



Welcome to the 2024 SoCal Mace Games, where the world's fittest athletes gather to compete using a diverse array of tools designed to challenge every aspect of their physical abilities. This event is a true test of strength, agility, endurance, and coordination, pushing competitors to their limits using unique implements including macebells, clubbells, and more.



## Event Overview

The SoCal Mace Games will feature a variety of events designed to showcase the diverse skills of macebell athletes. These events will include:

- 360 Swing Competition
- 10&2 Swing Competition
- Modular Mace Race
- Rotational Strength Circuit
- Flow Competition

## Equipment

- **Macebells:** Athletes will be provided macebells for the competition.
- **Personal Protective Equipment (PPE):** Athletes are encouraged to wear appropriate footwear and gloves for their safety and comfort.

## Registration

Registration for the SoCal Mace Games will open on July 1 2024 and close on August 25th 2024. Athletes can register online through our website or in person at the event venue.

## 2024 Events -

Event	Category	Divisions
360 Sprint - 5 Min	Men, Women and Open	Beginner, Intermediate, Advanced, Masters
10 & 2 Sprint - 5 Min	Men, Women and Open	Beginner, Intermediate, Advanced, Masters
Modular Mace Race	Men, Women and Open	Beginner, Intermediate, Advanced, Masters
Rotational Strength Circuit	Open	Beginner, Intermediate, Advanced, Masters
Flow Competition	Open	Open

## Competition Events - Descriptions

- **360 Swing & 10&2 Swing:** Athletes will compete in their designated skill levels. Each athlete will have a set amount of time (e.g., 5 or 10 minutes) to complete as many valid swings as possible.
    - **Scoring:** The winner of each weight class will be determined by the highest volume score, calculated as Macebell Weight x Rep Count.
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- **Modular Mace Race:**
    - **1-1 Mace Race:** Compete head-to-head across multiple heats, the first competitor to complete all for stages is the proper form wins.
      - Heavy Swings - Hinge 360
      - Symmetrical Flow - Pivot Uppercuts
      - Double Handed Swing - 360s
      - Single Hand Swing 10&2 Swings
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- **Rotational Strength Circuit:**
    - **Solo Battles:** Compete head-to-head across multiple heats, showcasing your mastery over a range of equipment:

- Hammer
  - Macebell
  - Clubbell
  - Sledgehammer
  - **Scoring** : Victory hinges on racking up points based on repetitions completed, weight lifted, and time taken. Every second, rep, and pound counts!
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- **The One Mace : Flow Competition**

- **Solo Battles**: Flow Showdown, a solo competition where participants flow using a single macebell that demonstrates their mastery of the tool.
  - 10 lbs macebell
- **Scoring** : After all the performances, the audience will roar their approval for their favorite flow. The **loudest cheers** will determine the winner!

## Competition Categories and Divisions

### Categories

- Men's
- Women's
- Open (inclusive of all genders and identities)

### Divisions

Within each category, competitors will be divided into four skill levels:

- **Beginner**: Athletes new to competitive Macebell Sport or with limited experience.
- **Intermediate**: Athletes with a solid foundation in Macebell Sport and some competition **experience**.
- **Advanced**: Experienced Macebell Athletes with a high level of fitness and competitive drive.
- **Masters**: Athletes able to swing 55lbs and above, competing in their respective gender category.

Note: Specific criteria for division placement may be determined through qualifying rounds, performance assessments, or athlete self-declaration.

## Awards

Awards will be presented to the top performers in each division for each event. Trophies by @kibaberlin

The overall winners of the 10 & 2 5 Min Sprint will win a loadable mace sponsored @danthestrongman

## Safety Precautions:

- Ensure ample space to swing the macebell safely.
- Start with a lighter weight and gradually progress as your technique improves.

- Warm up thoroughly before your workout.
- Maintain a firm grip on the macebell handle at all times.

# The Macebell Athlete Handbook

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## The Gada: An Ancient tool For Modern Strength

The Gada, also known as a macebell, is a traditional Indo-Persian strength training tool with a rich history. Used for centuries as both a weapon and a training implement, the Gada has recently gained popularity in modern fitness due to its unique ability to develop rotational power and stability.

## The Macebell Athlete

Macebell Sport athletes train specifically to master rotational movements, utilizing various tools like macebells, Indian clubs, and steel clubs. They develop exceptional strength, power, mobility, coordination, and core stability.

