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## Indian Clubs

*Alice J. Hoffman*

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**Alice J. Hoffman : Indian Clubs** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Indian Clubs:

0 of 0 people found the following review helpful. Well illustrated! By Tracy L Dodge This book is a nice primer on the history of Indian clubs. Beautifully illustrated with some historical reprints as well. Definitely a must for any collector of these. 0 of 0 people found the following review helpful. Five Stars By Bruce D great coffee table book 1 of 1 people found the following review helpful. Confirms there is a new "exercise" in folk art collecting! By A Customer A wonderful read...informative. Photographs are ready for framing. Definitely will inspire you to begin to collect Indian clubs. As stated by Gerard Wertkin, Director, Museum of American Folk Art, "(Alice Hoffman) has recovered an all but forgotten subchapter in the history of American sport and, at the same time, helped us appreciate another aspect of American artistic creativity. Hats off to her!" I agree with Mr. Wertkin and the following reviews: Antiques Auction News, "A colorful exercise in collecting," "...documents the "life" of this colorful and practical form of exercise...a charming addition to any antiques library." Antique Collectibles News Service, "Inside Antiques, Good Reading," "...we love (this) book...a folk art gem." Antiques Review, "The Bookshelf," "...Superb color photographs...Fascinating archival material." Denver Post, "What's Up," "...If you're searching for the most unusual art book of the year don't overlook Indian Clubs." Maine Antiques Digest, "Books, Calendars, CD-ROMS," "...a case for Indian clubs as folk art." The Star Ledger, NJ, "A new life for Indian clubs," "...new coffee table book...If TV infomercials had been around in their heyday, chances are the physical fitness mavens of the day would have been pitching Indian clubs in the same way abs machines and treadmills are endlessly hawked now."

Indian clubs, once popular exercise equipment used by people of all ages throughout the United States, are now appreciated as a form of American folk art. Tracing their history, this book discusses their progress from training equipment for the British Army in colonial India to fashionable status first in Victorian England and then in America, where choreographed club swinging became both an exercise mania and a competitive sport. Colour photographs illustrate the wealth of decorative detail - inlaid wood patterns, tin and brass appliques, and painted designs - offered by manufacturers, as well as some of the whimsical decorations owners used to personalize their clubs. Archive material documents the sport of club swinging. Intended especially for the collector of folk art, the book includes a directory of dealers, auctions, flea markets and antique shops across the USA. It also discusses major considerations for the collector, such as artistic features of the clubs, and their shape, size, weight, surface finish and manufacturer.