

Ice and Fire Stav Training Spring and Summer 2010



Ice and Fire Stav Training Courses Spring & Summer 2010

Full details can be found at:

www.iceandfire.org.uk/forthcoming.html

The 2010 training programme will cover the levels one and two of the Ice and Fire training syllabus. This can be downloaded in PDF form from <http://www.iceandfire.org.uk/syllabus.html>

27th February	Glastonbury Course – Introduction to Runelore
20th March	Glastonbury Course – Advanced Runelore
24th April	Bath Spa University – Mott and Megin Training
1st to 3rd May	Kent – Woodland Survival Course
15th May	Glastonbury Course – Introduction to Axe Training
19th and 20th June	Somerset - Warrior Camp Martial Training Course
21st to 25th July	Somerset – Ice and Fire Summer Stav Camp
18th September	Glastonbury Course – Continuation to Axe Training
23rd October	Glastonbury Course – Health and Well-being
27th November	Glastonbury Course – Stav For Self-defence

Full details of cost and programmes inside.

Website: www.iceandfire.org.uk Email: admin@iceandfire.org.uk Tel: 0771 358 5954

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Spring & Summer 2010 Courses

Details of Costs and terms and conditions on page 4 below

27th February - An introduction to Stav Rune lore with continuation in Staff Training.

Glastonbury Course at St Mary's Church Hall 10am to 5pm. Instructor: Graham Butcher. This course will cover Theories about the origins of the runes (no one really knows for sure) How they have been used in the Hafskjold Tradition. The names, meanings and associations of the runes and the significance of the Rune poems. This will cover Modules 1, 3 and 5 of the Level One Syllabus. There will also be further instruction in the Trel Stances and Staff practice.

20th March - Advanced Runelore with further Staff Training

Glastonbury Course at St Mary's Church Hall on Madelene Street 10am to 5pm. Instructor: Graham Butcher. This course will explore the relationship between Runes and Mythology. Will consider Bind-runes, with the healing bind-rune as a specific example. There will also be practical work on making and reading runes. This course relates to Modules 7, 8 and 9 from the Level Two Syllabus. Some time will also be devoted to practicing with the Staff.

24th April - Mott and Megin Training

At Bath Spa University, hosted by the Bath Spa University Pagan Society 10.30am to 5.30pm. Instructor Graham Butcher. This course will use the Karl Galdre Stances as the basis for working with Megin Energy. This will include working with Megin for our own health and well-being, using it for healing practices and how to protect ourselves from the energy of others. This will be an intensive and demanding day of training and practice but you will learn a great deal about the life force energy upon which we all depend. This course relates to modules 2 and 7 of the Level Two Syllabus.

1st to 3rd May - Woodland Survival Course

Scob Farm in Kent with Alex Fell-Bowers and Graham Butcher. This camp provides the opportunity to spend three days close to nature and learning how to survive in an outdoor, woodland setting. We will cover tree and plant recognition, shelter building, firelighting and camp cooking, water collection and purification, use of knife, sax and axe and much more. There will be daily practice of the Karl Stances. This course will also relate to module 7 of the Level One Syllabus and modules 2, 4 and 7 of the Level 2 Syllabus. Cost of this Course will be £80 for non-members and £70 for Ice and Fire members.

15th May - Introduction to Axe Training

Glastonbury Course at St Mary's Church Hall on Madelene Street 10am to 5pm. Instructor: Graham Butcher. This course will cover the basic axe cuts and using them in two person drills. Also the five principles drills. This will relate to modules 5 and 6 in the Level Two Syllabus.

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19th and 20th of June - Warrior Camp

Somerset (near Taunton). Instructor: Graham Butcher. This course will cover stances, staff, axe and self-defence training so will relate to modules 2, 4, 6 and 8 of the Level One Syllabus and modules 1, 3, 5 and 6 of the Level Two Syllabus. For advanced Students there will be training with the Sword and Spear. For insurance reasons you will need to be a member of Ice and Fire to attend this course and the cost will be £60.

