
PAGODA RED



PAIR OF "ISHI SASHI" EXERCISE WEIGHTS

\$2,880

c. 1850 • Hebei, China • Limestone • Collection #BJD044

W: 11.0" D: 4.75" H: 9.0"

Today known by the Japanese name "ishi-sashi," meaning "awesome stone padlock," weights such as these 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 modern kettle bells. Students would grip the handle and either swing the weight around or use it in flexing exercises. Made in the 19th century, they are rustically carved and have a sculptural look that would add an unexpected element to the home or garden.



1740 W. Webster Ave., Chicago, IL 60614 • 773-235-1188 • info@pagodared.com

PAGODARED.COM