

# Somerset Stav Martial Arts



Classes held at: Lift Fitness, 3 to 5 South Street, Crewkerne  
**Stav** training for: Fitness, well-being, self-defence and traditional fighting skills with, and without, weapons.

## Classes

- Mondays 7.30 – 9pm: **Stav Weapons Class.**  
Training covers: Runic Stances, staff exercises, two person drills, battle axe training and nine guards with the spear); Age 14 plus. Cost £25 per month
- Tuesdays, 7 - 8 pm: **Close Quarter Self-defence Class.**  
Training covers: Runic stances, strikes, kicks and take downs. Practical self-defence training, falling and defence on the ground. Runic animal exercises and applications Age 8 plus. Cost £20 per month
- Tuesdays, 8 – 9pm: **Close Quarter Weapons Class**  
Training includes: Cudgel/walking stick strikes and thrusts, two person training drills with the cudgel. Cudgel defence against knife. Five principles knife defence. Dagger/tein training for learning coordination and body mechanics. Age 14 plus. Cost £20 per month or £25 if you want to attend both Tuesday classes.

For more details and to arrange your first class please visit the website at: <http://www.somersetstav.co.uk>

Or email [contact@somersetstav.co.uk](mailto:contact@somersetstav.co.uk)

Or telephone Graham on 0771 358 5954