



CHI SAO, WOODEN DUMMY & TRAPPING HANDS WORKSHOP

Due to the unique nature of this seminar that requires hands-on with each individual, the number of seminar participants will be limited.

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.

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 has written countless articles on JKD.

MAGDA INSTITUTE

JKD WORKSHOP

DECEMBER 2-3, 2023
AT THE MAGDA INSTITUTE

Early Bird Rates:

Before Nov. 11, 2023	- \$175/full ... \$115/day
After Nov. 11, 2023	- \$195/full ... \$125/day

Call or scan code to register.

Register Now

December 2-3, 2023

Saturday 1:00 pm - 5:00 pm

Sunday 10:00 am - 2:00 pm



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

Magda Institute 7255 Canby Ave, Reseda CA 91335
(818) 342-2455 · www.MIJKD.com · Email: Magdainst@aol.com

No spectators. Photos and video or audio recording is prohibited.



**SAVE
YOUR
SPOT**