

Doing the wrong thing at the wrong time can get you killed.

Learn how to do the right thing at a Five Principles of Stav Workshop Saturday 28th of January 2012,

You may have superhuman martial arts skills but taking the wrong action at an inappropriate time can have serious consequences. You may be accused of using excessive force, you may set up a chain of events which result in reprisals and vendettas. Or you may simply have an unnecessary injury or even death on your conscience.



Karl Principle Technique

I am not trying to scare you but if we are going to learn how to hurt other human beings we need to be as sure as possible that we are going to use this power in the right way. Conflict often arises due to a clash of status and the need to maintain and protect a certain social position. By being able to identify status and understand the position a potential opponent sees themselves in should enable us to avoid creating unnecessary conflicts. We can also benefit from consciously establishing our own status and knowing how to peacefully protect and maintain our position when justified. In Stav training we learn and practice martial arts skills and techniques and explore how to apply these techniques alongside the five principles. These five principles reflect five different positions in society, each one having a different status. When you can understand your relative status to another person you will be in a much better position to either avoid conflict or take only justified action which will have minimum risk of repercussions.

Graham Butcher learned Stav directly from Ivar Hafskjold 20 years ago and has been himself teaching for 18 years. During this time Graham has developed systematic ways of teaching the five principles which can be applied to any style of martial arts training. The five principles are an integral part of Stav training but on this occasion Graham will be teaching a four hour seminar which will show how an understanding of the five principles can benefit anyone who may potentially come into conflict with other human

beings. (Which come to think of it is most of us.)

During the four hour seminar we will cover the following:

What are the five principles and why do they matter?

Demonstration of how we train them in Stav

Practical training in the five principles using simple knife defence techniques as a basis for practice. This will involve:

The Trel principle. "Not my problem, I am getting out of here!"

The Karl principle. "You are not coming in here!"

The Herse principle. "Not on my watch you don't!"

The Jarl principle. "I got more important things on my mind than you!"

The Konge principle. "Enter my web and you are mine!"

Finally a brief discussion on how principles can be incorporated into your training.

Seminar is limited to 20 places so book up now by going to

<http://www.iceandfire.org/bdseminar.html> or use the form below. When payment is

received we will send you a DVD showing the various ways that the five principles can be trained demonstrated by Graham Butcher and Ivar Hafskjold. If having watched the DVD

you decide this isn't something that would benefit you then just say so and I will reimburse your payment straight away.

Essential Information

When: Saturday 28th January 2012 at 11.30am until 3.30pm.

Where: The Bristol Dojo 74 to 78 Avon Street, St Phillips, Bristol. BS2 OPX.

Insurance: All those attending will be fully covered for the day.

Cost: £25 for the day, Ice and Fire members £20, full time student/conc. £15

More info & online booking at <http://www.iceandfire.org/bdseminar.html> or please use form below:

Name: _____

Address 1: _____

Address 2: _____

Tel: _____ Email Address: _____

Date of Birth: _____ (for insurance purposes)

Payment please tick box below and send the form in.

£25 Iceandfire Member £20 Full time Student/concession £15

Please make cheques payable to; Ice and Fire Ltd. And send to:

Graham Butcher, Northbrook, Rose Lane, Crewkerne, TA18 7ER