



**The Rune Breathing Walking Stick Form -Fe-Tor-Tyr-Nod-As-Laug-Hagl.**

The Rune Breathing Walking Stick form is a complimentary system to the Stav's traditional system of Rune Breathing.

Like Stav's traditional system, the Rune Breathing in the Walking Stick form is done in a slow and relaxed manner coordinated with the forming and dissolving of postures. Also as in traditional Rune Breathing the movements are performed on both sides of the body to balance out the body. It can be used as an exercise system for health and relaxation. It is an ideal way to exercise the body in a low impact way. The Rune Breathing Walking Stick form is suitable for people of all ages.

The movements used in the Rune Breathing Walking Stick form were created by Stav Master David Watkinson who is a Herse Master of Stav. This means he is highly skilled in all aspects of the Warrior arts contained within the Stav system. The movements are based on traditional rune breathing postures and the rune principles the traditional postures contain. Also David Watkinson being a master of the warrior arts of Stav has designed the postures based on martial principles and actions. The walking stick postures therefore can also be practiced as a simple but effective method of self defence with a walking stick.

There are seven rune postures used in the Rune Breathing Walking Stick form and they are used in the following order Fe, Tor, Tyr, Nod, As, Laug and Hagl.

The Rune Breathing Walking Stick form has additional benefits in the areas of exercise, breathing and in teaching the martial principles of Stav.

As an exercise it further extends the range of stretch in the body through the gentle stretching movements with the walking stick.

It is a very good exercise for strengthening the wrists. It is also good in the area of training eye hand coordination.

The rune breathing pattern taught with some of the postures used, has the additional benefit of teaching breathing coordination to maximize the release of energy when applying an retaliate action against an opponent, such as in a strike for example.

In traditional Stav a walking stick length stick and a hiking length walking stick (Approximately 5 feet long) are used as a basis to teach and show the martial principles of line, distance and timing. The walking stick equates to single handed weapons while the hiking length walking stick equates to double handed weapons.

The Rune Breathing Walking Stick Form shows the basic use of the lines and angles of attack and defence both through the movement of the walking stick and the footwork contained in the form. These don't only just relate to using the walking stick as self defence weapon but the principles contained within the Walking Stick Rune Postures can be applied to other single handed operated weapons.

The photographs below illustrate the seven walking stick rune breathing postures Fe, Tor, Tyr, Nod, As, Laug, and Hagl used in "Walking Stick Short Form". These photographs are the right handed set meaning the walking stick is held in the right hand. The left handed set is the mirror image of the right handed set with the walking stick held in the left hand.

Obviously still photographs can not show the fluid motions of the lines and the circles that are used in forming these postures. Also the still photographs don't show the transition actions and footwork that links one posture to the next. In the case of the photographs relating to the "Laug" Walking Stick posture two photo's are used to illustrate the transition action and one for the final posture. Due to the complexity of the "Hagl" Walking Stick posture three photo's are used to illustrate this posture. However there is a video of the Walking Stick Form on the internet which will give a better understanding of the flow in the movements. The address is <http://www.youtube.com/watch?v=KEfmDjj1a7I>

Anyone interested in learning the Rune Breathing Walking Stick Form can e-mail Rodney Bennett [Rodney.1@bigpond.net.au](mailto:Rodney.1@bigpond.net.au) or Neil Lewis [nle23614@bigpond.net.au](mailto:nle23614@bigpond.net.au) Those people who are interested in an in-depth study of the Walking Stick as a self -defence weapon contact Stav Master David Watkinson. e-mail - [Watkinson28@btinternet.com](mailto:Watkinson28@btinternet.com)



1. Fe Frey's Stag Lifts It Antlers.



2. Tor Thor's Position Offers Protection.



3. Tyr Tyr's Single Hand Gives Victory.



4. Nod The Path Of The Norns Is Not Straight.



5. As *Odin's Wisdom Are Man's Jewels.*



6. Laug Transition 1



Laug Transition 2



Laug

*Njord's Ocean Wave Crashes Down.*



7. Hagl Part 1.



Hagl Part 2.



Hagl Part 3.

*Heimdall's Directions Will Confuse Most.*



The series of photo's show "Stav Master David Watkinson" applying **Laug** (*Njord's Ocean Wave Crashes Down*) as a defence against an attempted two handed grab.