## The 360 Swing: The Foundation of Rotational Strength Training

### **Equipment:**

## The Fat Handle (1.2inch) is the Official Mace of the IMSA Macebell Sporting Events

The adjustable weight settings offer a complete mace set in one 30lb unit and allows anyone to be able to benefit from mace training.

Macebell - choose a weight appropriate for your skill level:

- 7 - 12 lbs : Beginner
- 15 - 30 lbs : Intermediate
- 35 - 55 lbs : Advanced
- 55 lbs + : Masters



# The 360 Sprint

## Competition Format

- **360 Swing:** Athletes will compete in their designated weight classes. Each athlete will have a set amount of time (5 minutes) to complete as many valid swings as possible.
- **Scoring:** The winner of each weight class will be determined by the highest volume score, calculated as Macebell Weight x Rep Count.

## Rules and Regulations

- **Valid Swing (360 Swing):**
  - The macebell must complete a full 360-degree rotation, passing behind the athlete's back and overhead.
  - The hands must not exceed head level during the backswing.
  - Forearms must reach parallel or lower to the chest during the "catch."
  - The macebell must not touch the ground during the swing.
  - Athletes must stay within the designated platform area.
- **No-Reps:**
  - Failure to meet any of the criteria for a valid swing will result in a no-rep.
  - Judges' decisions are final.

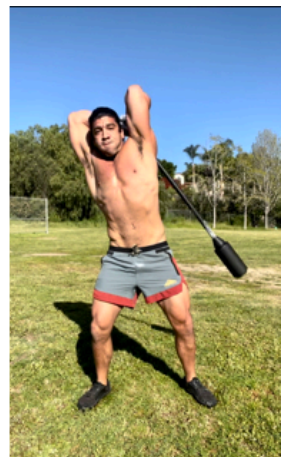
# The 360 Swing

## Step by step instructions:

1. **Starting Position:** Hold the macebell vertically in front of you, head pointing upward. Engage your core and keep your back straight.
2. **Grip and Stance:** Stand with feet shoulder-width apart, knees slightly bent, and take an overhand grip on the macebell handle.
3. **Initiate the Swing:** Push the macebell out to one side, allowing it to arc behind you while slightly rotating your torso.



4. **Swing the Mace:** Guide the macebell in a smooth arc behind your back and over to the opposite side, using your core and shoulders to control the movement.



5. **Return to Starting Position:** Pull the Macebell over the opposite shoulder, bringing the macebell back to the vertical position with control.



## Repetition and Flow

- Repeat the swing, alternating sides to work both sides of your body.
- Focus on maintaining a smooth, rhythmic movement.
- Breathe deeply, exhaling as you exert force during the swing.

## Advanced Swinging: The Heel Raise

For more advanced lifters, the heel raise can be used to gain extra clearance when swinging heavier macebells. Elevate onto the toes of the same side foot as the macebell transitions from back to front, then quickly drop back down.

## The 10 & 2 Swing:

The 10&2 Swing is a challenging exercise that improves coordination, core stability, and grip strength. It involves smoothly transitioning the macebell between the 10 o'clock and 2 o'clock hand positions while maintaining a controlled swing. This movement enhances rotational power and overall macebell proficiency.

### Competition Format

- **10&2 Swing:** Athletes will compete in their designated weight classes. Each athlete will have a set amount of time (5 and 10 minutes) to complete as many valid swings as possible.
- **Scoring:** The winner of each weight class will be determined by the highest volume score, calculated as Macebell Weight x Rep Count.

### Rules and Regulations

- **Valid Swing (10&2 Swing):**
  - The macebell must transition smoothly between the 10 o'clock and 2 o'clock positions.
  - The movement must be controlled, with no loss of grip or excessive swinging.
  - The athlete must maintain proper form throughout the swing.

- **No-Reps:**

- Failure to meet any of the criteria for a valid swing will result in a no-rep.
- Judges' decisions are final.

## Launch Procedure

1. **Grip:** Hold the Macebell with one hand near the end (palm down) and the other near the head (palm up).
2. **Swing Upward:** Drive the upward and diagonally towards the shoulder on the same side as the hand closest to the head, exhaling forcefully.
3. **Release and Transition:** Release the hand closest to the head when the Macebell aligns with your shoulder. Quickly stack this hand on top of the other hand on the handle.



## The Movement

1. **Arc and Inhale:** Let the Macebell arc behind you while inhaling. Tighten your elbows and pull your shoulders down to maintain a safe, locked position.
2. **Counterbalance and Pull:** As the Macebell swings to the opposite side, lean away to counterbalance and begin pulling it up and over that shoulder.





