

Road to Mudgar Mastery

01. Kai Karlai

The length is approx 2ft depending upon the weight. It can be practiced with 2 hands or 1 hand.

Starting weight: 2kg

Level: Beginners



02. Padi Karlai

This comes in pair. Each weighs approx 1kg. It helps in building wrist and forearm strength

Level: Beginners

03. Gada

The maximum weight of a Gada is around it's head. This gets difficult to swing and it needs more strength to control

Starting weight: 4kg

Level: Intermediate



04. Kusthi Karlai

This Karlai was mainly practiced by wrestlers. The height is upto the student's hip level.

Starting weight: 8kgs

Level: Advanced

05. Sumtola

It features a log-like wooden body with grips. It's designed for full-body functional movements

Starting weight: 6kgs

Level: Advanced