On the next page is a basic description of the footwork and the directional changes that occur in the Rune Breathing Walking Stick Form and also instructions in the breathing pattern. But unless you are familiar with the movements and the form then it will be hard to follow. If there is enough interest then an Instructional Dvd will be made of the Rune Breathing Walking Stick Form for those people who can not access a teacher. There is also a possibility of an Instructional Dvd being made by Herse Stav Master David Watkinson on The Walking Stick as a Self Defence tool for those people who are unable to access instruction from David directly.

**Preparation:** Face North – Bow -3 Breaths In/Out

1. **Fe- *Frey's Stag Lifts It Antlers.*** Walking Stick Held In Right Hand. - **(Face North.)** -Step Forward With Left Leg Into Forward Stance.
2. **Tor- *Thor's Position Offers Protection.*** Walking Stick Held In Right Hand. - **(Face North)** - Step Back With Right Leg Into Back Stance.

**Turn East-** Using Half Moon Step.

3. **Tyr- *Tyr's Single Hand Gives Victory.*** Walking Stick Held In Right Hand. **(Face East)** -Step Forward With Left Leg Into Forward Stance.
4. **Nod- *The Path Of The Norns Is Not Straight.*** Walking Stick Held In Right Hand. - **(Face East)** - Circular step to side. Right Leg forward.

**Turn North** - Using Half Moon Step.

5. **As- *Odin's Wisdom Are Man's Jewels.*** Walking Stick Held In Right Hand. - **(Face North)** - Step Forward With Left Leg Into Forward Stance.
6. **Laug- *Njord's Ocean Wave Crashes Down.*** Walking Stick Held In Right Hand. - **(Face North)** -Step Forward With Right Leg Into Forward Stance.

**Turn East-** Using Half Moon Step.

7. **Hagl- *Heimdall's Directions Will Confuse Most.*** Walking Stick Held In Right Hand. - **(Face East)** -Step Back With Right Leg and Lean Forward Into Left Forward Stance.

**Change Walking Stick From Right Hand To Left Hand.**

8. **Fe- *Frey's Stag Lifts It Antlers.*** Walking Stick Held In Left Hand -**(Face East)** -Step Forward With Right Leg Into Forward Stance.
9. **Tor- *Thor's Position Offers Protection.*** Walking Stick Held In Left Hand - **(Face East)** -Step Back With Left Leg Into Back Stance.

**Turn North** – Using Half Moon Step.

10. **Tyr- *Tyr's Single Hand Gives Victory.*** Walking Stick Held In Left Hand **(Face North)** -Step Forward With Right Leg Into Forward Stance.
11. **Nod- *The Path Of The Norns Is Not Straight.*** Walking Stick Held In Left Hand- **(Face North)** - Circular step to side. Left Leg forward

**Turn East-** Using Half Moon Step.

12. **As- *Odin's Wisdom Are Man's Jewels.*** Walking Stick Held In Left Hand- **(Face East)** -Step Forward With Right Leg Into Forward Stance.
13. **Laug- *Njord's Ocean Wave Crashes Down.*** Walking Stick Held In Left Hand -**(Face East)** - Step Forward With Left Leg Into Forward Stance.

**Turn North** – Using Half Moon Step.

14. **Hagl- *Heimdall's Directions Will Confuse Most.*** Walking Stick Held In Left Hand - **(Face North)** Step Back With Left Leg and Lean Forward Into Right Forward Stance.

**Change Walking Stick From Left Hand To Right Hand.**

**Finish:** Face North - 3 Breaths In/Out –Bow

## ***Breathing Pattern For The Rune Breathing Walking Stick Form***

### ***1. Frey's Stag Lifts It Antlers.***

**Fe - Breathe In** as you raise the walking stick into the Fe posture. **Fe - Breathe Out** as you lower the walking stick down and dissolve the posture coming back to the neutral posture. (Static Is Rune Posture)

### ***2. Thor's Position Offers Protection.***

**Tor- Breathe In** as you form the Tor posture with the walking stick. **Tor- Breathe out** and strike forward, as you dissolve the posture coming back to the neutral posture. (Static Is Rune Posture)