21st to 25th of July – Ice and Fire Stav Summer Camp

Somerset (near Taunton). With Ivar Hafskjold and assistance from other senior Stav instructors. All aspects of the Hafskjold-Stav tradition will be covered so don't miss this chance to train with Ivar. Cost £160 (if booked before 30th May then £140) £50 deposit secures place at the discounted rate, balance to be paid by 30th of June.

18th September - Continuation to Axe Training

Glastonbury Course at St Mary's Church Hall on Madelene Street 10am to 5pm. Instructor: Graham Butcher. This course will revise the basic axe cuts and two person drills. We will also train with the nine guards and cover the Karl Stances. This will relate to modules 2, 5 and 6 in the Level Two Syllabus.

23rd October – Stav for Health and Well-being

Glastonbury Course at St Mary's Church Hall on Madelene Street 10am to 5pm. Instructor: Graham Butcher. This course will cover the principles and practices taught in the Hafskjold-Stav tradition for improving health, vitality and general well-being. This includes: Galdre stances, healing bind-rune, diet, simple manipulation and energy healing. This will relate to modules 7 in the Level One Syllabus and modules 2 and 7 in the Level Two Syllabus.

27th November – Stav for Self-defence

Glastonbury Course at St Mary's Church Hall on Madelene Street 10am to 5pm. Instructor: Graham Butcher. This course will cover physical training for self-defence, runic animal exercises and applying the five principles to practical self-defence situations. This will relate to modules 1 and 3 in the Level Two Syllabus.

The Venues

Our Lady of St. Mary of Glastonbury (26th September and 14th November) is located in the centre of Glastonbury on Magdalene Street, post code is BA6 9EJ. There is a pay and display car park across the road from the venue or free parking can be found in nearby streets less than five minutes walk away. For public transport the coach and bus stop is in the same street.

Bath Spa University (24th October) is a few miles outside of Bath where the A39 to Wells meets the A4 Bristol Road. The Post Code is BA2 9BN. There is more than adequate parking. There is also a bus from the centre of Bath.

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Cost and Booking Information

Day courses cost £30 or £25 for Ice and Fire Members (pre-booking discount of £5). Concessions £20 (I&F members £15), for those in full time education £15 (I&F members £10). You can join or renew membership at the same time as booking and claim the members discount. Please book/join using form below or on-line at www.iceandfire.org.uk/forthcoming.html where you can pay using Pay Pal. You can also join Ice and Fire or renew your membership by following links from the same page. Joining and renewal fees will be increasing by £5 on the 1st of February. You may turn up and pay on the day although we would appreciate your letting us know you intend to come by phone or email. (and please note the pre-booking discount). If you pre-book we will send you travel instructions by email or post as required. (If you leave email box blank we will send joining instructions by post.) In the event of your cancellation we will carry the course fee over to another event but we will only refund in exceptional circumstances. In the event of the course being canceled by Ice and Fire a full refund will be made.

Please bring own food for lunch, refreshments will be provided before the course, at breaks and at lunchtime.

Please book me on the following course/s (Please write in dates of ones required.)

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Your Details, please print clearly

Name	
Address 1	
Address 2	
Post Code	
Telephone Number	
Email Address	
Date of Birth (only necessary if Joining Ice and Fire.)	

Payment Details. Please tick relevant box to indicate your status:

I am not an Ice and Fire Member	Non-member claiming concession	Non-member in full time education
I am a member of Ice and Fire	Member claiming concession	Member in full time education.
I would like to Join Ice and Fire - £25	Please renew my membership - £20	
I enclose Cheque for:	£	

Please make cheques payable to Ice and Fire Ltd. And send to:
Ice and Fire Ltd. 31B Manor Road, Barnet, Herts, EN5 2LA

Website: www.iceandfire.org.uk Email: admin@iceandfire.org.uk Tel: 0771 358 5954