

MAGDA INSTITUTE

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

JKD

DEC. 7-8, 2024 @ MAGDA INSTITUTE

CHI SAO, WOODEN DUMMY & TRAPPING HANDS WORKSHOP

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.

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.

Bonus: All out-of-town camp attendees, if you come earlier in the week or stay longer, you may attend all classes in the evening at MI, free, for one week.

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

Register Now

Date: December 7-8, 2024

Time: Saturday 1:00 pm - 5:00 pm
Sunday 10:00 am - 2:00 pm

Early Bird Rates:

Before Nov. 4, 2024	-	\$175/full	...	\$115/day
After Nov. 4, 2024	-	\$195/full	...	\$125/day

Scan code to pay online or call to reserve spot.

SAVE YOUR SPOT



Magda Institute

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

VISA