### ***3. Tyr's Single Hand Gives Victory.***

**Tyr- Breathe In** as you stand in the neutral posture. (Static Is Rune Posture) **Tyr- Breathe out** as you form the Tyr posture (strike with walking stick) and continue to dissolve the posture coming back to the neutral posture. (Static Is Rune Posture)

### ***4. The Path Of The Norns Is Not Straight.***

**Nod- Breathe In** as you stand in the neutral posture. (Static Is Rune Posture) **Nod- Breathe out** as you form the Nod posture (strike with walking stick) and continue to dissolve the posture coming back to the neutral posture. (Static Is Rune Posture)

### ***5. Odin's Wisdom Are Man's Jewels.***

**As- Breathe In** as you move the walking stick into the As posture. **As- Breathe Out** as you lower the walking stick down and dissolve the posture coming back to the neutral posture. (Static Is Rune Posture)

### ***6. Njord's Ocean Wave Crashes Down.***

**Laug- Breathe In** as raise the arms upward with the walking stick and then lower it to chest height. **Laug - Breathe out** as move into the laug posture (push forward) and continue to breathe out as you dissolve the posture coming back to the neutral posture. (Static Is Rune Posture)

### ***7. Heimdall's Directions Will Confuse Most.***

**Hagl- Breathe In** and create the crossed stems of the hagi rune in a circular motion with the walking stick. (Breaking opponent's grip movement) **Hagl- Breathe out** as you draw down (striking downwards) the central stem of the Hagl rune and continue to dissolve the posture coming back to the neutral posture. (Static Is Rune Posture)

## **Norse Mythical Names For Stav's Rune Walking Stick Postures**

### **1. (Fe) Frey's Stag Lifts It Antlers.**

In the Stav system the Fe Rune Symbol is associated with the Norse Mythical god Frey. Frey is the Norse Mythical god that relates to fertility of the land and positive growth in nature. One of the main animals associated with Frey in Stav is the Stag. The Fe Symbol looks something like a modern (F) with the two horizontal strokes pointing upwards on a 45 degree angle. Some people liken these too, two Horizontal strokes pointing upwards to horns or antlers. In the movement of the Fe Walking Stick Posture, the point of the walking stick is thrust upwards when used as a martial action of defence. The Walking Stick Posture is reminiscent of a Stag standing its ground and then thrusting upward with its antlers as its attacker enters its territory.

### **2. (Tor) Thor's Position Offers Protection.**

In the Stav system the Tor Rune Symbol is associated with the Norse Mythical god Thor. Thor is the Norse Mythical god of thunder. In Norse Mythology he is seen as large and powerful being with tremendous strength and energy. He spends most of the time fighting and protecting the other Norse Mythical gods from their enemies mainly Giants of many varieties. The Tor Rune Symbol looks like a thorn which is a form of protection that a lot of plants use. It is one of the meanings behind the Tor Runic symbol. The Tor Walking Stick Posture martially, gives you a position of protection and puts you in a tactical strong position from which you can launch a counter attack.

### **3. (Tyr) Tyr's Single Hand Gives Victory.**

In the Stav system the Tyr Rune Symbol is associated with the Norse Mythical god Tyr. Tyr is best known in Norse Mythology for his bravery and his sacrifice of his hand to the Fenris Wolf. This was done so the wolf who was posing a grave threat to the Norse gods could be bound. Tyr is the main Norse Mythical god of war. The Tyr Rune Symbol is drawn like an arrow. It can be associated with victory however that victory may come at a huge cost. With the Tyr Walking Stick Posture both in the form and the martial application you concentrate your energy and your focus into the tip of the walking stick along the arm and hand that is holding the walking stick.

### **4. (Nod) The Path Of The Norns Is Not Straight.**

In the Stav system the Nod Rune Symbol is associated with the Norse Mythical deities "The Norns". The Norns are seen as female deities and represent Urd (past) Verdandi (present) Skuld (future). They are seen as separate but are also seen as individual parts of the whole. All three together can represent the components of the concept of time. They are said to weave the fate of an individual, thus they can be consulted as an oracle of one's destiny. In Stav they are simply used as another tool to help the individual develop his/hers ability to see reality as a whole which of course is very useful in life's many confronting situations. The Nod Rune symbol is drawn with a single vertical line with a 45 degree line drawn from left to the right which intersects in the middle of the vertical line. One of its meanings is "Need". Need more in the context of you get what need not always what you want and what want is not always what you need. True Need will often open the mind up to reality not always in a pleasant way. The Nod Walking Stick posture reflects that the concept of time is not simply linear. In execution of the Nod Walking Stick posture in the form and as a martial application you are moving both circular and linear to reach a point or your opponent in the case of martial use which appears to have been drawn in a straight line.

