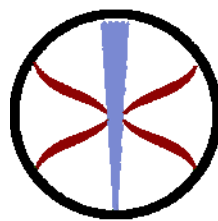
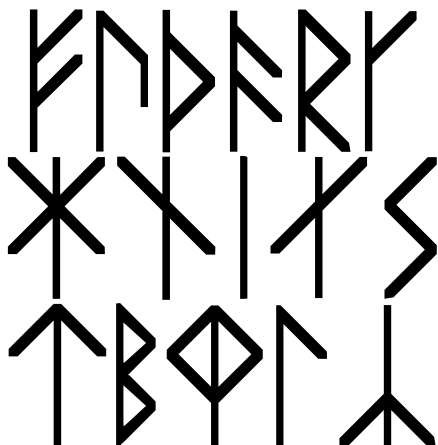




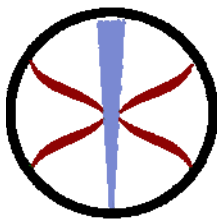
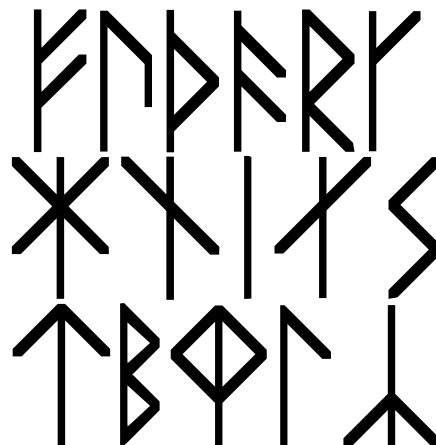
Ice & Fire USA

The Runes of Stav



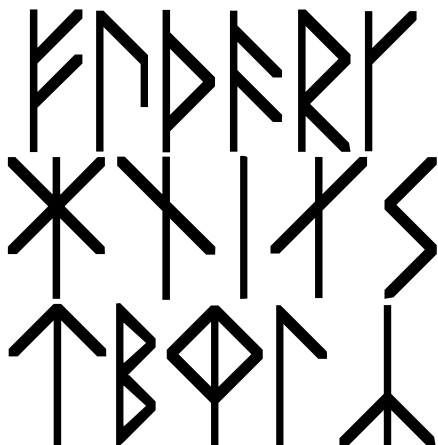
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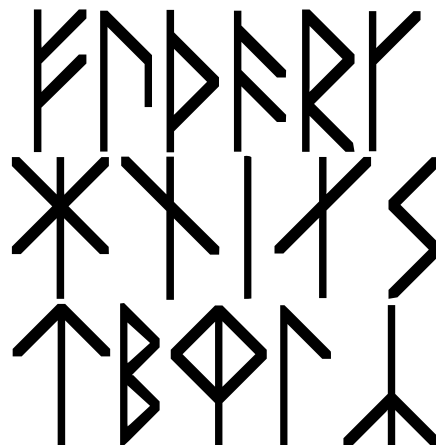
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What is Hafskjold Stáv?



Hafskjold Stáv is a martial art and philosophical system which uses runes and Norse Mythology in its teaching. Stáv was brought to the public by Ivar Hafskjold and is based on oral tradition preserved in his family for 44 generations. According to Ivar Hafskjold, the term " Stáv" was his family's informal name for their martial and runic practices, and comes from the expression *sette stáv* (to set staves), which was how the training was described when he grew up.

Central to Stáv is the concept of the web - pictured above - a three dimensional "force field" that surrounds each person. Any person who is a master of his or her web is in the position to master any situation. In addition Stáv teaches of five principles, based on the five classes of people which embody most mindsets in a particular situation.

To learn more about Stáv visit our website: <http://iceandfire.us> , email us ar admin@iceandfire.us or send us a Self Addressed Stamped Envelope at PO Box 2179; Fairfax, VA 22031.

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