

Ice and Fire

Ice and Fire



Green Tab

Level Two
Intermediate Syllabus

Ice and Fire – Level Two Intermediate 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 Two, Intermediate Syllabus

Introduction

The purpose of this syllabus is to encourage the continuing student of Stav to gain the intermediate level of knowledge and skills required for long term practice and development in Stav as a way of life. It will also provide the opportunity for more advanced training and a higher level of competence.

Some of the modules may be completed by study of the member's manual and other DVD and text material which is available through Ice and Fire. Other modules will require training at a class or courses. For guidance in training and study please ask your instructor.

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Module 1 – Animal Exercises and associations

The student will be expected to perform a selection of the runic animal exercises and know the animal and stance which has inspired the exercise. See the relevant booklet and DVD.

Module 1 passed: Signature _____ Date _____

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Module 2 – Karl Stances

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

Module 2 passed: Signature _____ Date _____

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Module 3 – Basic Self-Defence Applications

The student will be expected to demonstrate six self-defence applications against a grab or hand strike. The student will be expected to know which principle they are working with in each application. At least two principles should be represented. See manual and relevant booklets and DVD.

Module 3 passed: Signature _____ Date _____
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Module 4 – Tree Associations

The Student will be expected to be familiar with the 18 tree associations of the runes. The student will be expected to identify at least 5 associated trees in the location of the test and ascribe the relevant rune to each one.

Module 4 passed: Signature _____ Date _____
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Module 5 – Axe training, basic cuts

The Student will be expected to demonstrate the two basic cuts with the axe both as for individual training and as a two person training drill. See relevant DVD and attendance at classes or course is strongly recommended.

Module 5 passed: Signature _____ Date _____
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Module 6 – Axe training, 5 principles drills

The student will demonstrate the five principles drills with axe against axe. To test this a competent training partner will be needed or the examining instructor may partner the student. See relevant DVD but expert tuition will be needed to gain competence in these drills.

Module 6 passed: Signature _____ Date _____
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Module 7 – Healing Bind-rune

The student will be expected to draw the healing bind-rune and explain briefly what each of the six runes indicates. The student will also be expected to know the distinction between the top and bottom halves of the bind-rune. See relevant reading material.

Module 7 passed: Signature _____ Date _____
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Module 8 – Making a set of Runes

Student will make a set of runes, preferably a 24 piece set, out of appropriate material. See manual. Woodland courses usually provide an opportunity for this activity.

Module 8 passed: Signature _____ Date _____
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Module 9 – Story Telling

Student will tell one of the stories from the Norse Mythology. This may be directly to the examining instructor but opportunities arise at camps and other events for story telling and one of these would be the ideal occasion to complete this module.

Module 9 passed: Signature _____ Date _____

Intermediate certificate awarded by Graham Butcher

Signature _____

Date _____

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.

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