

CASS MAGDA

JKD TACTICS & STRATEGIES

CHI SAO • WOODEN DUMMY & TRAPPING HANDS WORKSHOP

December 5-6, 2026

@ 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 Sao & JKD Trapping Hands
- Set Ups and Strategies
- Sensitivity tactile exercises
- JKD Wooden Dummy training drills and techniques
- Chi Sao : 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.

Needed: Wear comfortable clothing such as T-shirts, sweats, and running shoes. Bag gloves and shin guards.

Register Now

Date: December 5-6, 2026

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: Magdainstaol.com
No spectators. Photos and video or audio recording is prohibited.



Early Bird Rates:

Before Nov. 14, 2026 - \$195/full ... \$105/day
After Nov. 14, 2026 - \$225/full ... \$125/day

Scan code to pay online or call to reserve spot.

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