

Ice and Fire

Ice and Fire



RED TAB

Level Three
Advanced Syllabus

Ice and Fire – Level Three Advanced 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 _____

Ice and Fire Ltd.

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Ice and Fire – Level Three, Advanced 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.

Completion of this level will entitle a student to apply for instructor insurance in their own name and begin teaching under supervision.

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 – Herse Stances

The student will be expected to perform the full version on the Herse stances. See the relevant booklet and DVD.

Module 1 passed: Signature _____ Date _____

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Module 2 – Long Sword Training

The six basic cuts with the two handed sword. The student will be expected to perform the full set of cuts with the long sword, both as individual training and as a partner drill. See the relevant booklets and DVD.

Module 2 passed: Signature _____ Date _____

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Module 3 – Nine Guards with the Spear

The student will be expected to demonstrate defence against sword attack using the spear. The defences will be based on the nine guards. See manual and relevant booklets and DVD.

Module 3 passed: Signature _____ Date _____
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Module 4 – Ethical Bind-rune

The Student will be expected to be able to draw the ethical bind-rune correctly. Name each rune and explain their significance in the context in which they are set.

Module 4 passed: Signature _____ Date _____
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Module 5 – Self-defence against knife attack

The Student will be expected to demonstrate the five principles against a variety of knife attacks. See relevant DVD and attendance at classes or course is strongly recommended.

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

The student will demonstrate the five principles drills with sax 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 – Cudgel training, five principles drills

The student will demonstrate the five principles drills with cudgel 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 7 passed: Signature _____ Date _____
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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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