

Stav Courses in Autumn 2008/Spring 2009

Stav Foundation Course

A day course to introduce Stav as body, mind and spirit system. We will cover: The history and background of Stav. The Runes, the Stances, the Five Principles, health benefits of practicing Stav and the importance of mythology in Stav.

We will hold this course in September and October at the venues below.

Saturday 20th of September

Horspath Chapel, Horspath near Oxford. 10am to 5pm. Cost £25 or £20 for Ice and Fire members. Instructor: Graham Butcher

Saturday 18th of October – Rowbarton Methodist Church, Taunton in Somerset. 10am to 5pm. Cost £25 or £20 for Ice and Fire members. Instructor: Graham Butcher

Stav Martial Arts Training

Saturday 15th of November

Horspath Chapel, Horspath near Oxford. 10am to 5pm. Cost £25 or £20 for Ice and Fire members. Instructor: Graham Butcher.

Learn the Stav training method with the Staff: Twenty four Staff exercises, five two person drills to explore the 5 principles and the nine universal guards.

2009

Woodland Living and Survival Course Friday 22nd to Monday 25th May
Instructor: Alex Fell-Bowers. Venue: Near Tunbridge Wells in Kent.
Cost: £90 (I&F members £75) Learn how to survive without the supports of modern life, the survival bindrune will teach you the priorities of survival and we will teach you the skills you need to survive in the wild, use of axe, sax and knife, tree recognition, shelter building, fire lighting, water collection, wild food, outdoor cooking, first aid and much else. Upon booking we will send you a 52 page



manual for you to study prior to attending the course. On arrival you will receive a basic survival kit to use in the practical work on the course and it will be yours to keep. 15 places only.

Midsummer Warrior Camp, Saturday 20th and Sunday 21st June 2009
A weekend dedicated to Stav Martial Arts training. Instructor Graham Butcher. Beginners Welcome. Venue to be confirmed but probably Somerset. Cost £60 (I&F members £50) for the weekend. Maximum of 20 places.

Ice and Fire Summer Stav Camp, Wednesday 15th to Sunday 19th of July 2009

Five days of Stav training with Ivar Hafskjold, Graham Butcher and other experienced teachers. This course will be for Ice and Fire members only and you will be required to have attended at least one day course or five classes with a recognised teacher. Venue tbc but probably Somerset. Cost will be £140 if booked before the 31st May, (thereafter £160) for the five days and will include camping fees and meals. 20 places only and a £50 deposit will secure a place.

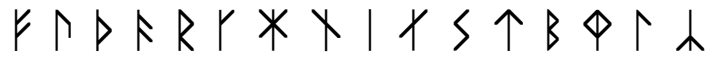
Join Ice and Fire

This costs £25 for the year. We will send you your manual, DVD and membership record card by post and your magazine by pdf to your email address. If this is not possible for you then please tell us and we can send a paper version by post. Please use form overleaf for joining. If you have previously been a member of I&F at any time then please rejoin for the renewal price of £20.

Terms and Conditions

Please read these carefully before booking on any course.

- In the event of Ice and Fire canceling a course all monies will be refunded.
- In the event of your canceling a booking we will normally only make a refund if we can fill your place.
- Ice and Fire reserves the right to refuse any booking and return payment without giving a reason.
- It is your responsibility to ensure that you are fit enough to attend an Ice and Fire Course. If in doubt consult your physician before booking.



Booking and Joining Form

Please use form below to join and/or book on courses and camps. It is also possible to join on-line using pay-pal at www.iceandfire.org.uk Please also see our list of books etc. at the same location.

Payment Details

Please make cheques payable to Ice and Fire Ltd and send to:
Ice and Fire Ltd. 31B Manor Road, Barnet, Herts, EN5 2LA, UK

Acknowledgments

Bookings will be acknowledged and joining instructions sent by email. If you require a hard copy please include a SAE with your booking form and payment.

Name	
Address	
Town	
County	
Post Code	
Telephone	
Email Address	
Date of Birth	
Membership	I am a member / I would like to join Ice and Fire (Delete as applicable)

Please book me on:

Date	Location	Cost
	Total for Courses	
I would like to Join I&F £25 (delete as applicable)	I need to renew membership of I&F £20	
	Total	

Could you tell us how you found out about us please?