**3. Whip and Exhale:** Imagine pulling a rope attached to the ceiling towards your navel. Exhale forcefully as you whip the Macebell up and over your shoulder.



### Key Points:

- Maintain a firm grip throughout the movement.
- Keep your feet planted, except for the heel raise technique used in heavier weight classes.
- Engage your core and hips to drive the movement.
- Lean away from the Macebell as it swings to the opposite side to counterbalance.

## Master the Momentum

Refine your rotational power, coordination, and overall mace control through consistent practice of the 10&2 Swing. Remember, in competitions, precision is key.



While traditional swings may reach 11 and 1 (o'clock positions), the 10&2 Swing focuses on a tighter range (as shown in the images below). This stricter form is what we'll be judging in competitions.

# The Modular Mace Race

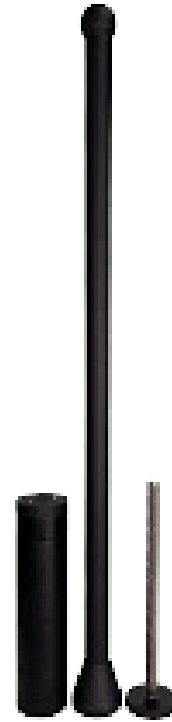
## Modular Macebell Challenge: A Swinging Throwdown

Gear up for a macebell relay unlike any other! This Modular Mace Challenge will test your strength, stamina, and efficiency. The challenge consists of FOUR stages, each requiring specific swings with the Adex Modular Mace Kit

## The Adex Mace Kit

### The Fat Handle (1.2inch) is the Official Mace of the IMSA Macebell Sporting Events

The complete kit comes with weights adjustable up to 30lbs! The adjustable weight settings offer a complete mace set in one 30lb unit and allows anyone to be able to benefit from mace training.

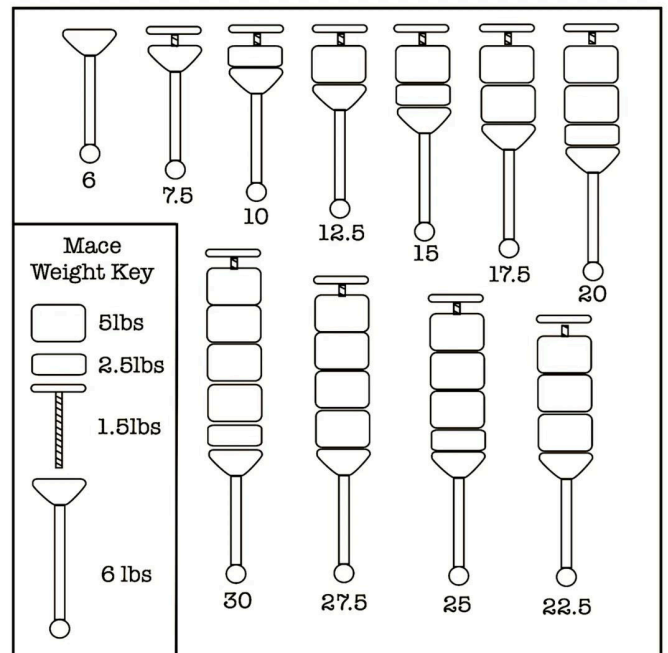


#### Handle Diameter:

1.21 in  
30.7 mm  
3.07 cm

#### Handle circumference:

96.26 mm  
9.6 cm  
3.79 in



## The Add On Kit

Adex Ad-On Kit is an additional 20 total lbs that comes in 2 sleeves.

Sleeve 1 - 15 lbs

Sleeve 2 - 5 lbs

Adex Maces 32.5, 35, 37.5, 40, 42.5, 45, 47.5 & 50lbs

## The Mastadon Kit

This kit will fit over our Ad-on kits and provide an additional 30 lbs:

Sleeve 1 - short sleeve - 10 lbs

Sleeve 2 - tall sleeve - 20 lbs



# Event Details

## Competition Format

### Objective:

Complete a prescribed list of macebell exercises as quickly as possible while maintaining proper form and precision.

- Stage 1: Heavy Swings
- Stage 2: Symmetrical Flow
- Stage 3: 2-Handed Swing
- Stage 4: 1- Handed Swing

## Competition Format:

### 1-on-1 Mace Race: Head-to-Head Showdown

#### Competition Format:

Competitors will face off in direct, one-on-one battles to complete a predetermined macebell circuit as quickly as possible while maintaining form and function.

