



## **EPTS Indian Club Trainer Certification Course Outline**

### **Introduction**

### **Hands-on**

- Club grip and wrist circles
- Shoulder rotations
  - front & back single arm
  - front & back double arm
- Vertical swipes
  - vertical swipes + wrist circles
- Half swipes
  - single arm
  - double arm
- Internal rotations
  - single arm
  - double arm
- External rotations
  - single arm
  - double arm
- Internal rotations with separation
- External rotations with separation
- Internal-external rotation combination
- Internal-external rotation combination with separation
- Figure-8