

# RICHARD “ARMY” MAGUIRE



*Below are some of the testimonials that I have gathered from students who have practiced and learned my curriculum for Asian clubs. These come to me after many years of experience, researching and teaching these exercises to friends, neighbors, clients and sports professionals. I have asked those that I influenced to share a bit of what benefits they have experienced for those that visit my website. Thanks to all that responded and took the time to share with my audience. –“Army” Maguire*



“Seldom found are people whose passion is so extraordinary that they are inspirational. One such person is Richard “Army” Maguire. In both martial arts & physical training, and animal training in which he is world renowned for his work with elephants, Army brings tenacity, intensity, and determination that are unequaled.

Army’s approach is to thoroughly investigate and research the art and science of training techniques from ancient times to modern day. He seeks out those who are proficient in their fields for instruction, and tests what he learns with rigorous practice and self discipline. His overriding behavioral objective is to learn what works and what doesn’t in order to assimilate the most effective training regime. From amazing powerful feats of Iron Palm strength, to gently achieving willing and eager cooperation from five ton elephants, his results are outstanding!

Army has applied this approach to the traditional practice of club swinging with remarkable success. The ancients who developed these techniques were also interested in what works and produces the desired results. They likely weren’t able to describe these actions in modern terms that are familiar to me as a Doctor of Physical Therapy. But nevertheless, club training incorporates concepts such as: tri-planar or multi-planar core, scapular, and rotator cuff dynamic strengthening and stabilization; acceleration and deceleration, and; alternating reversals of agonists and antagonists, for example. It is a full body sensory-motor exercise that enhances posture and control.

Army is an excellent instructor. He is eager to share what he has learned and able to clearly explain how to achieve the desired behavior. If you are interested in something to augment your current strength and conditioning program, or would like a fun activity to get or stay in shape, Army’s club training may be just what you are looking for!”

*--Steven J. Strunk, PT, DPT*

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# RICHARD “ARMY” MAGUIRE



“As a function based Chiropractor and martial artist, I have always strived to find the most efficient, effective, and safest solutions to condition and re-condition the body. Army Maguire's Indian Club training stands "head and Shoulders" above everything else for strengthening while maintaining flexibility. A true functional workout that involves the core, shoulders, forearms, chest, and back. I highly recommend his programs to anyone interested in functional strength training or shoulder reconditioning.”

--**Dr. Steven Henderson, D.C.**



“Army Maguire is an incredibly talented practitioner and teacher of strength training as well as martial arts. As a professional martial artist myself with 30 years of experience and teaching credentials in seven different arts, I am rarely impressed but Army is the real deal. Army is arguably the strongest man I know and certainly the strongest man I know who is his size! I highly recommend you find a way to train with Army, you will learn a ton of simple, practical, applicable material. Enjoy!”

--**John Spezzano, RKC, Veteran Martial Arts Instructor, Gym Jones Strength & Conditioning Instructor, Purple Belt Brazilian Jiu Jitsu, Muay Thai & Kettlebell Program Leader at Five Star Martial Arts in Los Angeles.**



“I've had the fortune to study Club technique personally with Army Maguire, and I also have his DVD's. He is an excellent instructor—very patient and professional, and thorough in terms of teaching proper technique and the body mechanics required to use the clubs. Unlike other instructors who teach club swinging exercises, Army is able to fully illustrate and explain in detail how the exercises can spillover to practical martial art applications, especially in close quarter hand-to-hand combat. Most people teaching these kind of exercises nowadays are not even aware of the deeper combative roots of the movements, much less the applications of the training beyond mere "conditioning." Because of his extensive experience as a martial artist, trainer, and teacher, he is able to communicate and simplify complex movement appropriate to the student's pace, ability, and level of learning. He can teach raw beginners and physical adepts alike. His deep knowledge and enthusiasm for the art is contagious and inspiring. Army always emphasizes correct technique and biomechanics first. One of the most important lessons you will learn from Army is that strength is a result of safe, intelligent, and strategic training. He walks the talk: he has accomplished extraordinary feats of strength because he knows how to train and challenge the limits of one's physical capability without injury or compromising one's health.