#### Scoring:

- **Time Trial:** Athletes will be timed from the start of the first exercise to the completion of the final exercise.
- **Form & Function:** adherence to proper form is crucial for victory. Judges will penalize athletes for breaks in form, dropped macebells, or incomplete range of motion.

#### Redemption Round:

- Athletes who do not advance from the initial round will have the opportunity to compete in a Redemption Bracket. This allows competitors a second chance and potentially re-enter the main competition.

## Rules and Regulations

- **Note:** The specific circuit of exercises reps and form requirements are listed below and are will be predetermined by the competition organizers.
- **No-Reps:**
  - Failure to meet any of the criteria for a valid movements will result in a no-rep.
  - Judges' decisions are final.

## Stage 1: Heavy Swings - Hinge 360

**Goal:** 3 Reps Left / 3 Rep Right

- Beginner -20lbs
- Intermediate - 35lbs
- Advanced - 60lbs
- Masters - 80lbs

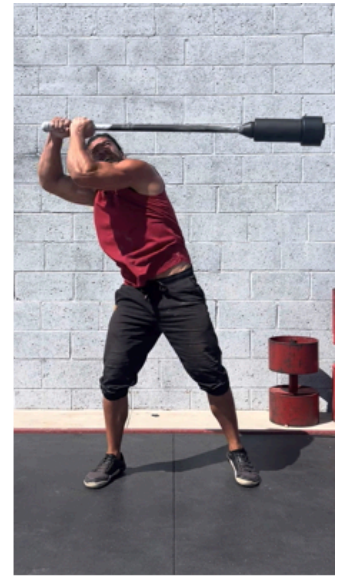
### PROCEDURE:

#### The Launch:

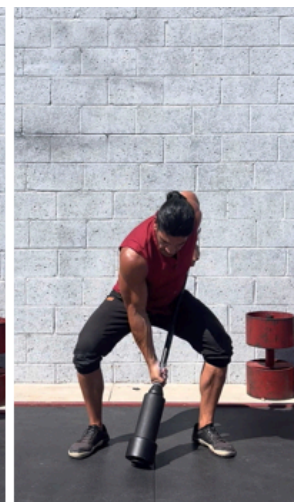
1. **Grip:** Hold the Macebell with one hand near the end (palm down) and the other near the head (palm up).
2. **Clean the Mace:** Starting in a hinge position, drive the Macebell upward and clean the mace vertical into a standing position (warrior stance), exhaling forcefully.
3. **Release and Transition:** Release the hand closest to the head as the macebell rotates vertically. Quickly stack this hand on top of the other hand on the handle.



4. **Swing the Mace:** Guide the macebell in a smooth arc behind your back and over to the opposite side, using your core and shoulders to control the movement.



**5. Pull out of the Swing:** Pull the Macebell over the opposite shoulder, bringing the macebell back to the vertical position with control.



**6. Catch and Bring to the ground:** After pulling the mace to the frontal plane, bring the bottom hand to the head of the macebell and carry it to the floor in a hinge.

# Stage 2: Symmetrical Flow - Pivot Uppercut

**Goal:** 10 Reps Left / 10 Rep Right

- Beginner - 15lbs
- Intermediate - 25lbs
- Advanced - 40lbs
- Masters - 55lbs

## The Launch:

1. **Grip:** Hold the Macebell with one hand near the end (palm down) and the other near the head (palm down).
2. **Swing Back:** Initiate the movement by swinging the Macebell back between your legs while inhaling.
3. **Clean the Mace:** Drive the Macebell upward and clean the mace vertical into the starting position (warrior stance), exhaling forcefully.
4. **Release and Transition:** Release the hand closest to the head when the Macebell aligns with your shoulder. Quickly stack this hand on top of the other hand on the handle.



## The Movement:

1. **Initiate the Rotation:** Move your hand to the head of the mace (thumb down), rotate the globe downward.
2. **Engage Your Core:** As you rotate your torso, brace your core to create stability and control the movement. Begin pulling the mace up and back.



3. **Drive the Mace Up and Across:** Pivot toward the uppercut lowering yourself down into a lunge extend your hips and core while simultaneously driving the macebell upwards and across your body. Imagine drawing a line starting with the mace head behind you, diagonally across your chest and up towards your opposite shoulder.

4. **Elbow Position:** Keep your elbows close to your body throughout the movement, maintaining a slight bend. Imagine your elbows tracing along your ribs as the macebell ascends.

