

ONE DAY ONLY

SUNDAY, DECEMBER 3rd, 2017

MAGDA INSTITUTE

JKD



CHI SAO, WOODEN DUMMY & TRAPPING HANDS WORKSHOP

Possible topics to be covered

- Historical roots of JKD in Wing Chun.
- Compound Trapping Hands
- The 5 ways of Attack applied in Chi Sau & JKD Trapping Hands
- Set Ups and Strategies
- Sensitivity tactile exercises
- JKD Wooden Dummy training drills and techniques
- Chi Sau : Sticking Hands exercises
- Reaction Timing drills
- The philosophies of Bruce Lee's JKD applied to training, fighting, learning and living.

Cass Magda is one of today's most respected instructors in JKD in the world today and considered a true heir to the legacy of Bruce Lee. He was the full time traveling teaching assistant of the great Dan Inosanto for 6 years touring, training with him for 10 and teaching worldwide.

Respected by all the elders (original students of Bruce Lee) of the JKD family, Cass has trained with the majority of them, many serving as advisors to the MI Program. He now heads the Magda Institute in Los Angeles, California which has branch schools in Europe, USA and Asia. He has appeared on the covers of 16 magazines worldwide, been in several films notably starring in Hawk's Vengeance and has written countless articles on JKD, FMA and Silat.

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One day: \$150 **MIA member:** \$115

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

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

ACCEPTED



DUE TO THE UNIQUE NATURE OF THIS SEMINAR THAT REQUIRES HANDS ON WITH EACH INDIVIDUAL, THE NUMBER OF SEMINAR PARTICIPANTS WILL BE LIMITED.

Pay online or call to reserve your spot.