

## Stav USA Training, 10<sup>th</sup> to 12<sup>th</sup> of September 2016, Leaf River, Illinois

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Theme: Laying foundations for personal learning and practice of Stav as a martial practice and as a way of life.

Objectives:

- Teaching stances and drills for personal training
- Developing an understanding of the Hagl ✕ rune as a guide to weapon training.
- Lay foundation of understanding how the runes are used in the Hafskjold Stav tradition as a basis for further study and personal development.

### Training Timetable

Saturday 10 <sup>th</sup> , 0900 – Session 1	Opening stances followed by introduction to staff and staff exercises. Staff exercises will be related to the runic stances
11am	Break
1115 – Session 2	Introduction to the concept of the five principles and how to work with the principles using staff.
1315	Lunch
1400 – Session 3	Introduction to using the five principles for unarmed self-defence and knife defence
1530	Break
1545 – Session 4	Introduction to axe training and the martial significance of Hagl ✕ as the basis for axe training.
1715	Closing stances
Evening talk	What is Stav and what do we mean by 'knowledge of the rune staves'?
Sunday 11 <sup>th</sup> , 0900 – Session 5	Opening Stances followed by full set of staff exercises. Then focusing on the 9 essential staff exercises which can be related to ✕ Then, revision of the five principles drills using the Staff.
1100	Break
1115 – Session 6	Axe five principles training
1315	Lunch
1400 – Session 7	Stav close quarter combat training using the dagger/tein as the basis for teaching and practice. Introducing the concept of the three 'Ns'.
1530	Break
1545 – Session 8	Basics of personal Stav training including the stances and training with the staff guided by ✕
1700	Closing stances and goodbyes to those not staying for the Monday training.
Monday 12 <sup>th</sup> , 0900 – Session 9	Opening Stances and revision of staff exercises and two person drills
1100	Break

1115 – Session 10	Revision of axe training
1315	Lunch
1400 – Session 11	Introduction to the cudgel and AIM training
1530	Break
1545 – Session 12	9 guards with staff/spear
1700	Closing stances and goodbyes

For more details and to book please visit: <http://www.iceandfire.us/events/index.html>