



Chesapeake Stáv Club
 Annapolis, MD
 therissa@iceandfire.us
 443-822-6791
 April - October

<http://chesapeakestavclub.iceandfire.us>



What is it?

Stáv is probably the only authentic European body, mind and spirit training and martial art to have been passed down complete to modern times. Stáv literally means: 'Knowledge of the rune staves.' The Martial application of Stáv may be the only "European" Martial Art to survive to the current day.

What Does it Cost?

Stáv Martial Practice is currently free to all. It will remain so throughout the year. Rate changes are announced yearly in January.

What Do we Learn?

Stáv Martial Practice gives participants a basic understanding of the Exercises, Principles and practice with the many applications of Stáv as a martial art. For those with some background, it serves as an excellent time to practice what you've already learned.

The Leaders:

Therissa Libby is currently was the first Black Tab ranked Stáv Practitioner of the Butcher Line on the East Coast. She began her Stáv practice in 2005. Therissa is the host of the semi-annual Stáv trainings in March/April and September/October.



Vital Information

Level: Beginner and Advanced Beginner

How Much: Free!

Where: 2003 Tundra Ct; Annapolis

When: By arrangement

What to Bring?: Loose comfortable clothing suitable for gentle physical training, a staff if you have one (loaners are available).

Contact Information: Therissa Libby; 443-822-6791; therissa@iceandfire.us

More Information: <http://chesapeakestavclub.iceandfire.us/>

