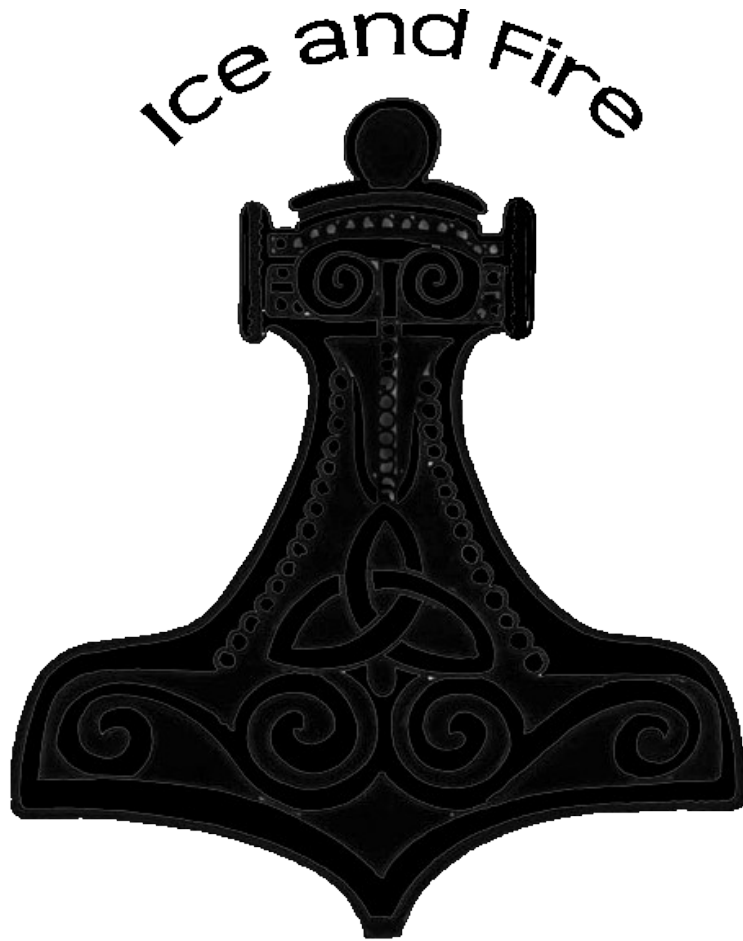


Ice and Fire



Black Tab

Level One Foundation Syllabus

Ice and Fire – Level One Foundation Syllabus

Member Details

Name _____

Address _____

Town _____

Post/Zip Code _____

Telephone _____

Email _____

Date of Birth _____

Date of Joining Ice and Fire _____

Name of Responsible instructor _____

Insurance Certificate Number _____

Insurance Expiry Date _____



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Ice and Fire – Level One, Foundation Syllabus

Introduction

The purpose of this syllabus is to encourage the new student of Stav to gain the basic knowledge and skills required for long term practice and development in Stav as a way of life. It is also to ensure that they have laid the foundation on which to develop more advanced training and skills.

Some of the modules may be completed by study of the member's manual. Other modules will require training at a class or courses. For guidance in training and study please ask your instructor.

~ ~ ~

Module 1 - Runes

Identifying and naming the runes of the younger futhork. The student will be expected to name any of the sixteen runic symbols or to pick out the relevant symbol having been given the name. See the members manual.

Module 1 passed: Signature _____ Date _____

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Module 2 - Stances

Performing the Trel version of the stances. The student will be expected to perform the full set of Trel stances without guidance or prompting on both the right and left hand sides. See the members manual and the members DVD.

Module 2 passed: Signature _____ Date _____

~ ~ ~

Module 3 – Meanings of the Runes

Knowing the basic meanings of the runes of the younger futhork. The student will be expected to assign the traditional meaning to any of the sixteen runes as indicated by the testing instructor. See the members manual.

Module 3 passed: Signature _____ Date _____
~ ~ ~

Module 4 – Basic Staff exercises

Performing the sixteen basic Staff exercises. The student will be expected to perform any of the basic staff exercises without guidance or prompting. For testing the instructor will probably indicate four or five exercises at random. See the members manual and DVD.

Module 4 passed: Signature _____ Date _____
~ ~ ~

Module 5 – Rune Poems

Knowing the rune poems associated with the runes of the younger futhork. The student will be expected to recite any of the rune poems in English translation as indicated by the testing instructor. For testing the instructor will probably indicate four or five runes at random. See the members manual.

Module 5 passed: Signature _____ Date _____
~ ~ ~

Module 6 – Advanced Staff Exercises

Performing the six advanced Staff exercises. The student will be expected to competently demonstrate the six advanced Staff exercises. Attendance at classes or courses will be required to learn these although the members DVD will act as an aide-memoire to assist with private practice.

Module 6 passed: Signature _____ Date _____
~ ~ ~

Module 7 – Stav for Health and Well-being

Health benefits of Stav practice. The student will be expected to describe some of the benefits to health and well being from the practice of Stav. This may relate to posture, breathing, diet or energy levels. See the members manual.

Notes

Terms and Conditions

- 1) It is your responsibility to ensure that you are physically capable of undertaking Stav training. (Consult you physician if in doubt.)
- 2) Any instructor teaching as a representative of Ice and Fire reserves the right to:
 - Ask any student to leave a class or course if he or she deems this necessary.
 - Halt and course or class if he or she deems it unwise to continue.
 - Prevent any student using particular equipment or techniques in a class or course if he or she deems them inappropriate.

Etiquette

1. Always wear suitable clothing and use suitable equipment when training.
2. Train safely and with care for the safety of others.
3. Listen to instructions and carry them out fully.
4. Always train with focus and concentration.
5. Never take anything for granted. Test, prove and question everything.
6. Take full responsibility for your actions.

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

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