If you want a safe and sustainable method of exercise that results in practical strength, conditioning, joint mobility, and health—look no further. Whether you are a professional athlete, martial artist, weekend warrior, or out of shape individual who wants to get fit and strong—I highly recommend that you study with Army Maguire.”

--**Marlon Fuentes, Arnis Instructor, Certified WKC Kettlebell Fitness Trainer, Management Consultant, & Media Artist**



“In addition to being a five time All-American athlete, and a New England College Champion I have also been a practicing physician for over thirty years.

During that time I have personally never experienced an easier, safer way to strengthen the shoulder joint and improve total upper body function and posture than following the principles of Indian Club training as prescribed by Army Maguire.

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Army has an incredible wealth of knowledge which he freely shares in a very easy, instructional format. I highly recommend his programs and have personally benefited from them. In fact many of my patients are now using these same principles with excellent results.”

--*Dr. Jan Kaplowitz, Chiropractic Physician*



“I have over thirty years of experience with Martial Arts and a lifetime of experience as a strength athlete. Richard "Army" Maguire excels in both regards.

He applies his analytical reasoning towards development of training methods; both for conditioning and for effectiveness. Army's strength is extraordinary and is matched by his martial arts acumen. He is the rare martial artist that can do; he does walk the walk as opposed to those who merely talk the talk.

That being said, his quality as a human being far exceeds his physical and business accomplishments. He possesses a sharp and refined intellect; and very accessible sense of humor, humility, great kindness, and generosity. He actually cares about people! I treasure my friendship with him.”

--*Lancelot Bausley*



“I am the resident grandmaster of NNG Balintawak Intl. I've been a practicing Escrima master for 36 years, and have recently attained the rank of Grandmaster, three years ago. A big part of my day is spent finding ways to improve performance. Both for me and my students.

In our martial art of stick fighting there is a big need to develop explosive strength in short distances. Other exercises have side effects of "tightening" or "slowing down" my student's performance. One approach we have found most effective is the "Army Maguire club routine" that we use in our training. We found that this routine achieves fast results in a safer manner. It is safe to use everyday.

I have been looking for creative approaches that increase shoulder strength without compromising speed and performance. I am very happy I have found it!! By doing the clubs, I have progressively increased my dynamic power to a point, I can shatter a fresh coconut with the shell intact and its coconut meat and water still inside! This I can perform without taking a back swing! I rely solely on explosive shoulder power to attain the acceleration needed for the stick to shatter the coconut.

I credit the use of the club training, in the manner Richard "Army" Maguire has demonstrated to me, as the primary ingredient to my dynamic performance improvements. My strength increases without diminishing my speed! I can cut in half an unripe lemon using a rattan stick without the other remaining half of the lemon even coming off the stem! That cannot be possible if one just performs static exercises!

I highly recommend Mr. Richard " Army" Maguire's club routine to anyone looking for a safe, effective approach to shoulder, arm and wrist dynamic strength development without compromising speed and performance.”

--*Grandmaster Nonato "Nene" Gaabucayan, Founder, NNG Balintawak Intl*

# RICHARD “ARMY” MAGUIRE



“I have known Mr. Army Maguire around eight years, during this time I have come to appreciate his vast knowledge in the field of Athleticism.

I personally have used and trained with his Indian Club Training system, and I had nothing, but positive physical improvements and results.

There is no doubt in my mind every one can benefit physically, I recommend this system very highly, it will deliver fast and effective results for any one with serious intentions of improving their physical health.”

**--Armen Sarkissian**



"Being involved in health and wellness is a life-passion, and one of my ambitions was to learn wooden club swinging. That ambition finally came into being after befriending Richard "Army" Maguire. What convinced me even more about his knowledge was his approach that is based not only on personal research and mentoring under various experts, but also based on his expertise in the martial arts, which gave him an upper hand in understanding the dynamics of movement. Army's passion and unselfish love to help others are guiding forces for him to perpetuate the art. My own creativity has also been enhanced, drawing from his teachings and from my background in the traditional martial and healing arts of the Philippines."

