

ONE DAY ONLY Sunday FEB 26th, 2012



the **JKD** SERIES

The Art & Philosophy of **Bruce Lee**.

This year 2012 is an exciting year because this is the first in a series of 6 seminars to be taught on one Sunday every other month at MI Headquarters. Each seminar will be completely different and unique is covering different material and aspects of JKD in detail. You can attend them all or attend a few. They do not have to be attended in order. If you want to go deep into JKD, then this is for you. Go for it!

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.

Cass Magda is one of today's most respected instructors in JKD in the world today. He was the personal assistant and traveling training partner of the great Dan Inosanto for 6 years touring, training with him for 10 and teaching worldwide.

He is respected by all the elders (original students of Bruce Lee) of the JKD family, has trained with almost all of them, many of them being advisors to the MI Program. Cass 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 16 magazines worldwide and has been written about and has himself written countless articles on JKD, FMA and Silat.

SUNDAY FEB 26th

One day **\$125** MIA member **\$95**

Contact: Magda Institute

7255 Canby Ave., Reseda CA 91335

Phone: (818) 342-2455

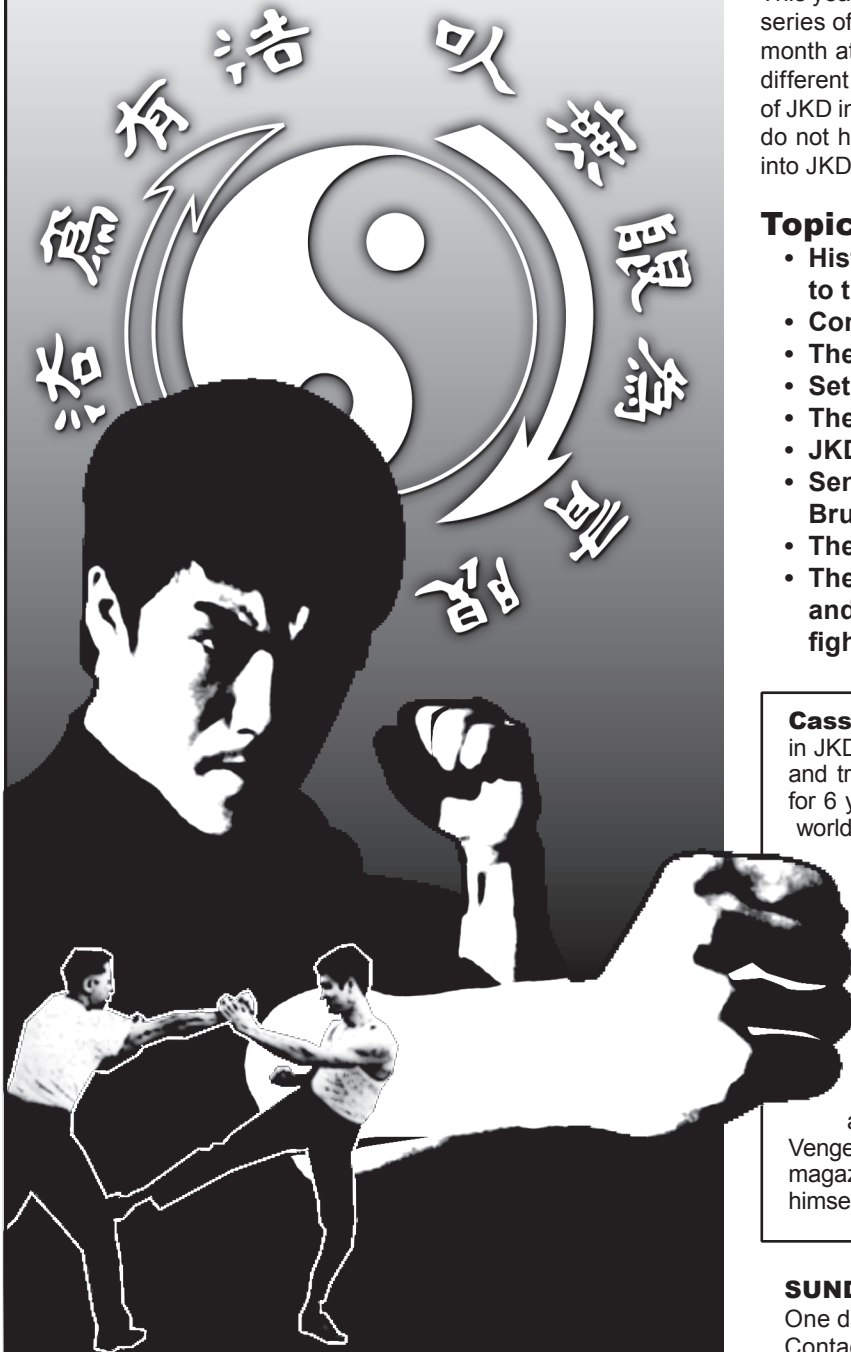
Email: Magdainst@aol.com

Website: www.cassmagda.com

Time: 10am -3:pm (30 min break halfway)

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

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



Space is Limited to 30 participants only to insure correction. Register ASAP!

Register in advance by email, or calling the school.