

# Martial Arts School

## Kempo - Red Belt

Curriculum Requirements

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### INFORMATION

#### [Skill] Mantra

Dont be a bully

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>

### TECHNIQUES

#### [Skill] Jab

hit them

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>

### WORKOUTS

#### [Workout] Squats

1 sets/rounds | 20 reps | "d" 1  
Squat

Video: <https://www.youtube.com/watch?v=O6XTBhnBmv8&list=FLpny83IPimS1KLaj2gzLfuQ>