



3 Days of Buka Jalan Silat

# SUPER SILAT WEEKEND

## MAY 29-31, 2010

Train and experience how fast you can grow and learn in 3 intense solid days of training.

See why Cass Magda's seminars are the premier seminar learning experience anywhere, anytime. Don't miss this one time event. **Register NOW.**

Pre-Registration \$255, deadline May 8th, \$275 after.  
MI Association Member Fee \$230, deadline May 8th, \$255 after  
Daily Rate \$105, MI Association Member \$90.

**VISA/Mastercard/Discover/Amex accepted**

Register NOW to guarantee your place by calling **(818) 342-2455**.  
Enrollment is limited to 30 participants.

Restaurants and hotel within walking distance. Visit our website [www.cassmagda.com](http://www.cassmagda.com) and look under the visitor guide. We suggest the Howard Johnson in Reseda, a 5 min walk to the school.

**Contact: Magda Institute Inc**  
7255 Canby Ave, Reseda CA 91335  
(818) 342-2455 • Email: [Magdainst@aol.com](mailto:Magdainst@aol.com)

**Make this year your time of personal martial art growth and motivation.**

You will learn in a concentrated format for the 3 days an incredible amount of silat. The different styles approach to different attacks such as grappling, kicking and punching.

The use of special footwork strategies called langkahs. The grappling and submission techniques from Sumatra and Malaysia. Strategies and fighting tactics of the Javanese silat styles and Sumatran silat styles. Stories, anecdotes and life lessons of the masters, fighting multiple opponents, the philosophy and psychology of fighting. The Buka Jalan mindset. Formalized classic learning and training routines. Defensive use of the staff, knife and sarong. Sticky hands and sticky feet techniques and other counter for counter training methods.

**Training Times Everyday 9am –1pm.**

Bonus – All camp attendees if come earlier in the week or stay longer may attend all classes in the evening at MI free.

**Equipment Needed**

Practice Dagger, Sarong. Wear comfortable clothing such as T-Shirt, sweats or shorts. Daggers and Sarongs are available for purchase at the Magda Institute.