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# PAGODA RED

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## "ISHI SASHI" MARTIAL ARTS WEIGHT XV

**\$1,880**

c. 1850 • Shanxi, China • Limestone • Collection #BJEE216

W: 12.0" D: 4.0" H: 8.0"

Ishi sashi are hand-held weights used in the most intensive Martial Arts training, and traditionally made of stone. The blocks are shaped like ancient Chinese locks, but the function and method of lifting are similar to modern dumbbells: Martial arts students grip Ishi Sashi and either swing the weight around or hold them out and extend. This Ishi Sashi was carved from limestone in Shanxi, China during the 18th-19th century, although the practice of lifting is many centuries older.



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