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# PAGODA RED

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## "ISHI SASHI" MARTIAL ARTS WEIGHT XI

**\$1,580**

c. 1850 • Hebei, China • Limestone • Collection #BJFF035

W: 14.75" D: 5.0" H: 9.25"

Today known by the Japanese name "ishi-sashi," meaning "awesome stone padlock," weights such as this one were once used as part of intensive martial arts training. Shaped like ancient Chinese locks, the weights were carved from limestone and used much like a modern kettle bell. Students would grip the handle and either swing the weight around or use it in flexing exercises. Made in the 19th century, the weight is rustically carved and has a sculptural look that would add an unexpected element to the home or garden.



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