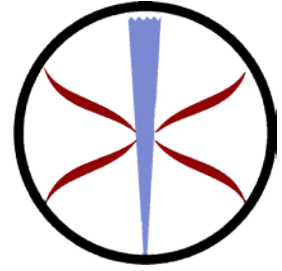


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Washington DC Stáv Club  
Stáv Martial Practice  
Mondays from 7pm-9pm  
Draper Dr. Park, Fairfax VA  
April - October  
<http://www.dcstavclub.org>



**What is it?**

Stáv is probably the only authentic European body, mind and spirit training and martial art to have been passed down 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.

**What Does it Cost?**

Stáv Martial Practice with DC Stav Club 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:**

Miki Tracey is a recognized Stáv Practitioner under the Butcher Line of Hafskjold Stáv. Her background is in Yoga and Tai Chi. She's been practicing Stáv since 2005.

Hank Kuhfeldt is a recognized Stáv Practitioner under the Butcher Line of Hafskjold Stáv. His background is in LINE, Shorin Ryu, and Jujitsu. He has been practicing Stáv since 2006.



**Vital Information**

**Level:** Beginner and Advanced Beginner

**How Much:** Free!

**Where:** Draper Dr. Park in Fairfax. From the beltway take Rt 50 West toward Fairfax. Turn right on Draper Dr. (look for the Harley Davidson Dealer at Draper) Turn Left on Beech Dr into the park lot. We will be on the far side of the soccer fields under the trees. Draper Dr. Park is served by Gold 1 and Gold 2 which both serve Vienna Metro.

**When:** Monday evenings from 7pm-9pm

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

**Contact Information:** Miki Tracey: tel 703 447 7310, or Email [miki@dcstavclub.org](mailto:miki@dcstavclub.org)

**More Information:** <http://www.dcstavclub.org/>

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