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Stáv as a Martial Art

In practice, Stav uses most of the martial components not just as warrior training exercises but also as tools for learning the other aspects of Stáv. In fact, very little of what you learn in the first year is directly applicable in a warrior situation. At least one member of Ice and Fire USA is an avowed pacifist.

Stáv as a way of life

While the martial art applications of Stáv are the most apparent they are not the only ones. Hafskjold Stáv teaches a significant number of non martial practices and principles. Stáv healers abound within Stáv International and each rune is associated with at least one Norse God, at least one animal, tree, herb etc. Stáv also teaches both Seid and Galdre each in both esoteric (open) and exoteric (hidden) frameworks.

What is Ice and Fire USA?

Ice and Fire USA is the USA branch of Ice and Fire Ltd. A British company started by Stáv Master Graham Butcher and dedicated to promoting Stav to the wider public, organizing events and courses and providing a consistent means of communication between all those interested in making Stáv part of their lives.

According to Norse Mythology, before the world of man was created,two primal worlds existed: Nilfheim, land of perpetual ice, and Muspellheim, land of fire. It was in the Gap between these worlds that creation took place and life originated.

Ice and Fire can, therefore, be regarded as the starting point, from which greater things can arise.

Membership Benefits

Membership costs $35 a year (plus $5 on the first year to offset shipping costs of the Manual (discounted for those choosing the PDF).

- A Membership manual in pdf or in a binder which explains the basic theories of Stáv and describes the standard exercises.
- A twice yearly e-newsletter with informative articles on Stáv or related information.
- Discounts on Ice & Fire USA events.
- Discounts on Ice & Fire Ltd (UK) events.

Sign-up Information

1 Yr Membership ($40 First year/$35 after that)

This is a one year membership in Ice and Fire USA with the benefits described above (see **Membership Benefits**)

Online Runelore Course ($5 memb/$10 non-memb)

Once a year, Ice and Fire operates an online runelore course which delves into the correlations of the runes and the lore that belongs to them. These are 2 hour courses one day a week for 8 weeks via the Internet and usually begin between 5pm and 9pm EST.

Stav Discovery Weekend ($100 memb/$150 nm)

This is a Twice Yearly intensive training with Graham Butcher, Stav Master of Ice and Fire Ltd. The trainings are usually held in October or March and the next training will be on: **September 29-30 2007**

Intermediate Training (Members Only, $25)

This training has a prerequisite of at least one Stav Discovery Weekend attended in the past two years.* Intermediate training is for those interested in intensive study or starting a local group the focus is deeper in the meat of the practice. The next training will be on: **September 28, 2007

Donations**

***Donations are NOT tax deductible*

This option is for those who for whatever reason do not wish to study Stav but who do wish to make it possible for others to do so.

Disclaimer

Ice and Fire USA will accept no liability for injury during participation in Ice and Fire USA events. Martial training is inherently dangerous and participants MUST accept their own liability.

Sign-up Form

Sign up for:	*Members*	*Non-members*
❒ 1 yr membership	$35.00	$40.00
❒ Online Runelore Course	$5.00	$10.00
❒ Sept 2007 Stáv Discvry Wknd	$100.00	$150.00
❒ Sept 2007 Intermed. Training*	$25.00	N/A
❒ A Donation of Any Size**	_____	_____

❒* I attest that I am healthy enough to participate in the course for which I have signed up. I understand that this practice can be dangerous and will not hold Ice and Fire USA liable if I am injured. **(*this is required for your registration to Stav Discovery Weekend or Intermediate Training to be processed)**

Name

Address

Phone

E-mail

E-mail is our primary method of contact. Please tell us if this is not acceptable to you.

Method of Payment:

❒ Check ❒ Money Order

❒ Send Paypal invoice to my email above

❒ I have paypalled you at miki@iceandfire.us

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