**--Virgil Mayor Apostol**, [www.rumsua.org](http://www.rumsua.org), Author “Way of the Ancient Healer: Sacred Teachings from the Philippine Ancestral Traditions”



“My experience in both the martial arts and the physical culture has consistently driven me to find the most knowledgeable, innovative, and skilled instructor in whatever area of interest I was studying. I have had the pleasure of training with some of the best instructors in the world and have found that the closer to the source, the purer and more accessible the information is. In the Filipino martial arts and Jeet Kune Do Concepts I have had the honor to train with Guro/Sifu Dan Inosanto for over twenty years. In Russian Kettlebells I have been involved with the RKC program under Pavel Tsatsouline for the past ten years. In Indian Clubs I have had the pleasure of working with Richard "Army" Maguire. What makes these three men the best in their fields? I think it is two things: Passion and Hunger. Passion in that they are all three passionate about what they are doing and are constantly refining and researching to increase their own knowledge and better enhance the presentation of their knowledge. Hunger in that they are never satisfied with what they are doing and are endlessly searching for a better, more productive, or more intuitive way.

If you are an athlete or martial artist you are probably already familiar with Pavel Tsatsouline and Dan Inosanto. It is very likely that you are not familiar with Richard "Army" Maguire—but you should be! Army is one of the smartest, most innovative and inspiring person I have ever met. It has been an honor and a pleasure to be a friend and student of Army's for almost two decades and while we are located on opposite coasts I consider him to be one of closest friends, advisor, and mentor. You will be well served to search out Army and learn as much as you can from him—it will be time well spent.”

**--Michael A. Krivka**, Training Director-CrossFit Concepts and Martial Arts Concepts, RKC Kettlebell Instructor, Full Instructor-Filipino Martial Arts & JKD Concepts

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“I have been interested in Indian Clubs for years and have studied numerous sources. I was not able to comprehend and apply the Indian Club techniques successfully until working with Army Maguire. Army’s ability to break the three-dimensional movements down into smaller teachable modules is second to none. Within minutes of working with Army, I was able to understand the club fundamentals and began applying the basic techniques—my shoulders immediately felt rejuvenated neurologically. Army was not only able to explain, but also demonstrate accurately the many restorative benefits of the clubs for shoulders, posture, and more not to mention the many fitness benefits. My shoulders have become stronger and also “smarter.” Additionally, the clubs are beneficial from a brain fitness standpoint. I have seen my clients become more coordinated with hand/eye/shoulder movements—and thus safer. Thanks to Army, I have been successful in teaching Indian Club basics to many of my corporate clients—they too are feeling the many benefits of Army’s club swinging system. As a Corporate Wellcoach that works with many clients that spend long hours at the computer, I believe the Indian Clubs and Army Maguire’s system of teaching them has great potential to correct significant shoulder pain and even injury issues I am seeing daily at the corporate level.

As a credentialed physical education and health instructor and parent of two small children, I am very concerned about the postural deviations developing because of extended use of technology with computers, smart phones, and tablets—the cost and suffering of what is developing to be horrific postural problems with our youth should not be ignored. The simple application of light club swinging as taught by Army’s system could easily cross over from an adult corporate population into youth programs. His system of teaching and application is very practical for youngsters, safe to teach—and FUN!

As an athlete and coach that has worked at the Olympic and professional level and competed internationally, I have yet to see anyone, or any tool as practical, safe, and effective in an economy of training time as Army Maguire’s system for Indian Club training. I highly recommend Army Maguire’s Agelesstrength methods for any and all *populations* from professional athletes to corporate populations to seniors and beyond.”

--**Ron Jones, MS, RKC**, Executive Corporate Wellcoach, ACSM Health Fitness Specialist, Z-Health Movement Coach (R,I,S,T)



“I learned more in one hour with Army about REAL Indian club swinging and its value for shoulder strength and athletic improvement than I did watching ALL the “other” DVD’s about club swinging that are out there. I have read everything out there too, from 100 year old texts to the modern programs teaching “Authenticity of Movement” all of which was unclear until I met with Army. If Mr. Maguire is offering a certification, I want to be in the very first class!”

--**Rik Brown, RKC**, [www.libertystrengthtraining.com](http://www.libertystrengthtraining.com)