

Stav Street Defence Seminars

Saturdays 1st and 29th November 2014

10 am until Noon

at the Somerset Stav Martial Arts School

3-5 South Street, Crewkerne. TA18 8DA

**Cost: £15 or £10 if member or paying monthly
(there is a £3 discount if you book in advance)**

and

Saturday 15th November 2014

10 am until 1pm

at St Georges Church Hall, Harnham, Salisbury, Wiltshire, UK

**Cost: £20 or £15 if member or paying monthly (there is a £5
discount if you book in advance)**



This seminar will teach you the essential principles of self-defence and how to apply them in real life conflict situations.

Training is based on these six essential principles.

- Learning to see the structure of the body and using this awareness to unbalance an opponent while protecting yourself.
- Cultivating awareness, sensitivity and vulnerability. This way you can know your own limits while also working to develop your real potential.
- Working with the five principles of Stav so that you can decide what your real and appropriate priority is in any given situation. Do you just need to remove yourself from the situation? Do you need to defend your space? Do you need to take control of an attacker? There are two other possibilities as well. To be effective in protecting yourself and others you need to have a clear intention and then you need to know how to act in accordance with that intention. The five principles give you a framework for making such decisions.
- Developing power in body, mind and spirit. How to use the body really efficiently. Thinking clearly under pressure so that you can understand your opponent and yourself. Releasing energy through emotion, feeling and connecting with the sub-conscious.
- Using your opponent's body and mind as your weapon while minimising his opportunity to use your body as his weapon.
- Understanding the transactional nature of violence and learning how to always make the deal in your favour.

Graham Butcher has over 40 years of Martial Arts training experience. He has been teaching Stav for over 20 years and is a Geoff Thompson trained and recognised Self-protection instructor.

These seminars are suitable for men and women of any age with or without other martial arts experience.

Book online at <http://www.iceandfire.org.uk/forthcoming.html>

Or contact Graham using email or telephone number below for information on paying by Bank transfer or by cheque.