



Jeet Kune Do Intensive

**Saturday & Sunday
November 12 & 13, 2011**

Topics to be investigated

- Historical roots of JKD, then and now up to the present.
- Compound Trapping Hands
- The 5 ways of Attack
- Set Ups and Strategies
- The ranges of JKD training
- JKD training drills and techniques
- Sensitivity exercises and training of Bruce Lee -Chi Sau
- The Wooden Dummy training
- The unique philosophies of Bruce Lee and how they are applied to training, fighting, learning and living.

Saturday & Sunday, November 12 & 13 , 2011

Both days **\$195** MIA member **\$175**

One day **\$105** MIA member **\$90**

Contact: Magda Institute

7255 Canby Ave., Reseda CA 91335

Phone: (818) 342-2455

Email: Magdainst@aol.com

Website: www.cassmagda.com

Time: Sat: 1pm-5pm **Sun:** 10am -2pm

Equipment needed: Bag gloves, Shin Guard
(if possible)

Wear comfortable clothing such as T-shirts, sweats,
and running shoes

Sifu Cass Magda is one of today's most respected instructors in JKD and Filipino Martial Arts in the world today. He was the personal assistant and traveling training partner of the great Dan Inosanto for 6 years touring and teaching worldwide. He is respected by all the elders (original students of Bruce Lee) of the JKD family and is considered a true heir to the legacy of Bruce Lee.

He is now head of the world renowned Magda Institute in Los Angeles California which has branch schools in Europe and the USA. He has appeared in several films notably starring in Hawk's Vengeance and has appeared on the covers of 15 magazines worldwide and has been written about and has himself written countless articles on JKD, FMA and Silat.

**Space is Limited to 30 participants only.
Register ASAP!**

Register in advance by email, or calling the school.