

GADA, MACE & STAFF SELECTION GUIDE – identify the best tool for you



Gadas, mace and staff are incredibly versatile training tools – excellent for adding rotational strength & conditioning to your workouts. With a huge range of options out there, we've created the chart below to help simplify your selection process and compare the benefits and suitability of each type. Generally, lighter flowmace and staff are used for fluid, rotational exercises that train mobility & coordination whilst conditioning the body. Heavy gadas, on the other hand, are primarily used to build strength. Whilst lighter flowmaces are not primarily designed to build muscle, they can be utilised to build strength (via offset grip positioning from the centre of mass to increase torque) and brain-body coordination, before moving on to heavier gadas. Similarly, as people progress, there is often an overlap of technique where gadas might be used in the more free 'flowmace style' once the body has the required strength, conditioning and skill.

SUITABILITY	5' bo staff	4'- 6' bo staff / stretching stick	Multi-Staff modular kit	2kg flowmace	2.5kg flowmace	4kg gada	Adjustable 6-9kg gada	Adjustable 9-12kg gada	Adjustable 14-16kg gada	*Gama short handle dynamic power option	Angell gada 15-25kg
Beginner	✓	✓	✓	✓	✓	✓				✓	
Intermediate	✓	✓	✓	✓	✓	✓	✓	✓		✓	
Advanced	✓	✓	✓	✓	✓			✓	✓	✓	✓
Expert	✓	✓	✓						✓	✓	✓
Pre/re-hab	✓	✓	✓	✓	✓						
Strength	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Stretching stick		✓	✓								
Flow	✓	✓	✓	✓	✓	✓					
Compact size		✓	✓							✓	

Selecting your gada, mace or staff

When swinging a mace, centrifugal force creates a decompressive effect, pulling away from the body. Faster swings generate more outward force, engaging the entire body, especially the core, shoulders, arms, and grip. Always keep in mind that the farther the mace 'head' is from the grip, the higher the leveraged weight becomes. Conversely, you can 'choke' or shorten the distance between your grip and the head to make it easier. Start out with a lighter gada/mace, and develop your technique and timing. Note that thicker grips on gadas demand more effort and may be too challenging when starting out.

FLOWMACE – 2 to 2.5kg maces are great for entry level to advanced maceflow routines. They are excellent for warm-up and recovery workouts, as well as integrating movements before progressing to heavier weights. These maces can be combined with offset grip positioning and resistance bands to perform exercises of increased resistance & challenge.

GADA/MACE – start out with a weight much lighter than you lift in the gym, as weights further from your body create increased **torque**. Depending on your age, strength & current fitness level, consider a starting weight from 2.5 to 6kg. Churn out the reps and analyse your form, to build a foundation of rotational strength conditioning before

**Our Adjustable gadas are all compatible with a 'Regular' length handle, and a short 'Gama' handle that vary the dynamics of this tool. The Gama handle creates a 'Hanuman-style' tighter swing and can be used single or double handed. Handles can be alternated to increase the benefits of your gada training.*

Other selection guides in this series:

- INDIAN CLUBS
- KARLAKATTAI
- PERSIAN MEELS

All guides can be downloaded from www.bodymind-fit.com/guides

