

# CASS MAGDA

# JKD TACTICS & STRATEGIES

## CHI SAO · WOODEN DUMMY & TRAPPING HANDS WORKSHOP



DECEMBER 6-7, 2025  
AT THE MAGDA INSTITUTE

### 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. Also, soft stick and eye protection, Bag gloves and shin guards.

### Register Now

Date: December 6-7, 2025  
Time: Saturday 12:30 pm - 4:30 pm  
Sunday 10:00 am - 2:00 pm

**SAVE YOUR SPOT**



### 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.



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

### Early Bird Rates:

Before Nov. 27, 2025	- \$200/full	\$125/day
After Nov. 27, 2025	- \$225/full	\$135/day

Scan code to pay online or call to reserve spot.

