



Ice & Fire USA

Ice and Fire USA
 Book & Booklet Catalog
<http://products.iceandfire.us>



What is Ice and Fire USA?

Ice and Fire USA is the North American branch of Ice and Fire UK, a company dedicated to promoting Stáv as a way of life, disseminate accurate and appropriate information about Stáv and to teach it in a practical and accessible manner. To serve this purpose, Ice and Fire USA recruits, trains and insures new instructors as well as holding coursework within the USA.

Stáv is a Mind, Body Spirit system, comparable to Tai Chi and Yoga, but originating through the traditions and mythology of Northern Europe, rather than the Orient. It developed through the Norwegian family, Hafskjold, and is often referred to as Hafskjold Stáv.

Ice and Fire USA Products

	<p>Stáv: The Fighting System of Northern Europe by G D Butcher \$10 each</p> <p>62 page A5 book. A comprehensive introduction to Stav as a martial training system. Covers stances, the five principles of Stav and working with the cudgel and battle axe.</p>
	<p>This is Stáv by G D Butcher \$6 each</p> <p>36 pages half letter sized booklet. Covers the essentials of Stav with a description of Ivar Hafskjold and the history of his family tradition. There are introductions to the runes, the stances and the five principles of Stav. There are overviews of the essential aspects of Stav practice and philosophy, including Orlog and wyrd, mott and megin and galdre and fylgia.</p>
	<p>The 16 Stances of Stáv by G D Butcher \$6 each</p> <p>36 pages half letter sized booklet. The sixteen runic stances are the basic practice of the Hafskjold-stav tradition. This fully illustrated booklet explains the principles behind practicing the stances and then gives full instructions in how to perform the basic (trel) version.</p>





	<p>The Principles of Stáv by David Stone \$6.00</p> <p>36 pages half letter sized booklet. This booklet examines the fundamental principles and definitions that are part of Stáv. David Stone has examined and explained the historical and mythological significance of the fundamental principles behind Stáv.</p>
	<p>Stáv For Health and Well-Being by David Stone and G D Butcher \$6.00</p> <p>36 pages half letter sized booklet. This booklet is primarily concerned with the Stáv approach to maintaining your personal health and well-being. Among other subjects it deals with diet, the benefits of performing the stances daily, working with Mott (the physical body) and Megin (the energy body) and much more.</p>
	<p>Stáv Book of Runes by G D Butcher \$6.00</p> <p>36 pages half letter sized booklet. The Hafskjold Stáv tradition is based on the sixteen runes of the younger futhork. This booklet will provide you with the traditional meanings and associations of the runes and a discussion of their broader interpretation. It is also illustrated with original pictures by K J Butcher.</p>
	<p>The Festivals of Stáv by David Stone \$6.00</p> <p>36 pages half letter sized booklet. This booklet will provide an insight into the cycles of life which affect us all. David Stone has examined the historical and mythological basis for celebrating the festivals with which we are still familiar yet may not realize their full significance as part of a Norse cultural and spiritual heritage.</p>
	<p>Interview and Training with Ivar Hafskjold DVD* with Graham Butcher and Ivar Hafskjold \$20.00</p> <p>Two DVD set. The first contains an interview session between Ivar and Graham and the second a training session with Ivar filmed in the UK.</p> <p><i>*DVD is not encoded for any DVD region. Some PAL and Region 1 DVD players may not play it properly.</i></p>





Ice and Fire USA Book and Booklet Order Form

Name _____ Phone _____

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State: _____ Zip Code: _____ Country: _____

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Qty	Book	Price each	Total this line
_____	Stáv: The Fighting System of Northern Europe	\$10	_____
_____	This is Stáv	\$6	_____
_____	16 Stances of Stáv	\$6	_____
_____	The Principles of Stáv	\$6	_____
_____	Stáv for Health and Well-Being	\$6	_____
_____	The Stáv Book of Runes	\$6	_____
_____	The Festivals of Stáv	\$6	_____
_____	Interview and Training with Ivar DVD	\$20	_____
		Subtotal	_____
		Maryland residents, please add 6% sales tax	_____
		Shipping and Handling	_____
		(USPS First Class: \$4 within the US, \$6 Mexico and Canada UPS and FEDEX delivery available, contact us for price)	_____
		Total	_____

Please do not send cash through the mail.

Please make checks and money orders payable to Ice and Fire USA and send to 9703 Kings Crown Ct. #102; Fairfax, VA 22031. We can be reached at miki@iceandfire.us or 703 447 7310 with any issues. Please note, we are not a large company but we try to be as responsive as we can. Please be understanding of any delays.

