

# Somerset Stav Martial Arts



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

## Classes

- Mondays 7.30 – 9pm: Weapon Class (Staff, axe and spear); Age 14 plus
- Tuesdays, 7 - 8 pm: Close Quarter Combat Self-defence; Age 8 plus
- Tuesdays, 8 – 9pm: Close Quarter Weapons Class; Age 14 plus

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