# Weight training

- Single Arm Heavy Club Mill
- Steel Mace Rotational Mills
- Wildman Mace Training

# Single Arm Heavy Club Mill

This page is a work in progress.

Single Arm Inside Circle - Like

Single Arm Outside Circle - For balance

Shield Cast - Basic throwing pattern

Combine

Single Arm Mill Prep

- Inside circle goes with the shield cast (goes past your opposite ear)

Single Arm 180 Pullover (3 minutes to 7 minutes)

- Inside
  - Inside circle is the start
  - Rotate body at the hips 45 then rotate the spine 45
  - Push swing pull catch
- 180 rotating pullover
  - Put the club behind your head
  - rotate the body 180
  - Pull over
  - Elbow comes to the stop position

# Steel Mace Rotational Mills

Steel Mace Rotational Mills

#end

# Wildman Mace Training

Mace 101 , part 101 of a instructional basic mace videos

Mace 102 - same side single arm 360 also called same side single arm shield cast

Mace 103 - reverse near side single arm 360

#end