5. **Punching Motion:** At the peak of the movement, extend your top arm and slightly rotate your wrist so your knuckles face upwards, mimicking an uppercut punch. The mace handle should be near your top shoulder, not directly overhead.



6. **Reverse to the Start:** Reverse the movement with control, bringing the macebell back down in the same diagonal path and returning to the starting position, standing into warrior stance.





### The Dismount :

1. **Bottom Hand Assist:** Once you've caught the macebell in a locked-out position overhead (vertical position), bring your bottom hand up to assist with control. Slide your bottom hand down the macebell handle until it reaches the head of the macebell.
2. **Hinge at the Hips:** Maintaining a neutral spine, initiate a hip hinge movement, pushing your hips back and bending your knees slightly. This movement should be similar to a squat or deadlift form.
3. **Lower the Macebell:** As you hinge at the hips, use both hands to guide the macebell down your body in a controlled descent. Keep your core engaged and avoid arching your back.
4. **Catch in the Hinge Position:** Lower the macebell until the head rests gently on the ground between your feet while you remain in a hinged position with your knees bent and core tight.



### Key Points:

- **Focus on Rotation:** The uppercut is a rotational movement, not just a lifting motion. You must PULL the tail. Engage your core to control the rotation and generate power.
- **Maintain Proper Form:** Avoid arching your back or rounding your shoulders. Keep your spine neutral throughout the movement.
- **Elbow Position:** Don't lock your elbows at any point. Keep a slight bend for better control and to avoid injury.

- **Control the Descent:** Lower the macebell with control to prevent strain on your shoulders and core.

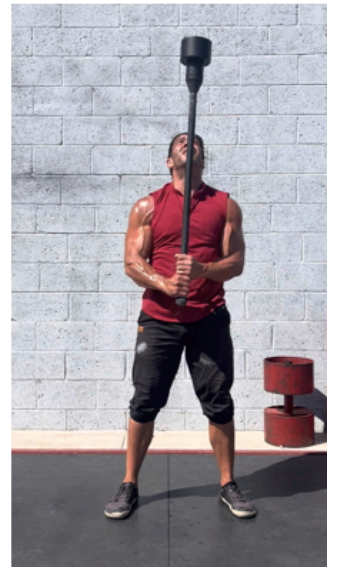
## Stage 3: Double Handed Swings - 360 Swing

**Goal:** 20 Reps Left / 20 Rep Right

- Beginner - 10 lbs
- Intermediate - 20 lbs
- Advanced - 30 lbs
- Masters - 40 lbs

### The Launch:

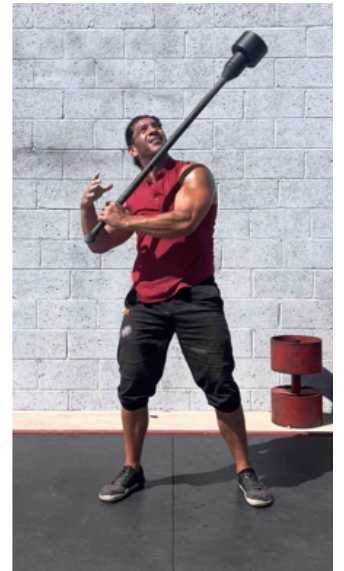
1. **Grip:** Hold the Macebell with one hand near the end (palm down) and the other near the head (palm up).
2. **Swing Back:** Initiate the movement by swinging the Macebell back between your legs while inhaling.
3. **Clean the Mace:** Starting in a hinge position, drive the Macebell upward and clean the mace vertical into a standing position (warrior stance), exhaling forcefully.
4. **Release and Transition:** Release the hand closest to the head as the macebell rotates vertically. Quickly stack this hand on top of the other hand on the handle.



4. **Swing the Mace:** Guide the macebell in a smooth arc behind your back and over to the opposite side, using your core and shoulders to control the movement.



5. **Pull out of the Swing:** Pull the Macebell over the opposite shoulder, bringing the macebell back to the vertical position with control.



### The Dismount :

1. **Bottom Hand Assist:** Once you've caught the macebell in a locked-out position overhead (vertical position), bring your bottom hand up to assist with control. Slide your bottom hand down the macebell handle until it reaches the head of the macebell.
2. **Hinge at the Hips:** Maintaining a neutral spine, initiate a hip hinge movement, pushing your hips back and bending your knees slightly. This movement should be similar to a squat or deadlift form.
3. **Lower the Macebell:** As you hinge at the hips, use both hands to guide the macebell down your body in a controlled descent. Keep your core engaged and avoid arching your back.
4. **Catch in the Hinge Position:** Lower the macebell until the head rests gently on the ground between your legs.



