



## ROUND MARTIAL ARTS WEIGHT

**\$2,880**

c. 1850 • Beijing, China • Limestone • Collection #BJEE218

H: 6.25" Dia: 14.5"

Once used as part of intensive martial arts training, this 19th-century round weight was carved from limestone and used much like a modern kettle bell. Likely threaded with a strong rope, the weight was either swung around or lifted to aid in the development of coordination and muscle building. Rustic and sculptural, the weight makes a strong statement on its own indoors or out.



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