



## Quarterstaffing for men

A weekend in Derbyshire where you can rediscover a men's fighting tradition going back into the furthest reaches of this country's history.

An opportunity to learn the quarterstaff and explore the avenues of knowledge that it offers.

Queries to: [quarterstaff@hotmail.co.uk](mailto:quarterstaff@hotmail.co.uk)

Location: Unstone Grange, south of Sheffield – see [www.unstonegrange.co.uk](http://www.unstonegrange.co.uk) for details.

Evening of Friday 1st to afternoon, Sunday 3rd October 2010. Cost £65.

Visit [www.quarterstaff.org](http://www.quarterstaff.org) for more details, booking and payment.

# The Quarterstaff

A weapon through which can be developed:

- ◆ Strength and agility
- ◆ Guardianship of self and others
- ◆ Being present in the moment
- ◆ The warrior's use of intention
- ◆ Wider sensory awareness