### **5. (As) *Odin's Wisdom Is Man's Jewels.***

In the Stav system the As Rune Symbol is associated with the Norse Mythical god Odin. Odin is the King (Konge) of the Norse Mythical gods. Odin is known for his Knowledge and Wisdom which he obtained through various ordeals and quests and sometimes through means of subterfuge all of which are well documented in Norse Mythology. The As Runic Symbol looks something like a modern (F) with the two horizontal strokes pointing downwards on a 45 degree angle. The As rune being Odin's rune has an association with Knowledge and Wisdom. The As Walking Stick posture is deceptively simple in its execution and the posture reflects in the martial terms the Wisdom of stopping your opponent's attack quickly by attacking what is precious to man "the family jewels."(Groin)

### **6. (Laug) *Njord's Ocean Wave Crashes Down.***

In the Stav system the Laug Rune Symbol is associated with the Norse Mythical god Njord. Njord has his home by the sea and is associated with the wealth of the sea. The way the Laug Rune Symbol is drawn could be viewed as representing a wave. The Laug rune symbol is associated with water. The Laug Walking stick posture can be seen in the form and as a martial application/principle to be liken to a Ocean Wave rising up before it crashes down pushing its energy forward This martially uses the breath to release energy forward as you push out at the end of the movement, which is directed at the opponent.

### **7. (Hagl) *Heimdall's Directions Will Confuse Most.***

In the Stav system the Hagl Rune Symbol is associated with the Norse Mythical god Heimdall. Heimdall is considered the central Norse Mythical god in the Stav system as is the Hagl Rune Symbol he is associated with it. In Norse Mythology Heimdall's is known for being the guardian of the rainbow bridge (bifrost) which leads to Asgard the home of the Norse gods and goddesses. As Rig, a disguise that Heimdall used he descended from the god/goddess realm and moved among men, creating the classes and teaching the use of the runes. The Hagl Rune symbol is drawn with a central vertical line with two lines crossing the central line on a 45 degree angles one line going from right to left and the other from left to right. All three lines intersect in the middle of the central line. Central to learning Stav is learning how work with these lines and how they interact with each other. When performing Hagl Walking Stick posture in the form you are drawing the lines of the Hagl rune in a three dimensional way. The Hagl Rune Walking Stick posture martially gives an example of the use of redirecting the lines.



## Adaptability Of The Rune Breathing Walking Stick Postures

As stated earlier in this article the Stav system of mind, body and spirit is based on Runes which are Symbols that embody the principles of Norse Philosophy both in thought and action. And that these principles are traditionally taught through a series of body postures known as rune stances that are combined with different breathing patterns. The Walking Stick Rune Breathing Stances are based on these traditional rune stances, but with the addition of using a walking stick to express the principles in martial terms for weapon use. This means that although primarily you are using a walking stick to perform these stances, you can substitute other weapons. You could use a Chinese Sabre for example. Obviously a Chinese Sabre is not a traditional Norse/Stav weapon but because you are working with principles, weapons from other cultures can be adapted either for fun or because you may have a liking for a particular weapon. In addition doing the exercises with a bladed weapon gives you an appreciation of the angles/lines from a cutting weapon point of view.

As an exercise and breathing form using a Chinese Sabre for example which is heavier than a walking stick will add an additional isometric component to the movements which will develop strength in the muscles and tendons.

Below are examples of the postures done with a Chinese Sabre which look identical to the postures with a walking stick although the martial applications will have a different result because of the addition of a cutting edge.

There is also a video on the internet showing the movements/form done with a Chinese Sabre. The address is [http://www.youtube.com/watch?v=3\\_tOUJI--N0](http://www.youtube.com/watch?v=3_tOUJI--N0)



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