

Ice and Fire Stav Training for 2012

# Ice and Fire Stav

## Training Opportunities in 2012

Full details can be found at:

[www.iceandfire.org.uk/forthcoming.html](http://www.iceandfire.org.uk/forthcoming.html)

### **Stav Training in 2012 With Graham Butcher and Ivar Hafskjold and Alex Fell-Bowers at the Summer Camp**

<b>24 to 26 March</b>	Bi-annual training in Annapolis, MD, USA
<b>31<sup>st</sup> March</b>	Denham (West London) Stav Course, UK
<b>14<sup>th</sup> April</b>	Salisbury Stav Course, UK
<b>19<sup>th</sup> May</b>	Oxford Stav Course, UK
<b>23<sup>rd</sup> June</b>	Salisbury Stav Course, UK
<b>10<sup>th</sup> to 15<sup>nd</sup> July</b>	Stav Summer Camp in Northhamptonshire, UK

*Full details of programmes below*

Details of Costs and terms and conditions on page 4 below

If you are interested in organising a course or inviting me to teach at an event you are hosting then contact me on [graham@iceandfire.org](mailto:graham@iceandfire.org)

It will be 20 years this Autumn since I first met Ivar Hafskjold. The magazine Fighting Arts International hit the news stands in October or November 1992. Various people saw the article which Harry Cook had written about Ivar including me. I made contact shortly afterwards and began training with Ivar.

It has been quite a journey since as we have sought to teach Stav as widely as possible. We have done our best to be true to the original tradition while developing training systems which are appropriate to the present day. As well as being a student of Ivar for the past 20 years I also seek inspiration and knowledge wherever he can find it. Over the past few years I have trained with Kevin O'Hagan and attended Fight Camp amongst other seminars and training opportunities. By the time of the Summer Camp I will have completed Geoff Thompson's Master Class.

So in 2012 I am going to teach a programme of practical Close

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Quarter Combat training using the concepts and principles of Stav. This system of practice and application will be simple enough to learn in quite a short time. Yet it will provide a powerful path of self-development and building self-confidence. The opportunities to learn in the first half of 2012 are listed below.

### **Wednesday Evenings – Stav Evening Class**

Glastonbury Classes at St Mary's Church Hall on Madelene Street 7.30 to 9pm.  
Instructor: Graham Butcher. This class teaches Stav martial arts including stances, staff exercises, five principles drills, practical self-defence and advanced weapon training. Cost £5 per class (£3 concessions) After two lessons you will need to apply for Ice and Fire membership in order to ensure insurance cover while training.

### **Stav Day Courses in Spring and Summer 2012**

The training on the following courses will focus on both covering the training for the foundation syllabus and preparing for the Close Quarter Combat training system which will be covered in detail at the Summer Camp. Training will cover:

- Runic Stances including Galdre Stances
- Staff exercises
- Five principles drills Staff v. Staff
- CQC nine foundation exercises
- Dagger drills
- Self-defence five principles drills

Dates for 2012:

- Saturday **11<sup>th</sup> of February** at St George's Church Hall, Harnham, near Salisbury. Organiser: John Lindley
- 24<sup>th</sup> to 26<sup>th</sup> March at Annapolis, MD, USA Ice and Fire USA Bi-Annual training. More details at <http://www.iceandfire.us> Organiser: Miki Tracey
- Saturday **31<sup>st</sup> March** At Denham, Near Uxbridge, West London. Organiser snake.
- Saturday **14<sup>th</sup> of April** at St George's Church Hall, Harnham, near Salisbury. Organiser: John Lindley
- Saturday **19<sup>th</sup> of May** at Mortimer Hall, Marston, Oxford. Organiser: Clare Carsewell
- Saturday **23<sup>rd</sup> of June** at St George's Church Hall, Harnham, near Salisbury. Organiser: John Lindley

Courses begin at 10am and finish at 5pm with a break for lunch

### **2012 Ice and Fire Summer Stav Camp with Ivar Hafskjold**

Tuesday the 10<sup>th</sup> to Sunday 15<sup>th</sup> of July. Venue, Northamptonshire.