## Stage 4: Single Handed Swings - 10 & 2 Swing

**Goal:** 108 Reps : 54 Left 54 Right

- Beginner - 10 lbs
- Intermediate - 15 lbs
- Advanced - 20 lbs
- Masters - 25 lbs

### The Launch :

1. **Grip:** Hold the Macebell with one hand near the end (palm down) and the other near the head (palm up).
2. **Swing Back:** Initiate the movement by swinging the Macebell back between your legs while inhaling.
3. **Swing Upward:** Drive the Macebell upward and diagonally towards the shoulder on the same side as the hand closest to the head, exhaling forcefully.
4. **Release and Transition:** Release the hand closest to the head when the Macebell aligns with your shoulder. Quickly stack this hand on top of the other hand on the handle.



## The Movement:

1. **Arc and Inhale:** Let the Macebell arc behind you while inhaling. Brace your core. Tighten your elbows and pull your shoulders down to maintain a safe, locked position.
2. **Counterbalance and Pull:** As the Macebell swings to the opposite side, lean away to counterbalance and begin pulling it up and over that shoulder.
3. **Whip and Exhale:** Imagine pulling a rope attached to the ceiling towards your navel. Exhale forcefully as you whip the Macebell up and over your shoulder.
4. **Catch and Transition:**

**Pull the mace diagonally:** As you complete the upswing, pull the macebell diagonally across your front torso, aiming for the hip opposite the swinging arm.

**Simultaneous hand transfer:** At the peak of the swing, with the handle near your opposite hip, perform a simultaneous hand transfer. Here's how:

- Bring your free hand up and over the top of the macebell handle.
- As your free hand reaches the handle, your swinging hand releases its grip.
- Aim to catch the handle securely with your free hand, maintaining a firm grip at the 10 or 2 o'clock position.



## The Dismount :

1. **Bottom Hand Assist:** Once you've caught the macebell in a locked-out position overhead (vertical position), bring your bottom hand up to assist with control. Slide your bottom hand down the macebell handle until it reaches the head of the macebell.
2. **Hinge at the Hips:** Maintaining a neutral spine, initiate a hip hinge movement, pushing your hips back and bending your knees slightly. This movement should be similar to a squat or deadlift form.
3. **Lower the Macebell:** As you hinge at the hips, use both hands to guide the macebell down your body in a controlled descent. Keep your core engaged and avoid arching your back.
4. **Catch in the Hinge Position:** Lower the macebell until the head rests gently on the ground between your legs.



# Rotational Strength Circuit

## Test your foundation!

The SoCal Mace Games' **Rotational Strength Circuit** is here to challenge your ability to adapt and dominate with a variety of tools. Forget specialized events - this is where true functional fitness champions are forged! Athletes will compete against the clock to complete a challenging circuit of rotational exercises. The goal is to finish as quickly as possible while maintaining form and function.

### Rotational Strength Time Trial

#### Scoring:

- **Time Trial:** Competitors are timed from the start of the first exercise to the completion of the final exercise.
- **Form and Function:** Judges will assess form throughout the circuit. Deductions may be applied for improper technique. Judges will clear an athlete of each stage before moving on to the next.
- **Solo Battles:** Compete head-to-head across multiple stages, showcasing your mastery over a range of equipment:
  - Hammer
  - Macebell
  - Clubbell
  - Sledgehammer
- **Unpredictable Combinations:** Each event throws a unique curveball. Be prepared to seamlessly switch between different implements and movements, demonstrating your adaptability.

- **Points System:** Victory hinges on racking up points based on repetitions completed, weight lifted, and time taken. Every second, rep, and pound counts!

**The athlete with the fastest time and perfect form will claim victory!**

# The 2024 Circuit

Get ready to test your strength, coordination, and adaptability with these signature SoCal Mace Games exercises!

## Stage 1 : Single-Arm Hammer Split Snatch: Mastering Power and Agility

This explosive movement combines a split squat with a powerful overhead press. You'll need to explosively lift the hammer from the ground to shoulder height while splitting your legs into a lunge position. This tests lower body power, core stability, and shoulder strength.

The single-arm hammer split snatch adds a layer of complexity to the classic snatch, challenging your rotational power, coordination, core stability, and balance.

