

STAFF EXERCISES

AS USED IN
ICE AND FIRE STAV TRAINING
BY GRAHAM BUTCHER



Ice and Fire Staff Exercises

This manual provides information on, and illustrations of, the staff training exercises used in Ice and Fire Stav training. These exercises have been developed and tested over ten years of training and application by Graham Butcher and those who have trained under him.

These exercises are developed from the sixteen runic stances. Each exercise works a different part of the body and cultivates balance, flexibility and co-ordination. The more advanced exercises develop the ability to work with the lines of the web and provide the basis for sophisticated martial arts training. As such they have become an integral part of the martial training taught through Ice and Fire Stav.

Ice and Fire Contact Details and Online Resources.

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Stav Courses, Classes and Events are listed at:

<http://www.stav-events.info>

Stav Camps organised by Ice and Fire can be found at:

<http://www.stavcamp.org>

For further books and other resources:

<http://www.iceandfire.org.uk/lit.html>