Programme: The 2012 Summer Stav Camp will be divided into two parts:

## Ice and Fire Stav Training for 2012

From the Tuesday to the Thursday there will be three days of training which will begin each day with staff exercises and the stances. After that you will have a choice of:

- Bushcraft training with Alex Fell-Bowers, assisted by Nigel Smith. Will include working with the survival bind rune, tracking, green wood work, traditional fire making, and much more.
- Close Quarter Combat training with Graham Butcher. Graham will be showing how Stav training and practice can be applied to practical self-defence training with both unarmed techniques and close quarter weapons.

Then, on the Friday to the Sunday, a rare opportunity to train with Ivar Hafskjold himself. Training with Ivar will include:

- Advanced Galdre Stances training.
- Weapon training
- Runelore
- Detailed exploration of the Hafskjold tradition. This year with an emphasis on the Norns.
- Self-defence.

Cost (includes camping fees and all meals) for the full six days £205, Ice and Fire Members £195: If booked before the 30th of April £155, Ice and Fire members £145. Or, a three day programme (Tuesday to Thursday, or Friday to Sunday) for £110, Ice and Fire members £100 If booked before the 30th of April £95, Ice and Fire members £80. Please note that to attend the training with Ivar Hafskjold you will need to have some experience, a minimum of a full day course or the first three days at the beginning of the camp.

A £50 deposit will secure a place at the early booking rate, balances to be paid by 30th June. Please note that there will only be thirty student places on this course. For more details see <http://www.stavcamp.org/>

### The Ice and Fire Stav Training Syllabus

Ice and Fire Stav has a training syllabus which is designed to guide the student of Stav through the early stages of their study and practice of the system. This can be found at <http://www.iceandfire.org.uk/syllabus.html>

### Membership

The Ice and Fire Membership is open to anyone interested in the I & F approach to learning and living Stav. The yearly fee provides the following benefits:

- Priority information and booking on courses and events
- Discounts on course fees.
- Insurance cover
- Twice yearly magazine
- Exclusive access to some events and training
- Members manual and DVD

Cost for one year: £35 to join, £30 to renew a previous membership.

## Ice and Fire Stav Training for 2012

### Cost and Booking Information

Day courses cost £35 or £30 for Ice and Fire Members (pre-booking discount of £5). Students and Concessions £20. You can join or renew membership at the same time as booking and claim the members discount. Please book/join using form below or on-line at [www.iceandfire.org.uk/forthcoming.html](http://www.iceandfire.org.uk/forthcoming.html) where you can pay using Pay Pal. You can also join Ice and Fire or renew your membership by following links from the same page. You may turn up and pay on the day although we would appreciate your letting us know you intend to come by phone or email. (and please note the pre-booking discount). If you pre-book we will send you travel instructions by email or post as required. (If you leave email box blank we will send joining instructions by post.) In the event of your cancellation we will carry the course fee over to another event but we will only refund in exceptional circumstances. In the event of the course being canceled by Ice and Fire a full refund will be made.

Please bring own food for lunch, refreshments will be provided before the course, at breaks and at lunchtime.

Please book me on the following course/s (Please write in dates of ones required.)

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Your Details, please print clearly

Name	
Address 1	
Address 2	
Post Code	
Telephone Number	
Email Address	
Date of Birth (only necessary if Joining Ice and Fire.)	

Payment Details. Please tick relevant box to indicate your status:

I am not an Ice and Fire Member	Non-member claiming concession	Non-member in full time education
I am a member of Ice and Fire	Member claiming concession	Member in full time education.
I would like to Join Ice and Fire - £35	Please renew my membership - £30	
I enclose Cheque for:	£	

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