortable clothing. Put on extra layers for warming up and prepare by standing with your feet a few inches apart and arms by your sides in a relaxed stance. Take all the exercises at a slow pace to avoid straining the muscles when cold.

### Arm Exercises

#### Forward Direction

Start with your right arm reaching up above your head. Swing the arm to the front and down. Continue the arc so that the arm rises behind and completes a full circle. You are tracing a large circle, with the shoulder at its centre. Repeat 4 times with each arm. Lastly, alternate both arms so that they are half a cycle apart like swimming a stroke called the 'front crawl,' except the elbow should not bend.

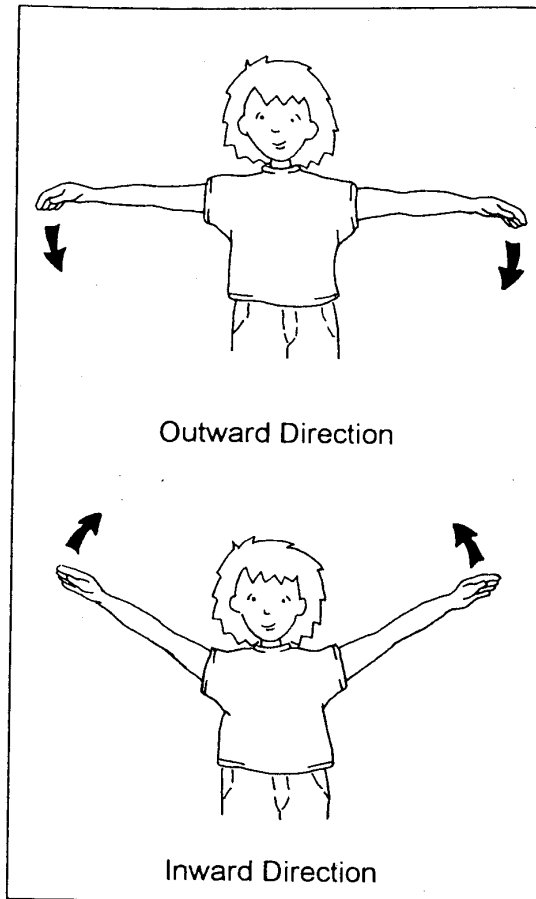


#### Backward Direction

Start with your arms at your sides. Swing the right hand up and to the front of you until it is reaching straight up in the air. Continue to arc backwards until you have completed a full circle. Repeat this swing 4 times. Next, swing 4 backward circles with the left arm alone. Finally, try swinging left and right arms so that they are a half cycle apart and alternating - as though you were swimming backstroke.

### Outward Direction

Lift the right arm so that it is outstretched horizontally. Swing the arm down, in front of the body, up the left side and past your face. The palm begins facing down and during the move the palm turns towards the body as it passes the body. Repeat 4 times, then swap to the left hand and then do this move with both arms together.



### Inward Direction

Lift the right arm to the horizontal on the right side of the body. Continue raising the arm up and towards the head, with the right arm beginning to fall only once it is over to the left side. Thus, you trace out a circle in front of the body in the opposite direction to before. Repeat 4 times. Swap arms and lastly, swing both arms together simultaneously.

### Shoulder Exercises

Roll the right shoulder forward 4 times. Try this backward, then in both directions with the left shoulder.

Rotate both shoulders backward together. Do this forward too.

### Elbow Exercises

Raise and bend your right arm so that the elbow is pointing up in the air and then rest your right hand behind your right shoulder. Gently use the left hand to ease the elbow further back. Repeat using the left arm.

Interlock the fingers of both hands and then stretch out the arms in front of you with the palms pushing away. Still with the fingers linked, circle the arms both to the left and right.

### Wrist Exercises

With both hands, shake out your wrists and then clench your fists. Repeat 4 times.

Stretch out your hands and wiggle all your fingers.

With the arms outstretched, rotate the hands in the air at the wrist, in both directions. Shake your wrists to release any remaining tension.

### Exercises for the Rest of the Body

Look over each shoulder and make small circles with your head to conclude a loosening of your upper body. Beyond these basics, rotating the hips, knees and ankles is recommended for complete body flexibility.

*This chapter is taken from*

**Modern Club Swinging  
and Pole Spinning**

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**[www.cosmosjugglers.co.uk](http://www.cosmosjugglers.co.uk)** - see the *Holidays* pages for Anna's annual May and August UK events for club swingers, poi & pole spinners, jugglers, fire enthusiasts and glow-in-the dark/UV performers.