**Goal:** 12 Reps : 6 Left 6 Right

### Equipment:

#### Tribe Wod Hammer

Kettlebells/hammers: Endless possibilities. From explosive swings and snatches to functional carries and squats, they're your ticket to total body strength and conditioning.



### Weight Options:

- |                |          |
|----------------|----------|
| ■ Beginner:    | ● 15 lbs |
| ■ Intermediate | ● 25 lbs |
| ■ Advanced     | ● 35 lbs |

### Starting Position:

Stand with your feet shoulder-width apart, holding a kettlebell in a neutral grip (palm facing inwards) between your legs.

### The Movement:

**Initiate the Swing:** Hinge at the hips, sending the hammer back between your legs. Keep your back flat and core engaged.

**Explode Upwards:** Drive your hips forward explosively, extending your knees and ankles. As the hammer swings up, actively pull it towards your body with your arm.

**Catch and Flip:** As the kettlebell reaches chest height, flip your wrist so the handle faces upwards. Continue the upward momentum, catching the hammer with a straight arm overhead.

**Split Stance:** Simultaneously with the catch, step back with one foot into a split stance. The front foot should be flat on the ground, and the back foot's heel should be lifted.

**Stand Tall and Lock Out:** Once the Hammer is overhead in a split stance fully extend your hips, knees, and ankles to achieve a standing position with a locked-out arm. Hold this position for a brief moment to demonstrate control and stability.

**Lower and Recover:** Lower the hammer under control back down to the starting position, stepping the back foot forward to return to a bilateral stance.



## **Stage 2 : Clubbell - Inside Mills - Single Arm:**

Challenge your core and rotational strength with the Clubbell Inside Mills (Single Arm). Imagine chopping wood with a single arm, but with a controlled, circular motion. This exercise works your obliques, strengthens your core, and improves shoulder stability.

**Goal:** 40 Reps : 20 Left 20 Right



## Steel Club

Originally developed in ancient Persia as a means for conditioning soldiers and wrestlers, heavy clubs are particularly valuable for grip strength, shoulder work, and rotational core power.



### Weight Options:

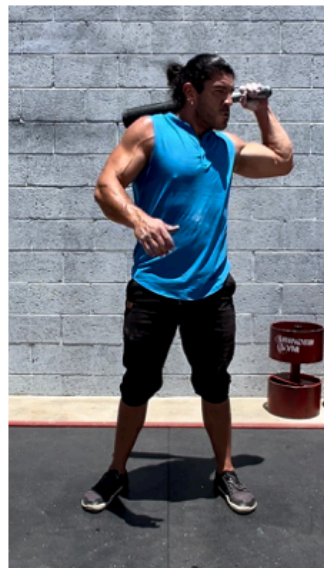
- |                |          |
|----------------|----------|
| ■ Beginner:    | ● 15 lbs |
| ■ Intermediate | ● 25 lbs |
| ■ Advanced     | ● 35 lbs |

### Starting Position:

- Stand with your feet shoulder-width apart, core engaged, and back straight.
- Hold the steel club in a neutral grip (palm facing inwards) with one hand, allowing the club to hang naturally at your side.

### The Movement:

1. **Initiate the Circle:** Begin by slightly bending your elbow and rotating your torso towards the side of the club.
2. **Full Circle:** Swing the club in a large, circular motion, maintaining a relatively straight arm throughout. The club should travel in a wide arc, passing behind your body and over your head.



3. **Control the Movement:** Use your core and shoulder muscles to control the club's momentum. Avoid using excessive force or relying solely on wrist strength.

4. **Complete the Circle:** Continue the circular motion, bringing the club back to the starting position.



### Stage 3: Clubbell - Multiplanar Symmetrical Flow:

Don't be fooled by the fancy name! This dynamic movement involves flowing with the clubbell through multiple planes of motion - think front raises, lateral raises, and overhead presses - all while achieving symmetry between your right and left sides. This tests your coordination, shoulder mobility, and core control.

**Goal:** 20 Reps : 10 Left 10 Right

#### Steel Club

Originally developed in ancient Persia as a means for conditioning soldiers and wrestlers, heavy clubs are particularly valuable for grip strength, shoulder work, and rotational core power.



#### Weight Options:

- Beginner: ● 15 lbs
- Intermediate ● 30 lbs
- Advanced ● 45 lbs

#### Starting Position:

- Stand with feet shoulder-width apart, holding the steel club with both hands in a neutral grip at your sides.

### The Flow:

#### 1. Lateral Hinge Swing:

- Hinge at the hips, sending them laterally across the floor.
- As you stand back up, swing the club out to one side in a large, circular motion.
- Switch the club to the opposite hand as it passes in front of your body.

#### 2. Pivot into Lunge:

- Continue the momentum from the lateral hinge swing.
- Pivot your feet to turn your body towards the side of the club..
- Hold the club in a racked position, torso slightly rotated.



#### 1. Club Pullover:

- Keeping your torso upright, lean back slightly and pull the club up and over your head in an arcing motion.
- Imagine drawing a semicircle with the club as you pull it overhead.
- Lower the club back down to the racked position on your front thigh.

#### 2. Repeat:

- Flow seamlessly back into the lateral hinge swing, switching the club to the opposite hand.



#### Stage 4 : Sledge Hammer - Tire Slams:

Unleash explosive power and core engagement as you drive the sledgehammer down onto a sturdy tire. This exercise is a brutal test of raw power and upper body strength.

**Goal:** 30 Reps : 15 Left 15 Right

#### Sledge Hammer

Originally developed in ancient Persia as a means for conditioning soldiers and wrestlers, heavy clubs are particularly valuable for grip strength, shoulder work, and rotational core power.



#### Weight Options:

- Beginner:
- Intermediate
- Advanced
- 10 lbs
- 15 lbs
- 20 lbs

#### Setup:

- Stand with your feet shoulder-width apart, facing the tire.

#### The Movement:

1. **Grip the Sledgehammer:** Hold the sledgehammer with both hands, one hand near the top of the handle and the other closer to the head.
2. **Wind-Up:** Raise the sledgehammer overhead, aligning it with your body.
3. **Strike:** Powerfully swing the sledgehammer down onto one side of the tire. Ensure a full range of motion and contact with the tire.



4. **Rotate and Repeat:** After striking one side of the tire, rotate your body and repeat the movement on the opposite side.



### **Stage 5 : Macebell - 10&2 Swings:**

This foundational mace movement emphasizes control and rotational power. Imagine swinging a giant pendulum around your body, maintaining a grip at the 10 and 2 o'clock positions on the handle. The 10&2 Swings build rotational strength, improve shoulder stability, and challenge your grip strength.

**Goal:** 108 Reps : 54 Left 54 Right

## Steel mace

A fitness tool with a long handle and a weighted head. It's like a medieval weapon, transformed into a modern strength and conditioning tool. The uneven weight distribution creates challenging exercises that build core strength, power, and mobility.



### Weight Options:

- Beginner: ● 10 lbs
- Intermediate ● 20 lbs
- Advanced ● 30 lbs

### The Movement:

1. **Arc and Inhale:** Let the Macebell arc behind you while inhaling. Brace your core. Tighten your elbows and pull your shoulders down to maintain a safe, locked position.
2. **Counterbalance and Pull:** As the Macebell swings to the opposite side, lean away to counterbalance and begin pulling it up and over that shoulder.



3. **Whip and Exhale:** Imagine pulling a rope attached to the ceiling towards your navel. Exhale forcefully as you whip the Macebell up and over your shoulder.

4. **Catch :** Pull the mace diagonally - As you complete the upswing, pull the macebell diagonally across your front torso, aiming for the hip opposite the swinging arm.



## The Hand Switch

**Pull the mace diagonally:** As you complete the upswing, pull the macebell diagonally across your front torso, aiming for the hip opposite the swinging arm.

**Simultaneous hand transfer:** At the peak of the swing, with the handle near your opposite hip, perform a simultaneous hand transfer. Here's how:

- Bring your free hand up and over the top of the macebell handle.
- As your free hand reaches the handle, your swinging hand releases its grip.
- Aim to catch the handle securely with your free hand, maintaining a firm grip at the 10 or 2 o'clock position.

# The ONE MACE Showdown

The One Mace Showdown is your chance to showcase your creativity and skill with a single macebell. This solo competition celebrates the artistry and athleticism of mace training.

## Flow Competition

**Equipment:** One 10-pound macebell will be provided.

**Format:** Solo competition. Each athlete will perform a self-choreographed mace flow routine.

**Flow Requirements:** Flows can be any length (max 5Min), but creativity, difficulty, and execution are key!

**Judging:** There are no judges in this event! The crowd decides the winner. The athlete who receives the loudest cheers for their performance will be crowned the Flow Champion.